So, Now what?

De-escalation

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01 Behavior basics review

We Can Think About...

- What is the need behind the behavior?
- Window of "Stress Tolerance"
- Am I Reacting or Responding?

Trauma Impacted Youth May Struggle with:

- Managing BIG emotions
- Chronic irritability or anxiety which impacts problem solving skills
- Empathy
- Expressing their needs or concerns
- Seeing the bigger perspective of a situation
- Connecting own behavior to impact on others
- Working in groups/connecting with others

The Sanctuary Model: Designing and Implementing Trauma-Informed School Based Programs, The Sanctuary Institute

Survival Brain vs Learning Brain

- Fight-Flight-Freeze response in threat situations
- Constant exposure to violence and/or trauma can lock a child in a permanent state of Fight-Flight-Freeze
- "Triggered" state causes the "Learning Brain" to go offline

Trauma and Resilience: An Adolescent Provider Toolkit; Adolescent Health Working Group 2013