

Quick Guide

Navigating Trauma-Informed Care in Schools

This quick guide is a compilation of current resources pulled from [Resilient Gwinnett's Trauma-Informed Toolkit](#). These resources include practical trauma-informed approaches that schools may integrate into daily organizational practices.

Schools are not just places of learning; they are also crucial settings for supporting the social and emotional development of students. Trauma can significantly impact a student's ability to learn and engage in the classroom. For schools, recognizing and addressing trauma is essential as it may directly interfere with students' ability to learn and succeed academically. Children who have experienced trauma may struggle with regulating emotions, forming relationships, and engaging in classroom activities.



By adopting trauma-informed approaches, schools can create nurturing and safe environments where students feel understood, valued, and supported. By recognizing the impact of trauma and integrating trauma-informed practices across multiple sectors, we can collectively support individuals, families, and communities in their journey towards healing and resilience.

Contact the [Gwinnett Coalition](#) at ResilientGwinnett@gwinnettcoalition.org to discuss your youth serving organization's needs and the [Resilient Gwinnett](#) training opportunities that are available to you.

School trauma-informed practices

- [Building Relationships as a Foundation of Trauma-Informed Practices in Schools](#) (NCTSN)
- [Supporting Trauma-Informed Schools to Keep Students in the Classroom: A Focus on Trauma-Informed Practices](#) (NCTSN)
- [Trauma-Informed, Resilience-Oriented Schools Toolkit](#) (National Center for School Safety)
- [Trauma-Informed Schools for Children in K-12: A System Framework](#) (NCTSN)

Guidelines for interacting with trauma survivors

- [Child Trauma Toolkit for Educators](#) (NCTSN)
- [Do's and Don'ts of a Trauma-Informed Compassionate Classroom](#) (Echo)
- [How to Support Someone Who has Experienced Trauma](#) (Echo)
- [Psychological and Behavioral Impact of Trauma: Preschool Students](#) (NCTSN)
- [Psychological and Behavioral Impact of Trauma: Elementary School Students](#) (NCTSN)
- [Psychological and Behavioral Impact of Trauma: Middle School Students](#) (NCTSN)
- [Psychological and Behavioral Impact of Trauma: High School Students](#) (NCTSN)
- [Suggestions for Educators \(Helping Traumatized Children in School\)](#) (NCTSN)
- [The Heart of Learning and Teaching: Compassion, Resiliency, and Academic Success](#)
- [Tools to Support the Learning and Development of Students Experiencing Childhood and Adolescent Trauma](#) (MSEA)
- [Top Trauma-Informed Practices](#) (NEA)
- [Trauma-Informed Support for Children](#) (Echo)

Evaluation and monitoring

- [A Trauma-Informed Resource for Strengthening Family-School Partnerships](#) (NCTSN)
- [Trauma-Informed Organizational Assessment](#) (implementation guide and assessment with free account) (NCTSN)
- [Trauma Sensitive Schools Checklist](#) (LearningForJustice.org)
- [Trauma Sensitive Schools Fidelity Tool](#) (WI Department of Public Instruction)
- [Trauma Responsive School Implementation Assessment](#) (WI Department of Public Instruction)

Resource list

- [Addressing the Epidemic of Trauma in Schools](#) (NCSEA)
- [Trauma-Informed Schools](#) (CTIPP Report)
- [Understanding Trauma – Key Takeaways](#) (NEA)
- [Trauma-Sensitive Training Package](#) (National Center on Safe Supportive Learning Environments)
- [Strategies and Resources to Support Trauma-Informed Schools](#) (SchoolSafety.Gov)
- [Trauma-Informed Teaching](#) (UGA Center for Teaching and learning)
- [Training Roadmap to Becoming Trauma Informed – Schools](#) (Resilient Georgia)
- [Creating, Supporting, and Sustaining Trauma-Informed Schools – A System Framework](#) (NCTSN)
- [Understanding Key Components to Support Trauma-Informed School Change](#) (NCTSN)

Resource list (continued)

- [Using a Framework for Creating Sustainable Trauma-Informed Change in Schools](#) (NCTSN)
- [Supporting Schools to Test and Implement Tailored Trauma-Informed Practices](#) (NCTSN)
- [Building Trauma-Informed School Systems](#) NASBE Webinar

Case studies and examples

- [A Case Study on Baskerville Elementary School](#) (NC Center for Resilience & Learning)
- [Trauma-Informed School Spotlight: Practices for Mindful Students & Staff](#) (CA School-based Health Alliance)
- [Healing through School-Based Trauma-Informed Practices: Two case studies with Students of Color in California](#) (CA School-based Health Alliance)
- Video: [What does a Trauma-Sensitive Middle/High School look like?](#) (Video)

Staff well-being and self-care

- [Self Care for Educators](#) (NCTSN)
- [Using Trauma-Informed Principles to Infuse Self-Care in Schools](#) (iOpening Enterprises)
- [Five Self-Care Tips for the Trauma-Responsive Educator](#) (Teaching and Learning Innovation)
- [Secondary Traumatic Stress and Self-Care Packet](#) (SafeSupportiveLearning.Ed.gov)

Next steps

- [Building Healthier communities Through Trauma-Informed Approaches](#) (CTIPP Call to Action)
- [A School Leader's Guide to Creating a Trauma-Informed School: February 2020](#) (NASSP)

