

MISS KENDRA'S PROGRAM

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THE CENTER FOR TRAUMA-RESPONSIVE PRACTICE CHANGE

"The Miss Kendra Program is a K-12 trauma-informed social emotional learning program and school-based public health approach to mitigate the impact of trauma and toxic stress on students' academic engagement. At its core, Miss Kendra Programs help whole schools and classrooms create safe spaces for children to learn norms of child safety and have open conversations about adversity, on a regular basis, in order to identify problems early on and strengthen their psychological immunity."

PROGRAM MODEL

The Miss Kendra Programs model, at its core, means asking every child on a regular basis if they have experienced stressful events to identify problems early and to strengthen children's psychological immunity. For the child, this process consists of:

1. Identifying core stressors using Miss Kendra's List (a list of ACEs that helps children realize that their reactions to relatively minor stressors derive from the important stressors in their lives)
2. Communicating to the child the existence of a knowledgeable and caring listener (their teacher/Miss Kendra)
3. Gaining language about these concepts to achieve more cognitive control over the emotions that are evoked.

MISS KENDRA PROGRAMS AIMS FOR EVERY CHILD TO KNOW THAT, NO MATTER HOW BAD THINGS ARE, SOMEONE WHO CARES KNOWS ABOUT THEIR STRUGGLES. BUILDING THESE RELATIONSHIPS AND STRENGTHENING CHILDREN'S PSYCHOLOGICAL IMMUNE SYSTEMS LEADS TO POSITIVE RESULTS WITHOUT NECESSARILY ELIMINATING THE STRESSORS THEMSELVES

Miss Kendra's List is used in over 40 schools in nine states and consistently produces strong outcomes for students and schools regardless of race, socioeconomic status, or school/community size or location. Miss Kendra's List outcomes:

- 75% reduction in suspensions in four years (aggregate data for 12 schools)
- 85% reduction in office referrals (12 schools)
- 95% of teachers recommend the program to other teachers (22 schools)
- 90% of teachers report that the program calms down their students (22 schools)