

## *Ducks & Lions: Trauma Sensitive Resources*

[www.traumasensitive.com](http://www.traumasensitive.com)



*Creating Trauma Sensitive and Culturally Competent Educators*

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Traumasensitive

# T R A U M A



## SHOCK TRAUMA:



**ACCIDENT**



**ASSAULT**



**NATURAL  
DISASTER**

## DEVELOPMENTAL/RELATIONAL TRAUMA:



**CHRONIC  
ADVERSITY**

**ABUSE**



**NEGLECT**

**LACK OF  
SAFETY**



## OTHER EXPERIENCES:



**CHRONIC  
TOXIC STRESS**

**CHILDHOOD MEDICAL  
PROCEDURES**



**ADVERSE COMMUNITY  
ENVIRONMENTS**

**INTERGENERATIONAL**



# Childhood Trauma Affects



(At Least 1 in 4 Students)

## In Every Single Classroom... Every Day...

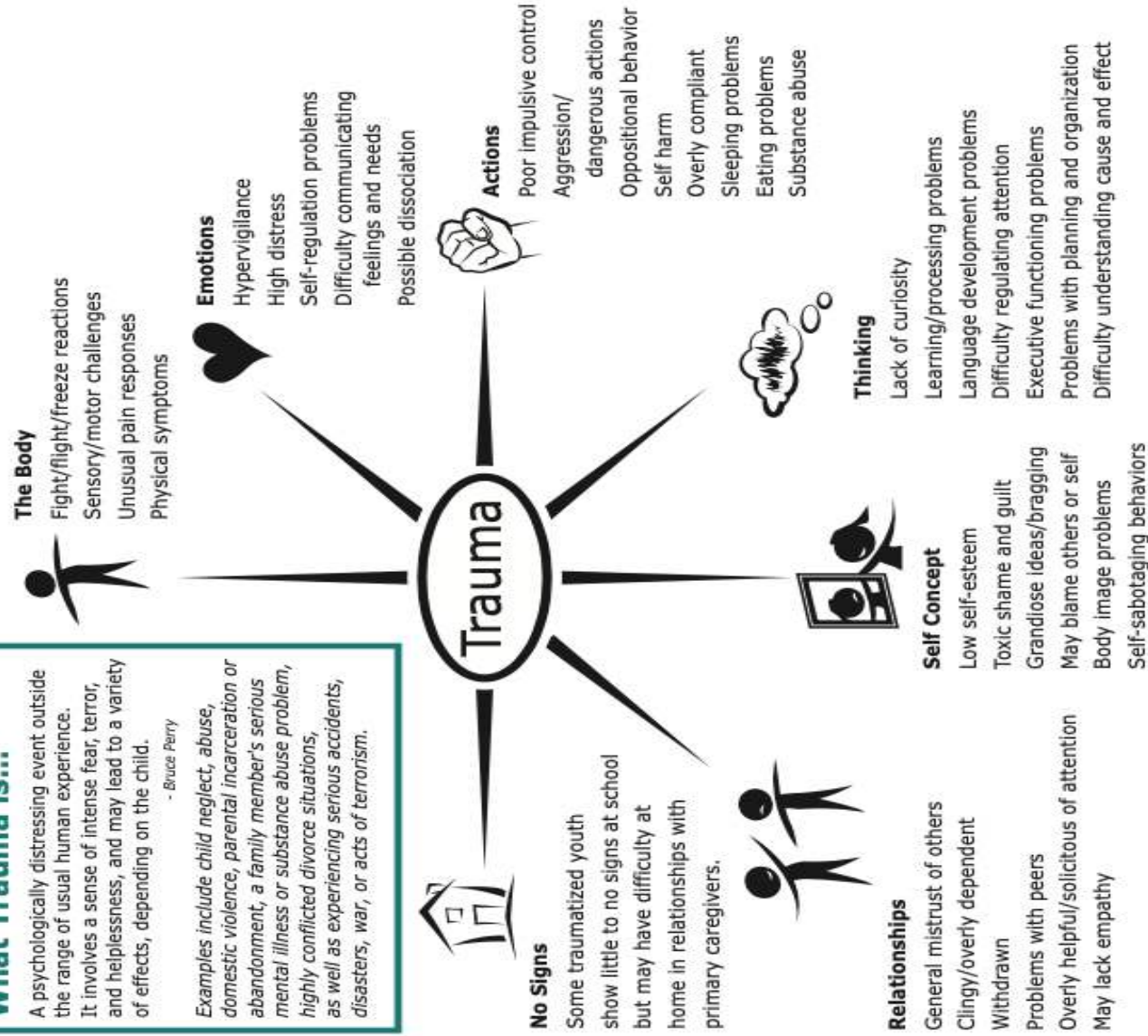
### What Trauma is...

A psychologically distressing event outside the range of usual human experience. It involves a sense of intense fear, terror, and helplessness, and may lead to a variety of effects, depending on the child.

- Bruce Perry

*Examples include child neglect, abuse, domestic violence, parental incarceration or abandonment, a family member's serious mental illness or substance abuse problem, highly conflicted divorce situations, as well as experiencing serious accidents, disasters, war, or acts of terrorism.*

### What Trauma Does to...\*



## What Trauma-Sensitive Schools Do...

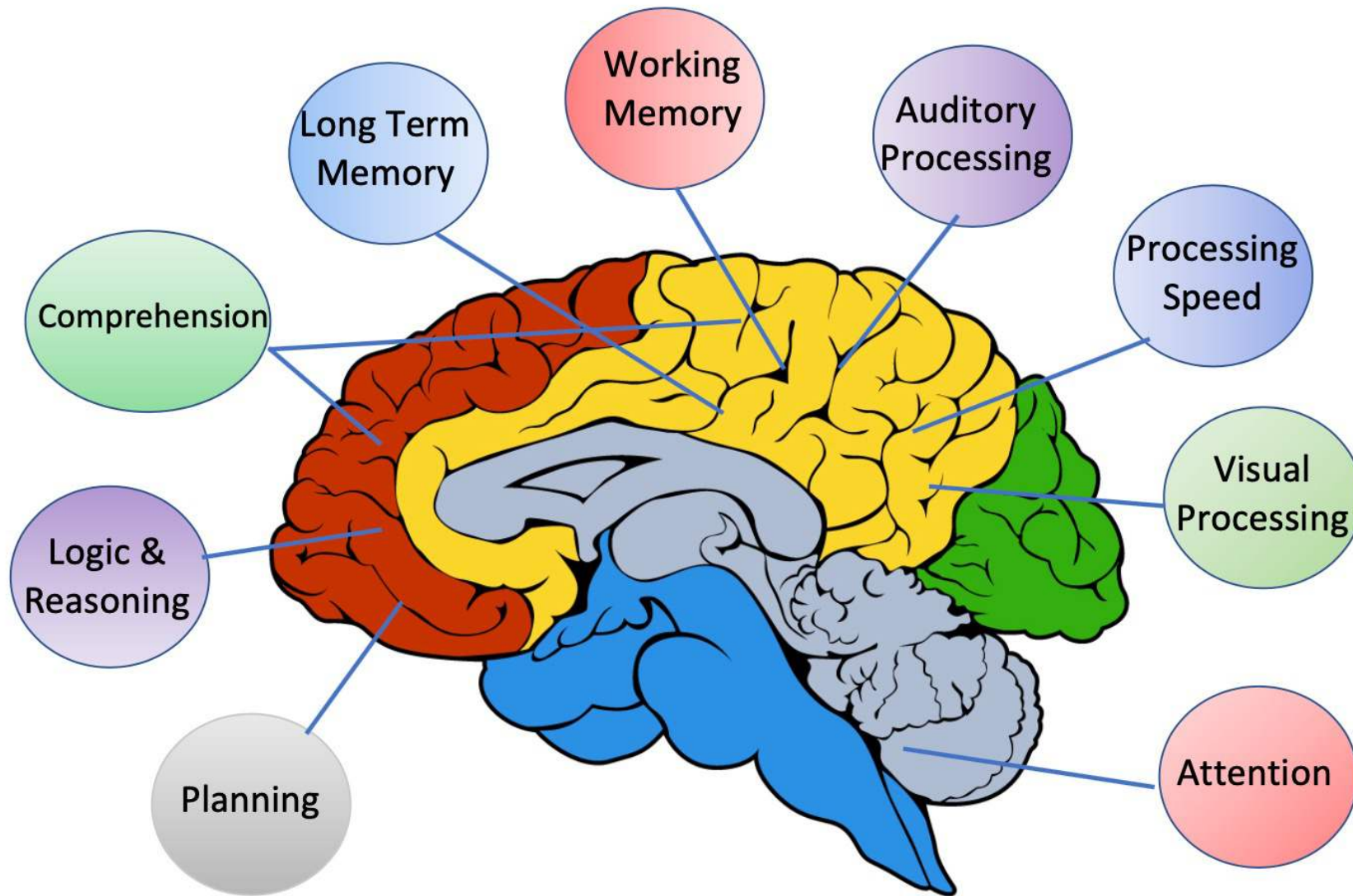
### Help Students

Feel safe  
Be connected

Get regulated  
Learn

**They Benefit Everyone!**

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Full High Hope

Half High Hope

**HOPE**

Half Low Hope

Full Low Hope



# HOPE SURVEY

NAME: \_\_\_\_\_

**Directions:** Read each sentence carefully. For each sentence, please think about how you are in most situations. Using the scale shown below, please select the number that best describes YOU and put that number in the blank provided. There are no right or wrong answers.

Definitely. Mostly. Somewhat. Slightly. Slightly. Somewhat. Mostly. Definitely  
False. False. False. True. True. True. True. True

1    2    3    4    5    6    7    8

1. I can think of many ways to get out of a jam. \_\_\_\_\_
2. I energetically pursue my goals. \_\_\_\_\_
3. There are lots of ways around any problem. \_\_\_\_\_
4. I can think of many ways to get the things in life that are most important to me. \_\_\_\_\_
5. Even when others get discouraged, I know I can find a way to solve the problem. \_\_\_\_\_
6. My past experiences have prepared me well for my future. \_\_\_\_\_
7. I've been pretty successful in life. \_\_\_\_\_
8. I meet the goals that I set for myself. \_\_\_\_\_

Notes: The **AGENCY** subscale is the sum of items 2, 6, 7, & 8; The **PATHWAYS** subscale score is the sum of items 1, 3, 4, & 5. **HOPE** is the sum of the four **Pathways** and the four **Agency** items. Scores can range from a low of 8 to a high of 64.

**Agency Score** \_\_\_\_\_ (Add items 2, 6, 7, & 8)

**Pathways score** \_\_\_\_\_ (Add items 1, 3, 4, & 5)

**Total Hope Score** \_\_\_\_\_ (Agency Score + Pathways Score)





**Are there students at your school who would...**

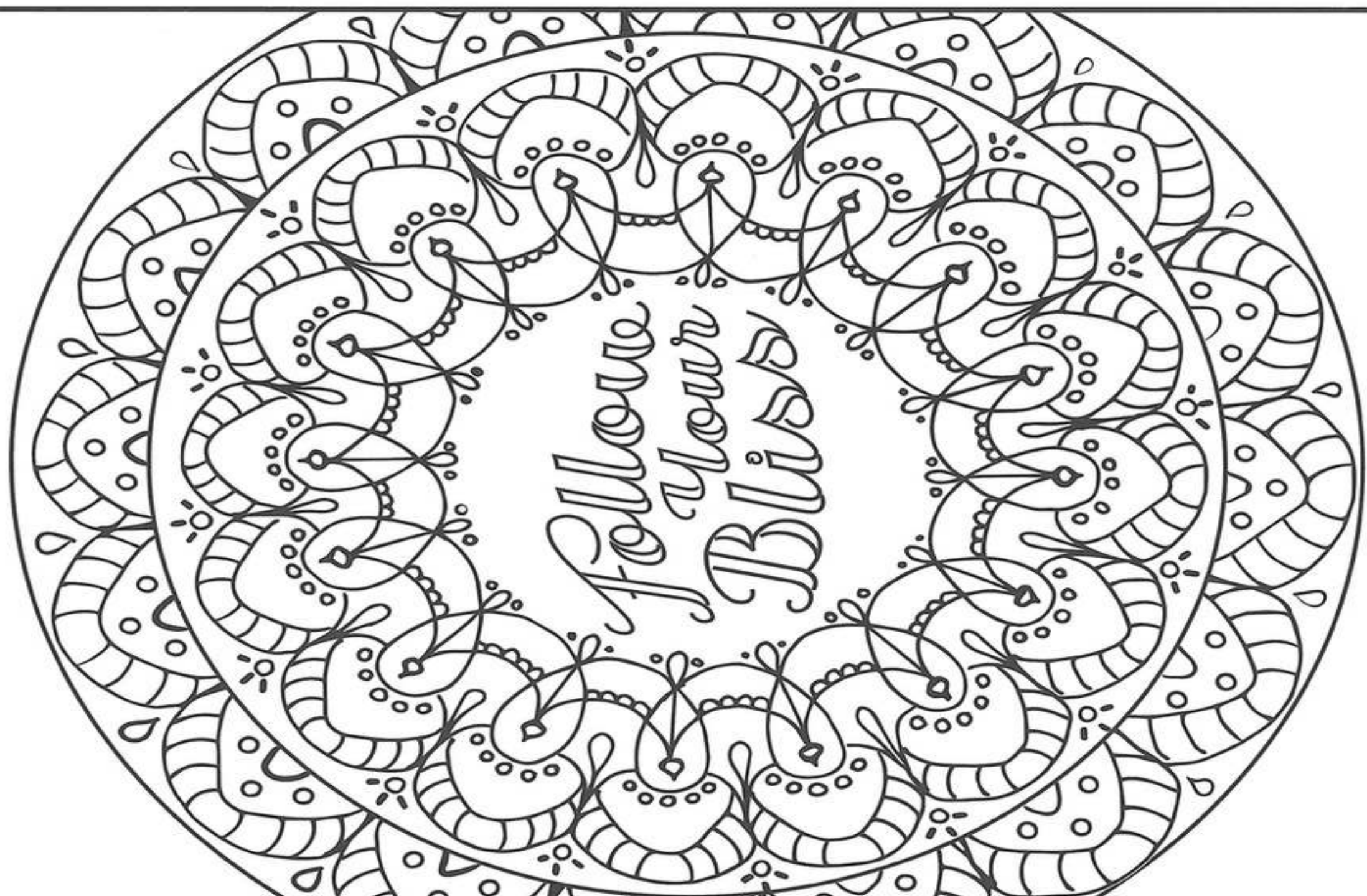
	never	1	2	3	4	always
... choose you on their team at school	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... explain the rules of a game if you didn't understand them	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... invite you to their home	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... share things with you	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... help you if you hurt yourself	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... miss you if you weren't at school	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... make you feel better if something is bothering you	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... pick you for a partner	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... help you if other students are being mean to you	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... tell you you're their friend	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... ask you to join in when you are all alone	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... tell you secrets	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Please read every statement carefully and click on the answer that fits you best.**

	never	1	2	3	4	always
I do things at home that make a difference (i.e. make things better )	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I help my family make decisions	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
At school, I decide things like class activities or rules	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I do things at school that make a difference (i.e. make things better)	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can work out my problems	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can do most things if I try	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There are many things that I do well	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel bad when someone gets their feelings hurt	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I try to understand what other people feel	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I need help, I find someone to talk to	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know where to go for help when I have a problems	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I try to work out problems by talking about them	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have goals and plans for the future	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I think I will be successful when I grow up	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Save form**

**Attach to email**



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