



Trauma Professional Development Plan

Topic	Objectives:	Who:	When:	Lead by:	Evaluation:
Trauma Overview	<ul style="list-style-type: none"> Build capacity of all STEAM Academy staff Gather input on trauma for future PD plan (Gots/Wants) Trauma informed classroom matrix based on school wide expectations Resources: (Mod. 2)	All Staff	Aug 28th	Trauma Informed Team	Establish baseline data <ul style="list-style-type: none"> Bdocs/Voyager Room/ Suspensions 2018-19 School Climate Survey (students) Trauma Informed Assessment (staff perception) Completed matrix with social-emotional components
Self-Care	<ul style="list-style-type: none"> Staff establish commitment to supporting individual self-care All staff describe the importance of self-care in order to support students All staff develop individual self-care plans Establish self-care norms 	All Staff	Aug 28th	Trauma Informed Team	<ul style="list-style-type: none"> Self- assessment survey PQL
What is Trauma?	<ul style="list-style-type: none"> Review Self Care/Self-Care check in. Establish a common understanding of ACEs and trauma Dr. Dowden 	All building staff	September 17th Faculty meeting	Trauma Team	<ul style="list-style-type: none"> Staff reflection on how many students may have 4 or more ACEs in their classroom (not shared out and confidential)



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Self-Care	<ul style="list-style-type: none"> • Check-in on self-care plans 	All building Staff	October faculty meeting	Trauma Team	<ul style="list-style-type: none"> • Self-Assessment Google Form
Trauma and the Brain	<ul style="list-style-type: none"> • Staff able to describe upstairs and downstairs brain • Staff able to identify situations that may trigger stress response 	PLCs	September 15 PLC Time 1 hour	Universal Team	Staff reflection on incident in which someone was operating out of downstairs brain
Self-Care	<ul style="list-style-type: none"> • Check-in on self-care plans 	Building Staff	October	Administrator	Staff complete Pro-QOL by end of quarter
Fight, Flight and Freeze in Classroom	<ul style="list-style-type: none"> • Staff able to identify behaviors that may indicate stress response was activated 	PLCs	November 20 PLC Time 1 hour		Staff reflection on: <ul style="list-style-type: none"> • 1 incident in which a student may had stress response triggered and their response as adult. • 1 incident in which their stress response was triggered and their response
Self-Care	<ul style="list-style-type: none"> • Check-in on self-care plans 	Building Staff	November Staff Meetings	Administrator	Self-Assessment Google Form
Self-Care	<ul style="list-style-type: none"> • Staff participate in a preferred self-care practice 	PLCs	December 10 PLC Time 1 hour	Administrator	Staff complete Pro-QOL before end of semester



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Classroom Practices	<ul style="list-style-type: none"> Staff assess current classroom practice and identify practices to do with more intention and practices to add Staff prioritize 1 or 2 practices they will focus on this semester 	Building Staff	January In-Service January 6 4 hours	Universal Teams	Staff submit Google Form with action plan for improving 1 or 2 practices in their classrooms
Self-Care	<ul style="list-style-type: none"> Check-in on self-care plans 	Building Staff	January Staff Meetings	Administrator	Self-Assessment Google Form
Problem Solving / Strategy Share	<ul style="list-style-type: none"> Staff report out on classroom practices Staff share strategies and experiences 	PLCs	February 13 PLC Time 1 hour	Universal Teams	Review of classroom data
Self-Care	<ul style="list-style-type: none"> Staff participate in a preferred self-care practice 	PLCs	March 13 PLC Time 1 hour	Administrator	Staff complete Pro-QOL before end of quarter
Self-Care	<ul style="list-style-type: none"> Check-in on self-care plans 	Building Staff	April Staff Meetings	Administrator	Self-Assessment Google Form
Problem Solving / Strategy Share	<ul style="list-style-type: none"> Staff report out on classroom practices Staff share strategies and experiences 	PLCs	April 16 PLC Time 1 hour	Universal Teams	Review of classroom data
Self-Care	<ul style="list-style-type: none"> Staff participate in a preferred self-care practice 	PLCs	May 18 PLC Time 1 hour	Administrator	Staff complete Pro-QOL before end of semester