

“7 Ways to Transform the Lives of Wounded Students”

Joe Hendershott, Author

Courage to Risk February 1, 2019

What is a Wounded Student?

- At-risk students
 - Identified based on certain situational criteria
 - Socioeconomic factors
 - Family composition
 - Physical or learning disabilities
 - Second language learners
 - Truancy
 - Low test performance
- At-risk of not graduating high school

Wounded Student Definition

“Children who have experienced or continue to experience emotional and/or physical traumatic events. This has a profound impact on their physical, emotional, and/or spiritual identity as well as their ability to function in the classroom and in life.”

Interventions for Students

- At-risk students
 - “Based on risk factors making the student susceptible to negative outcomes.”
- Wounded students
 - “Begin with the awareness that these children are not in danger of something happening to them; something has happened to them. They have crossed over from being at risk to being a casualty of their circumstances.”

May 21, 2015 Landmark Lawsuit Filed in California to Make Trauma-Informed Practices Mandatory for All Public Schools”

- “A landmark first step was taken today to insure that all public schools in the United States be legally required to address the unique learning needs of children affected by adverse childhood experiences.”
- “Based on the research findings that have established that adverse childhood experiences (ACEs) are obstructing the ability of millions of children to succeed in school.”

(Paull, 2015)

Adverse Childhood Experiences

- Center for Disease Control and Kaiser did a groundbreaking public health study.
- The Study measured physical, sexual and verbal abuse, physical and emotional neglect, family members who are depressed or have other mental illnesses, addicted to other substances, in prison, witnessing a mother being abused, losing a parent to separation, divorce or other reason.
- Ten question survey

Number of Adverse Childhood Experiences (ACE Score)	Women	Men	Total
0	34.5	38.8	36.1
1	24.5	27.8	26.0
2	15.5	16.4	15.9
3	10.3	8.6	9.5
4 or more	15.2	9.2	12.5

Adverse Childhood Experiences Are Common

Household dysfunction:

Substance abuse	27%
Parental separation/divorce	23%
Mental illness	17%
Battered mother	13%
Criminal behavior	6%

Abuse:

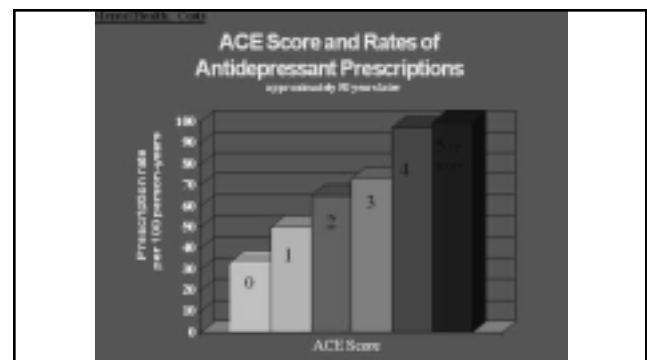
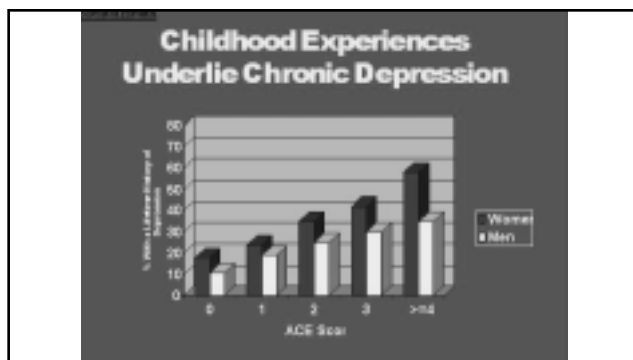
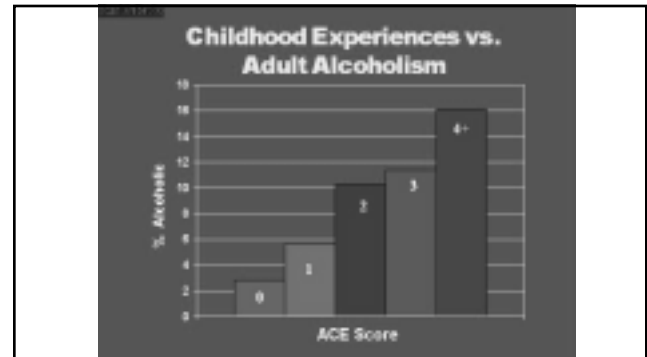
Psychological	11%
Physical	28%
Sexual	21%

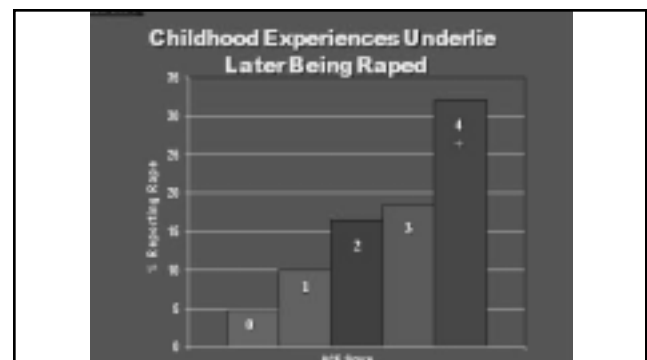
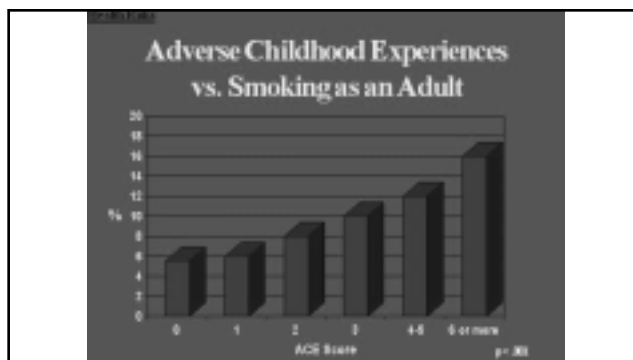
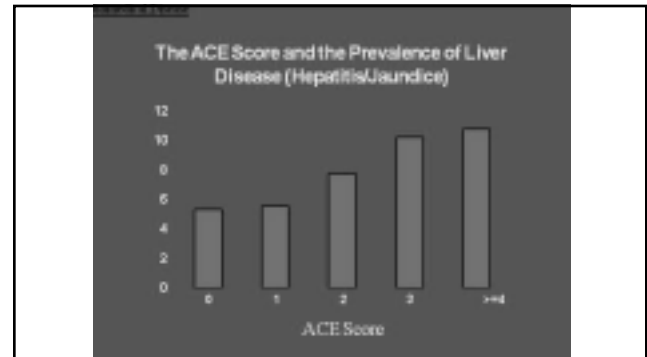
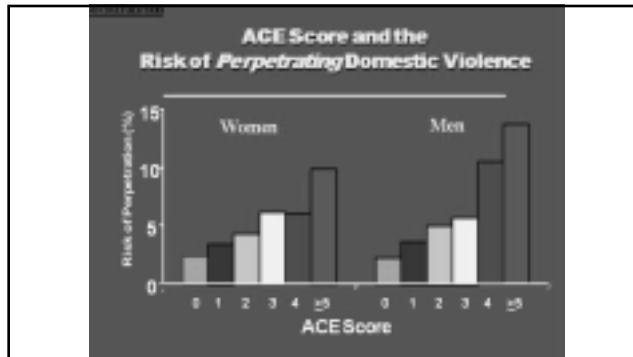
Neglect:

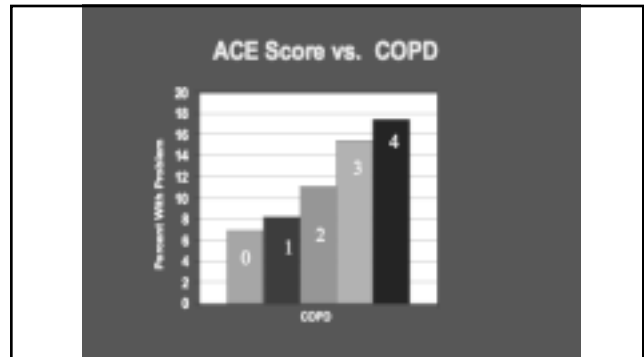
Emotional	15%
Physical	18%

ACE Study Revealed Six Main Discoveries

- ACEs are common, 64% of adults have at least one
- They cause adult onset of chronic disease, mental illness, violence, and being a victim of violence
- ACEs don't occur alone – 87% chance if you have one, you'll have two
- The more ACEs you have, the greater your risk for disease, violence
- ACEs are responsible for a large portion major chronic health issues
- It doesn't matter which of the four ACEs a person has, the harmful consequences are the same.







Stewardship

"The responsible overseeing and protection of something considered worth caring for and preserving."

The Hendershott Model for Reaching the Wounded Student

- Understanding
- Relationship
- Reaching the Wounded Student
- Hope
- Self-Esteem
- Teaching
- Achievement
- Transformation

Goals of the Author

- Beginning a conversation in which we acknowledge the need for trauma-informed practices
- Array of information supported by research that can positively impact our work with children of trauma in the classroom.
- Inspiration for putting peace into the lives of wounded students so they can truly begin to experience success in learning.
- Application of principles that help us build relationships with wounded children to meet their social emotional and academic needs, which is vital to positioning students for transformation.

Leadership

- What are you trying to change?
- Who are you trying to change?
- Why are we trying to change?

Recognizing the Effects of Trauma

- First Responder
 - Acknowledge the situation
 - Call emergency personnel
 - Provide reassurance and compassion until professional help arrives

Causes of Wounds

Dr. Terry Wardle, (2007)

- Wounds of withholding
- Wounds of aggression
- Wounds of stressful events
- Wounds of betrayal
- Wounds of Long-term duress

Typical Cycle of Wounds

Dr. Terry Wardle, (2007)

1. Wound
2. False beliefs
3. Emotional upheaval
4. Dysfunctional behavior
5. Life situations

Fallout from Trauma

- Research suggests that unresolved trauma can manifest itself as post traumatic stress disorder.
- The implication is that trauma plays a role in our overall wellbeing. It can affect both our emotional and physical health.
- Early childhood traumatic experiences affect one's lifelong learning
- Behavior may have absolutely nothing to do with the children's desire to behave or be respectful but were actually a response to a trigger bring back feelings associated with previous trauma.

"The only way to deal with trauma is to acknowledge it and try to understand how it may be affecting a children's behaviors and learning. That's where the transformation will begin."

Joe Hendershott

"Trauma is a fact of life. It does not, however, have to be a life sentence. Not only can trauma be healed, but with appropriate guidance and support, it can be transformative."

Peter A. Levine

Include the Whole Brain

- The left brain is logical, ordered, rule-oriented.
- The right brain is concerned with feelings, relationships, creativity and emotional wellbeing. It gives us the ability to have empathy or attune to others.
- We have to understand brain integration if we are to bring transformation to the lives of wounded students.

Incorporate Empathy

- The ability of educators to be empathic with their students builds connections and a sense of community that in turn engages the learning process.
- When educators empathize with their students, they are attuning to their students' needs and circumstances, which can build relationships on a deeper level.
- Teaching empathy gives students an awareness of their own feelings and the feelings of others.
- Encouraging empathy is a preventative strategy which can decrease instances of bullying.

Create Community

- Provide opportunities for wounded students to interact within their community. This encourages a sense of purpose and belonging.
- True community values its members, recognizing that each has special contributions to make to their community. Having a sense of belonging is critical in helping wounded student feel safe and secure enough to begin exploring their unique gifts and abilities.

"I believe that the biggest piece missing for most our wounded youth is the sense of being a valued member of community or belonging." Joe Hendershott

Checkpoints for Connection with Students

1. Never connect a student's identity to their performance, or communicate the possibility that the two are connected.
2. Protects your students' confidentiality.
3. Create opportunities to listen.
4. Create safe places.
5. Express to your students that they are the reason you love to do what you do, be it teaching, coaching, advising, mentoring, or facilitating any number of educational or extracurricular activities.

Checkpoints for Connection with Students

6. Provide opportunities for students to experience empathy or compassion from or for their classmates or others in their community.
7. Find the redeeming qualities in wounded students.
8. Develop an effective peer process in your classroom or building.
9. Seek restorative justice as an alternative discipline approach.

Nine Points of Personal Consideration

1. Make sure your own identity is secure.
2. Identify your own triggers.
3. Recognize your power as a person of authority.
4. Take care of yourself; know the signs of compassion fatigue.
5. Know when to enact reinforcements.
6. Keep growing professionally in the area of emotional literacy.
7. Find your mentor.
8. Be courageous in your creativity.
9. Be ready to step into their stories.

"We can no longer be indifferent to the unique needs and challenges facing wounded students. Some of their futures will depend on our response. Foundational to being effective in our response is continued awareness and training geared towards reaching this population of students, and not being afraid to step out and try."

Joe Hendershott

"Take your scholarship and integrate it with your heart, imagining what the future could be. Bring that vision to life as you seek to bring transformation to the lives of your wounded students. They need you."

Joe Hendershott

"As educators, we must embrace the fact that we possess an amazing power to bring transformation into the lives of wounded students through understanding, empathy, compassion, and grace if we can establish within ourselves the desire to see every child as an unfinished portrait of potential. What greater gift can we give than to help students see the unfolding beauty in their personal masterpiece?"

Joe Hendershott