

# Training Outline

- What is trauma and who is affected?
- What are the effects of trauma on youth?
- ➔ • The SSET Program

# Reaching Youth Outside the Mental Health Sector



- 80% of children with emotional problems don't get needed treatment

- Disparities in access are real
- Schools and other programs can be ideal settings for detecting trauma in children and intervening
  - Barriers to accessing mental health care are partially removed

# The Power of School Relationships

- **School is a place where it is possible for traumatized children to forge strong relationships with caring adults and learn in a supportive, predictable, and safe environment.**
- **Mastering academic and social skills is key to the healing process; the aim is to increase teaching and learning time and reduce time spent on discipline.**
- **Schools can partner with parents and guardians – who may themselves be struggling with symptoms of trauma – and give teachers the support they need to teach children how to regulate or calm their emotions and behavior.**

# What is Resilience?

**“Resilience” is the ability to bounce back from, or to successfully adapt to, adverse conditions such as personal or community problems or loss.**

**Resiliency combines the interaction of risk factors and protective factors.**

# Protective Factors that Promote Resilience

## External Factors

- Caring and supportive relationships
- High expectations for success
- Opportunities for meaningful participation

## Internal Factors

- Social competence
- Problem-solving skills
- Autonomy
- Sense of purpose and future



# Three Things that Help Distressed Students

## Early Detection

Exposure to violence and associated distress are detected early

## Student Learning

Students learn skills to cope more effectively with distress and solve social problems

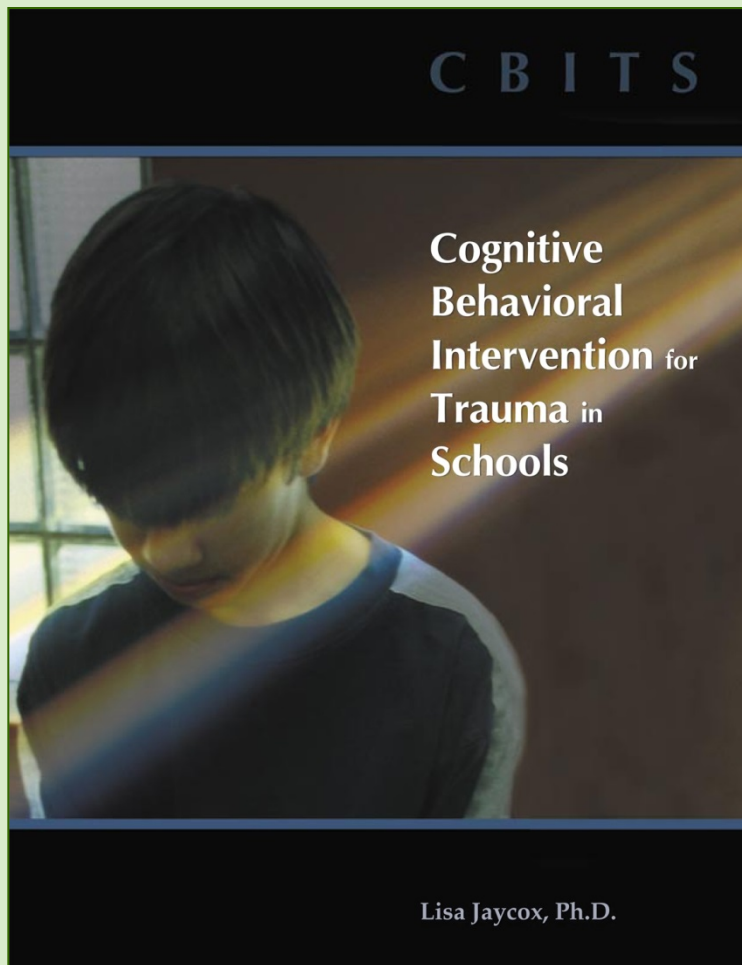
## Informed Teachers and Parents

Teachers and parents know how to support distressed students in the classroom and at home



Support for Students Exposed to Trauma

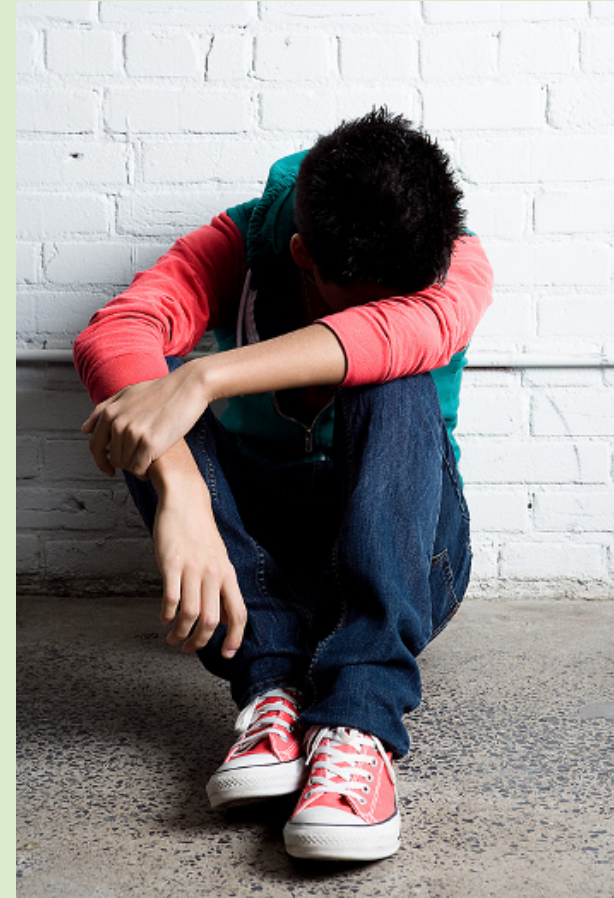
# Development of Cognitive Behavioral Intervention for Trauma in Schools (CBITS)



- A school-based intervention to help kids cope with the effects of trauma
- Delivered by licensed mental health professionals
- Proven effective in research trials

# Genesis of Support for Students Exposed to Trauma (SSET)

- **CBITS can only be delivered by licensed mental health professionals**
- **It became clear that there was a shortage of trained people to meet the demand**
- **Concern grew that not enough kids who could benefit from the program would have access to it**





# SSET Was Designed for Educators

- A modified version of **CBITS** for use by school staff
- School personnel can deliver this intervention
- Pilot tests indicate that SSET is promising

PROGRAM MANUAL

## Support for Students Exposed to Trauma: The SSET Program

Group Leader Training Manual, Lesson Plans,  
and Lesson Materials and Worksheets

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# SSET Program Format

- **10 lessons, each with similar format:**
  - Review activities
  - New skills or practice with skills
  - Assignment
- **Leader acts as a “coach”**
- **Emphasis on practice during and between lessons**
- **Each lesson lasts about one hour**

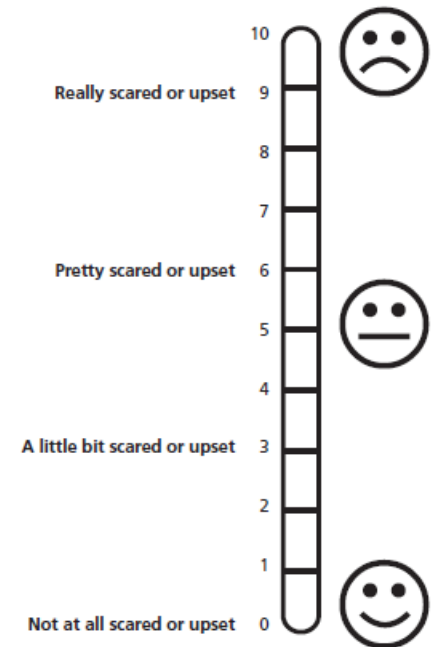
# Lesson Activities and Materials

Notebooks for participants include:

- Handouts
- Activities

Special materials for each session are described at the beginning.

## Fear Thermometers



# Who is SSET Designed to Help?

Late elementary / middle school students with signs of distress related to trauma

- Anxiety/nervousness
- Withdrawal/isolation
- Low mood
- Acting out in school
- Impulsive/risky behavior

# SSET is Not Intended for All Students

- **Students in crisis should get an immediate referral.**
- **Students with severe behavior problems may disrupt the group for others.**
- **Students whose primary problem is child abuse will not be able to share that in a mixed-gender group.**