



**Multiyear District  
Implementation of  
Trauma-Informed  
Practices:  
Champaign Unit 4  
School District**

# 2014-2015 School Year

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## Key Accomplishments

- Project AWARE grant awarded for Youth Mental Health First Aid (YMHFA) Training
- Four YMHFA trainings held

## Learnings for Other Districts

- Identify district and community partners
  - Who gives you leverage?
  - Who can allocate funds?
- Plan to brief your decision makers regularly
- ❖ Begin with adult work – establish need and work on mindset

# 2015-2016 School Year

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## Key Accomplishments

- YMHFA training continues
- All SSWs and school psychologists trained in Cognitive Behavior Intervention for Trauma in Schools (CBITS)
  - Beginning of our partnership with CCR
- Supported implementation for CBITS clinicians (CCR)
  - CBITS groups run in 9 of 17 buildings

## Learnings for Other Districts

- Identify funding sources
- Set expectations about how PD will be followed up (ex. must run one student group)
- Continue to brief decision makers on accomplishments – be aware of your audience
- ❖ This year we continue adult work and add services to students

# 2016-2017 School Year

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## Key Accomplishments – Tipping Point Year

- YMHFA training continues
- All elementary SSWs and school psychologists trained in Bounce Back (BB) (CCR)
- Supported implementation for CBITS and BB clinicians (CCR)
  - CBITS or BB groups run in 14 of 17 buildings
- PD session at administrators kickoff presented by CCR partners
- Mandated staff training module on trauma and its impact on youth, delivered through Safe Schools
- Leveled modules provided to principals for staff development
- Champaign Trauma Cadre trained to deliver *Trauma 101* course (CCR)
  - Delivered at 5 buildings and Special Education Summer Institute

# 2016-2017 School Year

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## Learnings for Other Districts – Tipping Point Year

- This is the year that our Superintendent became involved, began to champion the cause, and leaned on others to do so as well
- Create opportunities where they don't exist - Special Education Summer Institute
- ***If you are leading this work, prepare for the time when you have greater need than capacity***
  - We should have systematically involved other district-level administrators prior to the end of this year

# 2017-2018 School Year

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## Key Accomplishments

- January 2018: 466 school and community members trained in YMHFA to date
- CBITS/BB training for new hires; supported implementation; groups run in 15 of 17 buildings (CCR)
- *Trauma 101* course delivered at 12 buildings by the end of the year; supported implementation of cadre (CCR)
- Begin pilot of trauma-informed schools work at two pilot buildings\* (CCR)

## Learnings for Other Districts

- Continue to drive existing initiatives during expansion; target decision makers and official/unofficial leaders
- Understand and articulate the connections to current practice/beliefs
- Identify champions across settings

# 2017-2018 School Year

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## Learnings for Other Districts – Trauma-Informed Schools Work

- Secure buy-in from building administration and be purposeful about Leadership Team selection
- Be clear about purposes, asks, tasks; beware of trying to add this to the work of an existing group with an existing purpose
- Identify point person on Leadership Team – shift responsibility to the building
- Plan for sharing of information to broader building staff
- Emphasize assessment prior to action planning
- Self-care was a natural starting place for both of our buildings
- Don't create a single-point-of-failure system at the District-level

# 2018-2019 School Year: Goals

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- Continue YMHFA training and CBITS/BB training for new hires; CBITS/BB groups run in buildings
- Incorporate race & equity lens into trauma work – CCR work with administrators
- Complete *Trauma 101* training at buildings and with support staff
- Add two buildings to trauma-informed schools work
- Repurpose trauma cadre to address future needs