



LRB in a Nutshell

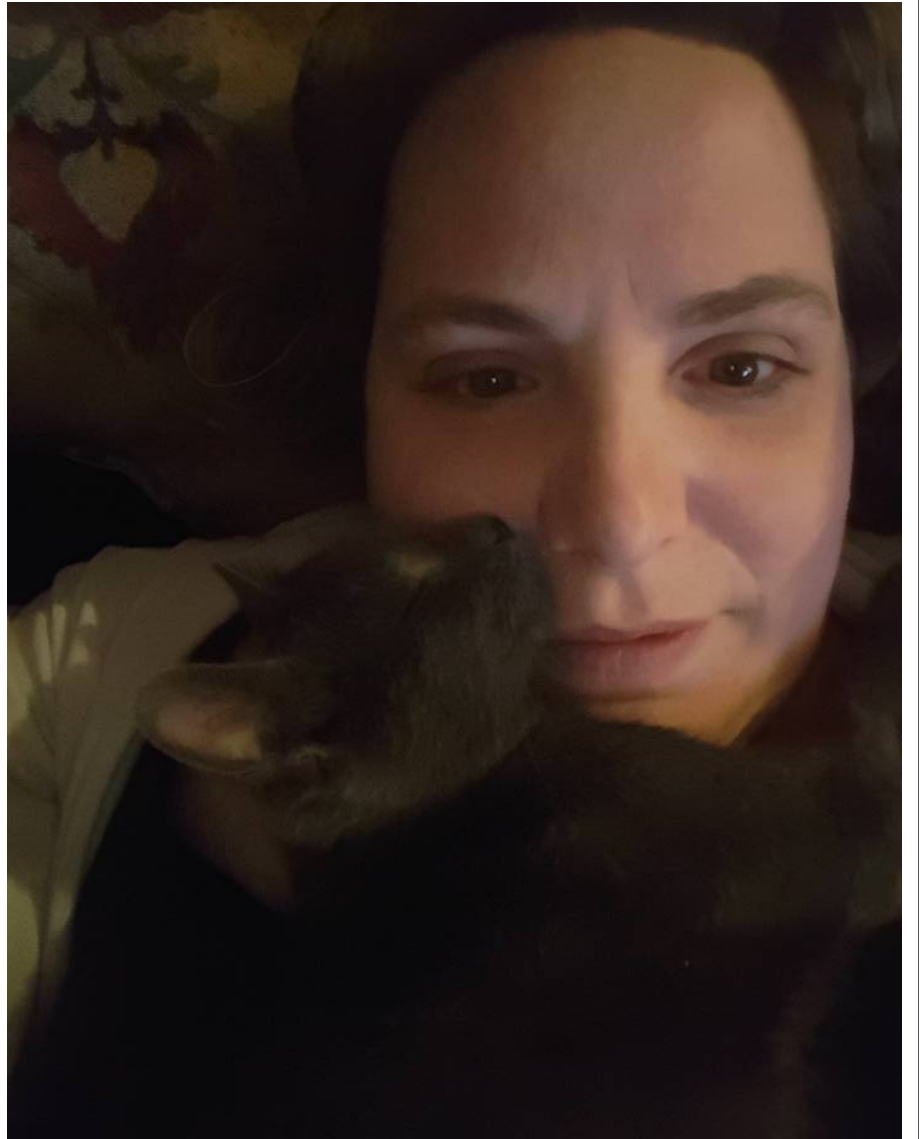
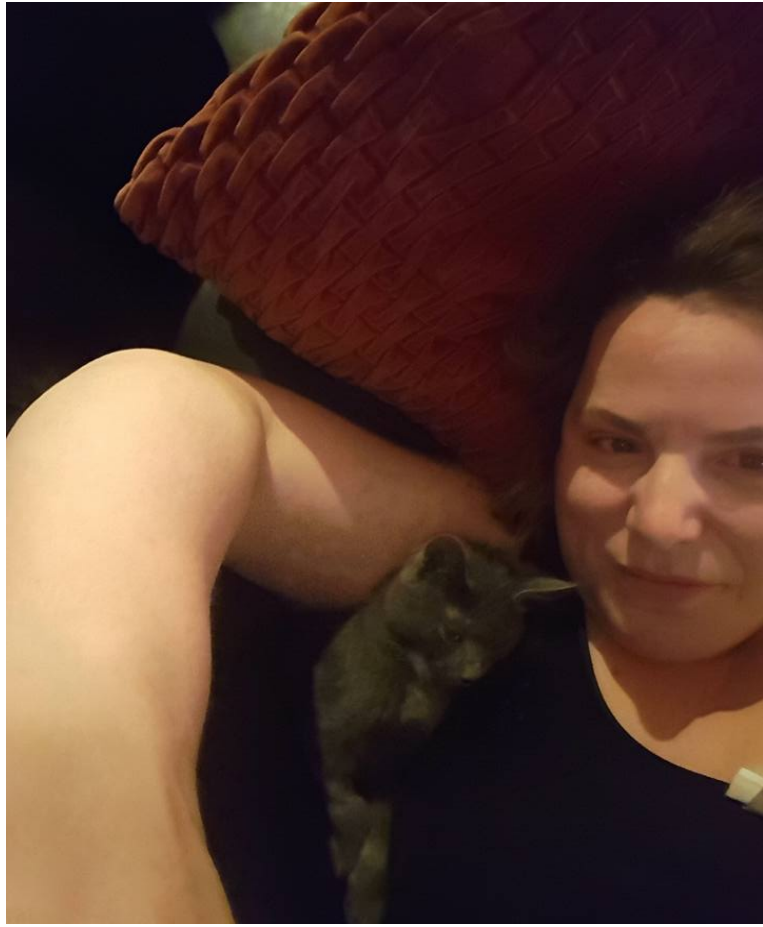
Maya Angelou

- “Love life. Engage in it. Give it all you've got. Love it with a passion because life truly does give back, many times over, what you put into it.”
— Maya Angelou

Crazy Cat Lady













2 kids—Aiden and Sheldon

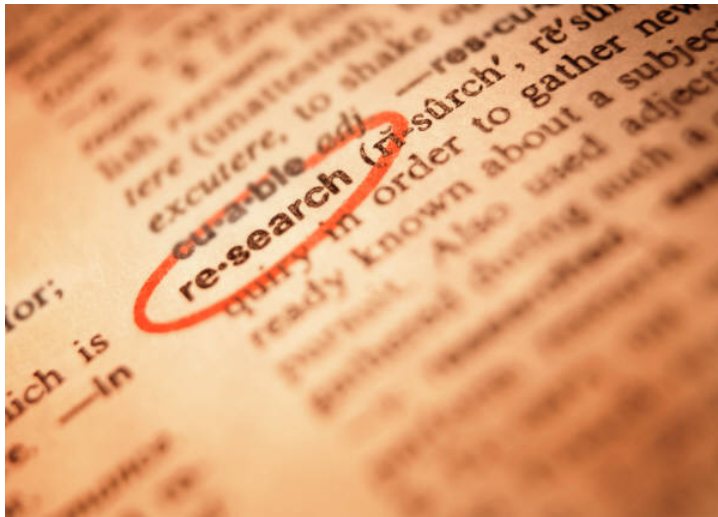




Speech Language Pathologist

- Specializing in childhood language and literacy disorders
 - Concentration in social skill development, ADHD, and prenatal exposure and trauma
- 19 years of experience
- Worked in Head Starts, Private Practice, Skilled Nursing Facility, and University Setting

My research interests are:



- Prenatal Drug and Alcohol Exposure
- Social Skills in Children with ADHD
- Adverse Childhood Experiences and Trauma-Informed Service Delivery
- Student Stress
- Mind-Body Skills
- Supervision

Adverse Childhood Experiences

Prior to your 18th birthday:

1. Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?
No ___ If Yes, enter 1 ___
2. Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?
No ___ If Yes, enter 1 ___
3. Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? or Attempt or actually have oral, anal, or vaginal intercourse with you?
No ___ If Yes, enter 1 ___
4. Did you often or very often feel that ... No one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other, or support each other?
No ___ If Yes, enter 1 ___
5. Did you often or very often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
No ___ If Yes, enter 1 ___
6. Were your parents ever separated or divorced?
No ___ If Yes, enter 1 ___
7. Was your mother or stepmother:
Often or very often pushed, grabbed, slapped, or had something thrown at her? or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
No ___ If Yes, enter 1 ___
8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?
No ___ If Yes, enter 1 ___
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?
No ___ If Yes, enter 1 ___
10. Did a household member go to prison?
No ___ If Yes, enter 1 ___

Now add up your "Yes" answers: _ This is your ACE Score

Trauma Changes the Brain

- Studies show chronic stress or unaddressed ACEs can change the chemical and physical structures of the brain.
- In the classroom, children can display traumatic stress through aggression, anxiety, defiance, perfectionism, and withdrawal.
- Signs of trauma often times look very similar to **ADD, ADHD, ODD and autism spectrum disorder**.

TRAUMA

- Feelings of fear, helplessness, uncertainty, vulnerability
- Increased arousal, edginess and agitation
- Avoidance of reminders of trauma
- Irritability, quick to anger
- Feelings of guilt or shame
- Dissociation, feelings of unreality or being "outside of one's body"
- Continually feeling on alert for threat or danger
- Unusually reckless, aggressive or self-destructive behavior

OVERLAP

- Difficulty concentrating and learning in school
 - Easily distracted
 - Often doesn't seem to listen
- Disorganization
- Hyperactive
 - Restless
- Difficulty sleeping

ADHD

- Difficulty sustaining attention
 - Struggling to follow instructions
- Difficulty with organization
- Fidgeting or squirming
 - Difficulty waiting or taking turns
- Talking excessively
- Losing things necessary for tasks or activities
- Interrupting or intruding upon others

Some Trauma-Informed Tips

- **Set the TONE – you need to use the environment to regulate the brain.**
 - Predictability
 - Picture Schedules
- **Recognize when a child is going into survival mode.**
 - Rapid breathing
 - Fidgety

Some Trauma-Informed Tips

- **Self-Regulation through Co-Regulation**

- What works isn't teaching self-regulation. It's giving children experiences of co-regulation over and over and over again.
- Until their brains literally take in and imprint the regulated adult. Children from trauma or from hard places, cannot self-regulate because they were never given the experience of co-regulation. They need YOU. Yes, you may be the only co-regulating adult in their life.

See the need behind the
behavior

