

Trauma-Informed Multi-Tiered Systems of Support (TI-MTSS)

The Effect of Trauma on Students (K-12)¹

By the time a child turns 16, there's a 2/3 chance that they will have experienced a traumatic event.

The effects of traumatic events on children can increase the likelihood that a child experiences a host of academic, psychological and biological issues.

Trauma-Informed Schools: How and When

"For a school to be considered trauma-informed, the services and care must be provided in the context of an organization-wide approach grounded in an understanding of trauma and its consequences, with a focus on strengths, healing and resilience."
(Pg.58)¹

10 principles for Trauma-Informed Service Delivery.²

These principles outline how and when a school can be truly trauma-informed.

1. Recognize the impact of trauma on development and coping behaviors.
2. Place recovery from trauma as a primary goal.
3. Use an empowerment model.
4. Maximize's the individual's control over the recovery process.
5. Use relational collaboration.
6. Address the need for safety, acceptance and respect.
7. Minimize the potential for more traumatic experiences
8. Focus on adaptation and resilience in a strength-based manner.
9. Strive for cultural competence.
10. Involve consumers in program design and evaluation.

Trauma-informed approaches in any system also try to adhere to the 4 Rs.³

Realize the widespread impact of trauma and pathways to recovery.

Recognize trauma signs and symptoms.

Respond by integrating knowledge about trauma into all facets of the system.

Resist re-traumatization of trauma-impacted individuals by decreasing the occurrence of unnecessary triggers (i.e., trauma and loss reminders) and by implementing trauma-informed policies, procedures, and practices.

Why TI-MTSS?

Multi-Tiered Systems of Support (MTSS) is the ideal model of service delivery for providing students with academic, social-emotional, mental health and behavioral support.⁵

The comprehensive and overarching framework of MTSS makes it ideal for providing trauma-informed services within schools as it can help provide services to students at the schoolwide, small-group and individual levels.⁵

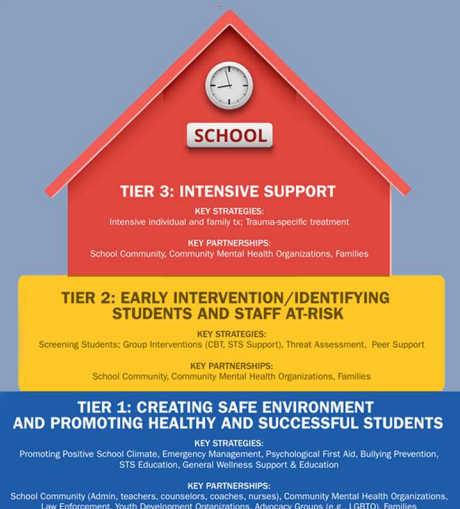
The National Child Traumatic Stress Network (NCTSN) recommends that schools implement a MTSS framework with a trauma-informed lens to inform practice. This adapted framework is often referred to as TI-MTSS.⁵

TI-MTSS: What does it look like?⁴

NCTSN[®] 10 Core Areas for Trauma Informed School Systems

1. Identification and Assessment of Traumatic Stress.
2. Prevention and Intervention Related to Traumatic Stress.
3. Trauma Education and Awareness.
4. Partnerships with Students and Families.
5. Creation of a Trauma-Informed Learning Environment.
6. Cultural Responsiveness.
7. Emergency Management/Crisis Response.
8. Staff Self-Care and Secondary Traumatic Stress.
9. School Discipline Policies and Practices.
10. Cross System Collaboration and Community Partnerships

A visualization of the NCSTN Framework highlighting strategies and partnerships across the tiers of MTSS can be found below.



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References

