

MEADOWS
MENTAL HEALTH
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THE HACKETT CENTER
FOR MENTAL HEALTH
TRAUMA AND GRIEF CENTER

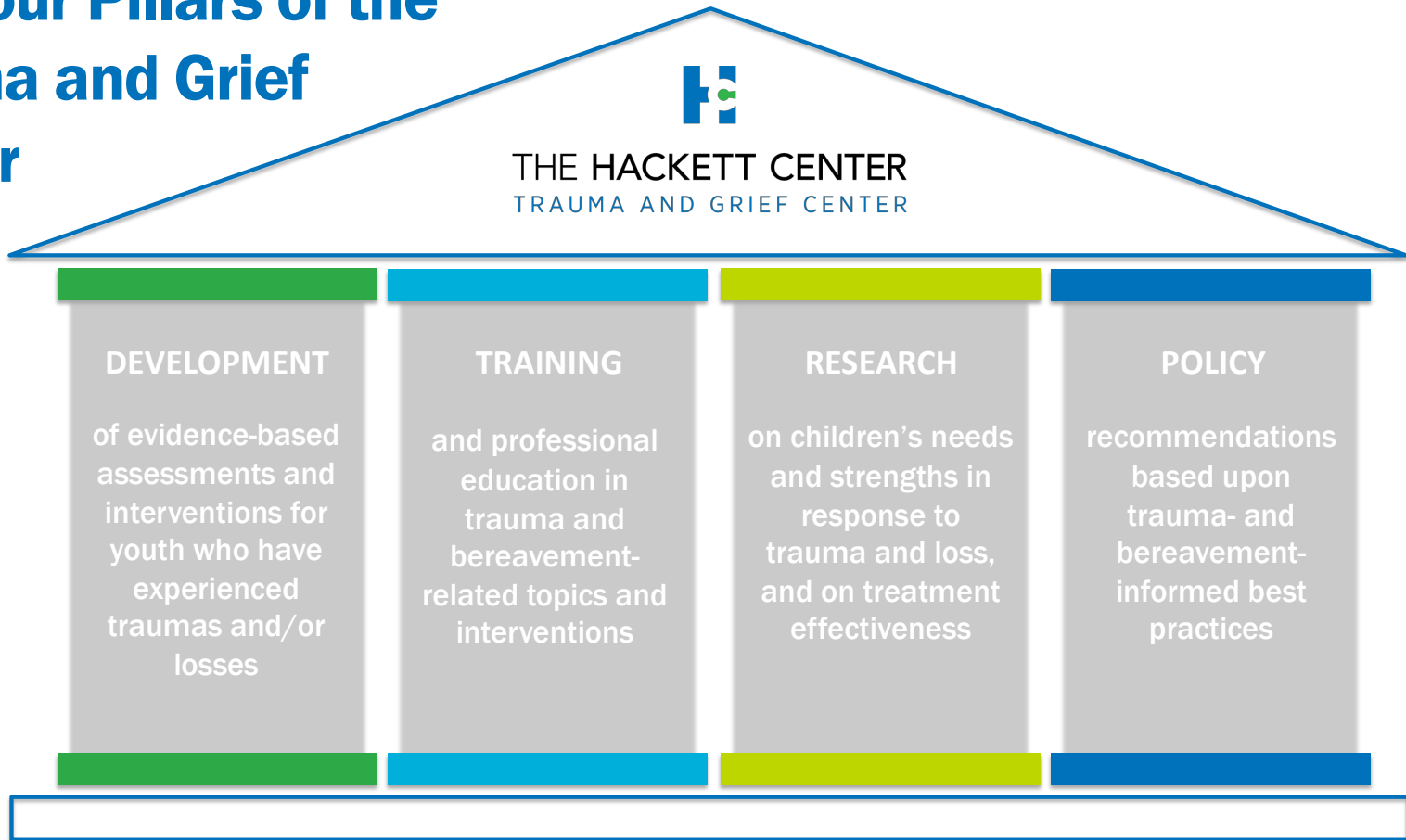
Addressing Childhood Trauma and Grief in Schools: The Handle With Care Program

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The Trauma and Grief (TAG) Center at The Hackett Center for Mental Health

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The Four Pillars of the Trauma and Grief Center



Lucine Center for Trauma and Grief

Lucine Center
for trauma and grief

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You are not alone.

A traumatic event or loss can make a child, teen, or young adult feel like they're surrounded by darkness. Let us help light the way toward hope and healing.

Begin your journey →

<http://lucinecenter.com>

Defining Trauma

The experience of a real or perceived threat to life or bodily integrity

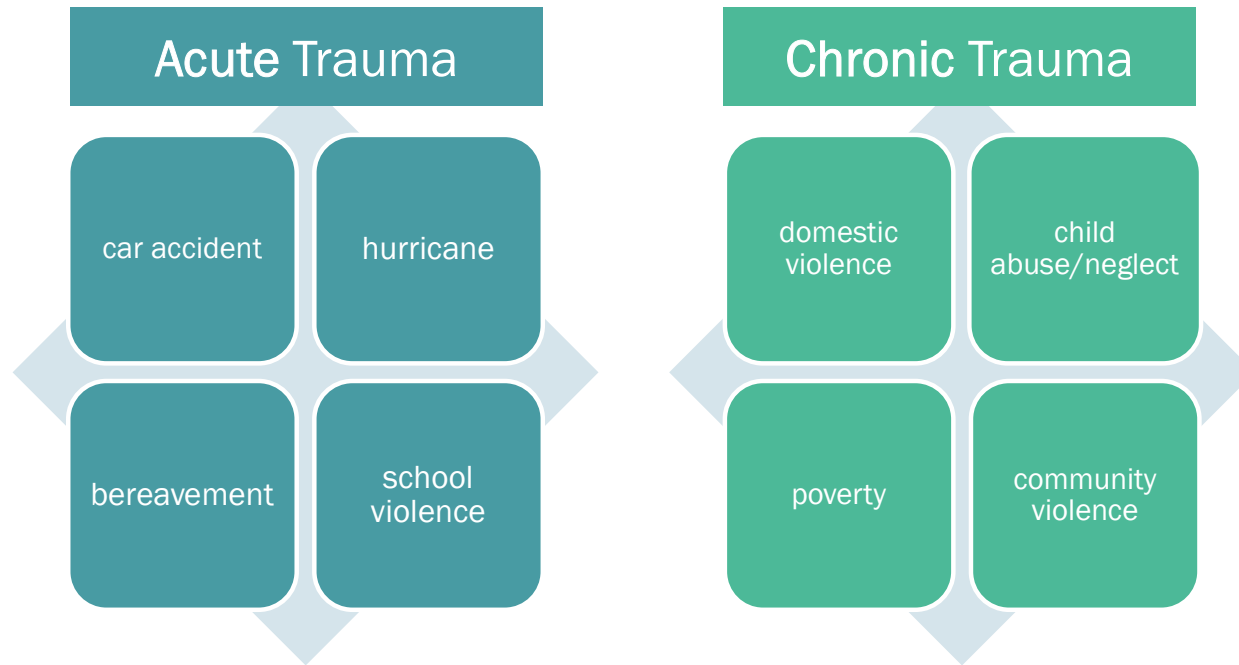
OR

the life or bodily integrity of a loved one

AND

causes an overwhelming sense of terror, horror, helplessness, and fear

Types of Traumas



At least half of U.S. children will experience at least one trauma in their lifetime.

Long-term Consequences of Unaddressed Trauma

- Smaller brain volume
- Depression
- Suicide risk
- School problems
- Problems with peer relations
- Substance/drug abuse
- Violent behavior
- Delinquent behavior
- Intergenerational transmission of trauma/traumatic stress



Bereavement

experience of deprivation or loss by death

Grief

psychological or behavioral response arising from bereavement



Why Focus on Bereavement?



Most frequently reported type of trauma in clinic-referred youth

(Pynoos et al., 2014)



Most common form of trauma worldwide

(UNICEF, 2017)



Most distressing form of trauma among adults and youth in the general population

(Breslau et al., 2004; Kaplow, Saunders, Angold, & Costello, 2010)



Strongest predictor of poor school outcomes above and beyond any other form of trauma

(Oosterhoff, Kaplow, & Layne, 2018)

How Posttraumatic Stress and Grief Can Interfere with Learning

PTSD symptoms AND grief reactions can involve:

- Sleep problems (nightmares)
- Social withdrawal
- Hyperarousal
- Low energy, decreased appetite
- Inattention, distractibility
- Avoidance
- Reexperiencing (feeling like you're experiencing the traumatic event)
- Rumination re: thoughts about the trauma or death



All symptoms can result in poor school grades, school dropout, and likely to be misinterpreted as “oppositional behavior” in the classroom.

Handle With Care: The “Why”

Interrupting the School-to-Prison Pipeline

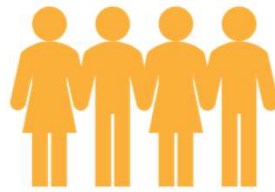
1. Early identification
(immediate aftermath of a trauma)
2. Meeting kids where they are
(in schools)
3. Enhancing communication between
law enforcement, schools, and
mental health providers



Implementing Handle With Care in Schools



A school or district contact receives the confidential HWC notice from law enforcement and/or other first responders.



The school contact informs the appropriate teachers and school staff* (e.g., school counselors, nurses) about the notice.



Teachers and school staff observe the student to determine whether the student needs additional support and offer appropriate trauma-sensitive support as needed.

*Staff at every level should receive training on the impact of trauma and grief on children, including signs the child might need additional support, as well as strategies for supporting students.

Questions/Discussion

Contact the TAG Center

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TAG Center Virtual Learning Library
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To learn more about TAG Center
trainings:



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*The truth is: mental illness affects more people than you may think,
and we need to talk about it. It's Okay to Say..."* okaytosay.org
