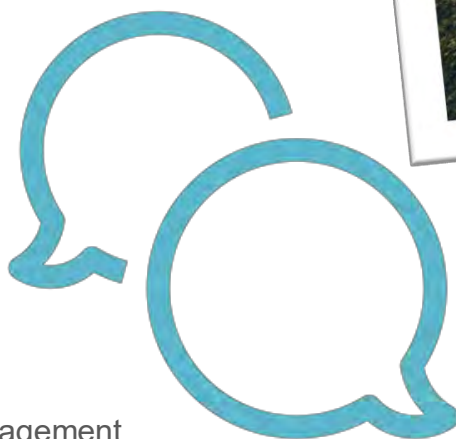


Lobby Ice Breaker

Think about a time when you successfully navigated through a hard situation. Share some strategies that helped support your journey.





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Parent, Family and Community Engagement

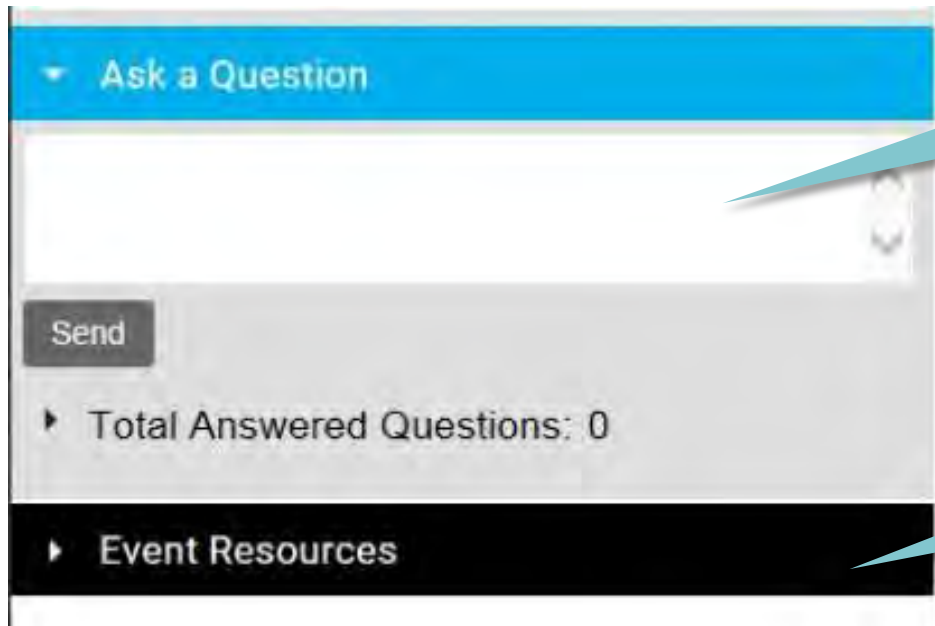
Head Start Heals

Promoting Healing and Resilience with Staff and Families

May 5, 2020



Please Use the Left Side Bar to Ask Questions, Submit Comments, Or Download Handouts



Ask your questions and submit your comments here

Download handouts from Event Resources

Self-Compassion Break



OHS: Head Start Heals



Kiersten Beigel,
Comprehensive Services &
TTA Division,
Office of Head Start

Help children cope by:

- Providing reassurance
- Restoring the child's normal routine
- Sharing information
- Being flexible and
- Reconnecting with co

Head Start Heals

DEFINING TRAUMA

Trauma occurs when **frightening events or situations overwhelm a child** or adult's ability to cope or deal with what has happened.

Head Start Heals

Help children manage their emotions by:

- Practicing calming mindful and breathing activities
- Identifying emotions to build emotional vocabulary
- Encouraging a variety of opportunities to express emotions (e.g., dramatic play, music, art, books)

Head Start Heals

Welcome and Introductions



NCPFCE Facilitators



**Catherine
Ayoub**

Co-Principal
Investigator



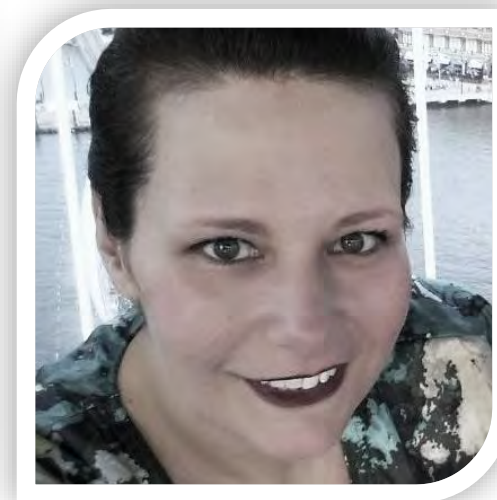
**Joshua
Sparrow**

Co-Principal
Investigator



**Debra
Sosin**

Family Connections
Project Director



**Brandi Black
Thacker**

Director of TTA and
Collaboration

Learning Objectives

- Explore foundational concepts related to trauma and its impact on adult relationships and well-being
- Examine what trauma-based reactions might look like in adults affected by traumatic experiences
- Outline seven strategies to inspire healing

Key Messages



- Trauma-informed programs help staff and families sustain hope in the face of trauma and adversity.
- Understanding trauma and its impacts can help you build and sustain positive, goal-oriented relationships.
- Healing is a process.

Starting From The Same Page...



What Is Trauma?


Defining Trauma: The 3 E's

Trauma occurs when frightening events or situations overwhelm a child or adult's ability to cope or deal with what has happened.

An emotionally painful or distressing **event**.

The **experience** of the event induces an abnormally intense and prolonged stress response.

The event and experience of the event result in lasting physical and **mental effects**.

Head Start Heals  The Office of Head Start

Trauma occurs when frightening events or situations overwhelm a child's or adult's ability to cope or deal with what has happened.

Understanding Trauma-Informed Care (TIC)

Program leaders and supervisors can help create a trauma-informed culture in which all staff work to build and share this understanding, and apply it to their everyday interactions.



Resilience and Healing

Resilience can be thought of as the ability to ‘bounce back’ from challenging events or experiences and ‘keep rolling’.

Healing can be thought of as a process. This process repairs disruptions in health and well-being.



7 Strategies for Coping and Healing



Strategies for Coping and Healing

1. Establishing safety
2. Self-protection
3. Using self-reflection
4. Connecting
5. Self-regulation
6. Repairing
7. Celebrating strengths



1. Establishing Safety



Assurance of survival and protection from more trauma is critical to healing.

2. Self-Protection

When we seek to understand the meaning behind self-protective behaviors, we can engage more effectively with those we work with who have experienced trauma.



3. Using Self-Reflection: Finding Our Story



Taking stock of the hurt and of the ways it has affected our thoughts, feelings, relationships, and our sense of our place in the world can help

4. Connecting: Telling Our Story

Mutually respectful relationships can help us feel safe enough to trust that we can sort through what happened and tell our story. When we tell our own story, we make our own meaning.





What are some ways you've found to help yourself and others feel "seen" and heard?



5. Self-Regulation: Coping with Thoughts and Feelings

By self-regulation, we mean how we manage our thoughts and feelings in order to take action that helps us reach our goals.



6. Repairing



Often, the process of repairing relationships makes them stronger.

7. Celebrating Strengths

Families are resilient and can heal from trauma. We can help families draw on a number of strengths to heal.



Strategies for Coping and Healing

1. Establishing safety
2. Self-protection
3. Using self-reflection
4. Connecting
5. Self-regulation
6. Repairing
7. Celebrating strengths



Key Takeaways



- We are not defined by our experiences.
- Remember, adult's behavior has meaning too.
- Together, with healing-centered approaches, we can grow and thrive.

Healing Is Possible...for All of Us!

- Healing is a journey and not a destination.
- The journey will look different for each of us.
- Offering ourselves the same graces that we do others is an important part of our own healing.
- You are not alone!



Invisible Hugs

This is the time of invisible hugs
Of the hold on tight, despite.
It's now,
In the world of distance,
That we can work
At the invention
Of remaining together.

- Author Unknown





MyPeers Communities

- Open communities including: **Mental Health, Opioid Misuse and Substance Use Disorders; Staff Wellness; PFCE Deepening Practice**
- Knowledge base - Q&A, Forums, Polling, File sharing, Calendars, Events, Tasks, Wikis
- Communication tools – Group Chat, Instant Message, and internal email
- Robust search engine
- Social Network style feeds

Want to Take Your Family Engagement Practice to the Next Level?

Sign Up for Text4FamilyServices Today!

- This FREE text messaging service was designed for family services providers.
- It is also available in Spanish (español).

Just text **“PFCE”** to **22660** to sign up!



Office of Head Start #HeadStartHeals Campaign



Upcoming Office Hours

- 5/14, 1–2 p.m. ET –Partnering with Families to Address Domestic Violence
- 5/21, 1–2 p.m. ET –Supporting Families Impacted by Substance Use
- 5/28, 3–4 p.m. ET –Family Engagement and Child Welfare

Upcoming Webinars

- 5/5, 3–4:45 p.m. ET – Promoting Healing and Resilience with Staff and Families
- 5/12, 1-2:30 p.m. ET – Addressing Trauma in Classroom Settings
- 6/11, 3–4 p.m. ET – Preparing for Challenging Conversations with Families

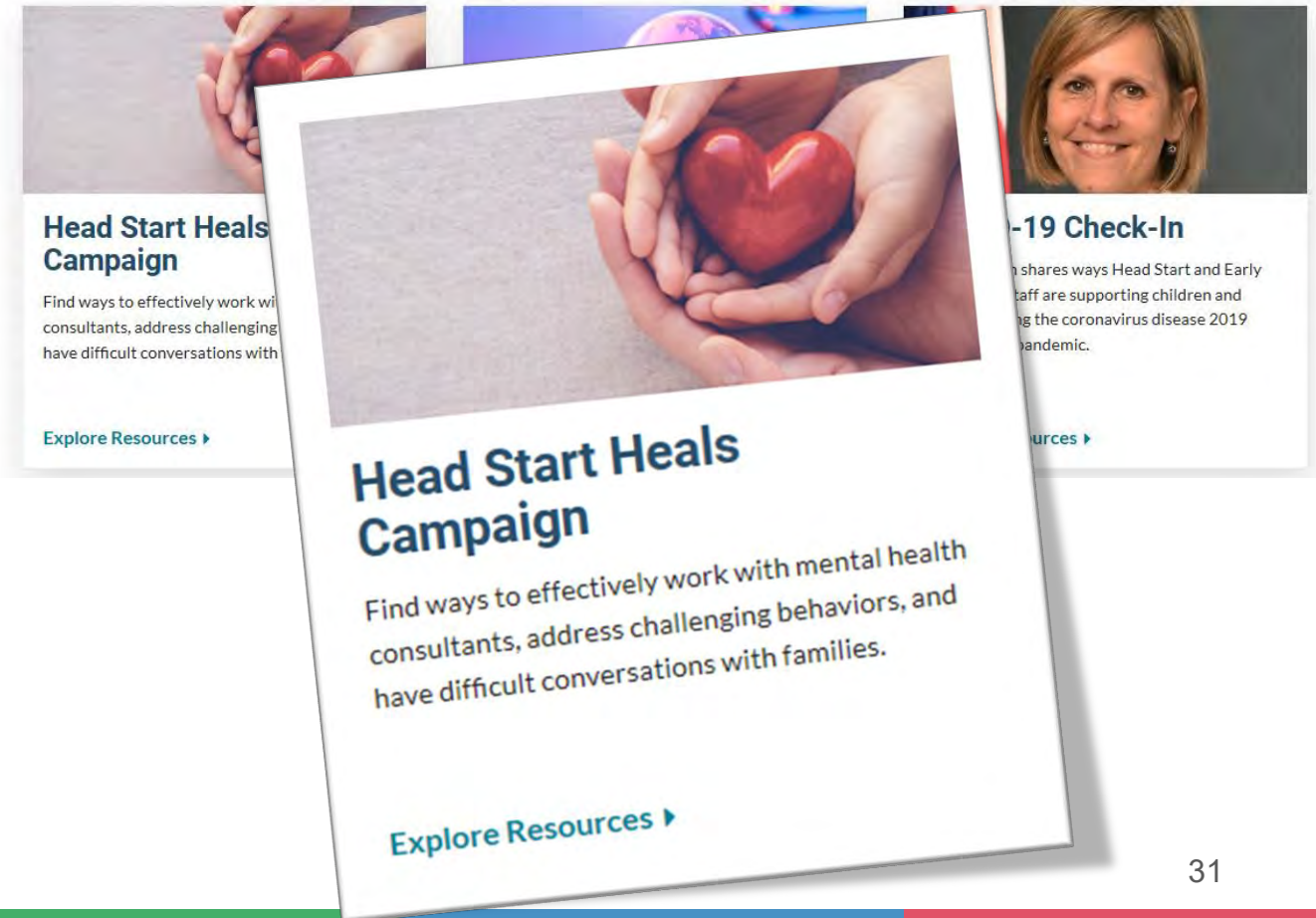
Office of Head Start #HeadStartHeals Campaign

Explore What's New

Email: trauma@eclkc.info

Website:

<https://eclkc.ohs.acf.hhs.gov/>



Head Start Heals Campaign
Find ways to effectively work with mental health consultants, address challenging behaviors, and have difficult conversations with families.

[Explore Resources ▶](#)

-19 Check-In
... shares ways Head Start and Early Head Start staff are supporting children and families during the coronavirus disease 2019 pandemic.

[Resources ▶](#)

Evaluation Link, Wrap-Up, and Certificate



Have More Questions?

Stay and chat with us!

The speakers will stay on the line an additional 15 minutes to continue the dialogue.





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Parent, Family and Community Engagement

For more information, please contact us:
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