

Trauma-Informed Workshop:

Missouri schools are increasingly aware of the prevalence and significant impact of trauma among children and adults. Becoming “trauma-informed” empowers adults in the school community to recognize and respond to those who have been impacted by trauma. Fortunately, all Missouri schools already provide some supports that can be leveraged as part of a local Trauma-Informed Schools Initiative. This workshop will use case examples from Missouri schools to equip school personnel with foundational knowledge and resources about Trauma-Informed Schools. Each person/team will leave with a resource library, including customizable materials to use with their school staff, as well as a school-level action plan that links to current initiatives and integrates local resources.

Takeaways from the Workshop:

- Foundational understanding of trauma and its impact on student success
- Case examples of what other Missouri schools are going to become trauma-informed
- A shareable resource library of tools you can adapt and use in your school for ongoing professional development
- Awareness of best practices in becoming a trauma-informed school
- An initial systems evaluation using research-informed self-assessment tools
- A school-level action plan informed by local resource mapping

Agenda for the Day (Tentative):

9:00 am – 11:00 am	Introduction to Trauma-Informed Schools
11:00 am - noon	Trauma-Informed School Self-Assessment
12:00 – 12:45 pm	Lunch (provided)
12:45 pm – 2:00 pm	Resource Mapping: Connecting to other initiatives
2:00 pm – 2:30 pm	Action Planning

Presenters:

Melissa A. Maras, Ph.D.

Dr. Melissa Maras is a national expert in school mental health and evaluation capacity building. Her work focuses on strengthening partnerships and leveraging resources among local school and communities. Dr. Maras currently provides consultation and professional development to Missouri schools and communities around becoming trauma-informed, school mental health improvement, preventing and responding to suicide, non-suicidal self-injury, and school-community collaborations.

Daniel Rector, Ed.S.

Mr. Daniel Rector has expertise in schoolwide behavioral supports, including the integration of trauma-informed and behavioral support frameworks. He has worked in the field of education as a teacher, administrator, and consultant. Currently, Mr. Rector provides systems-level consultation to enhance both student and teacher supports in Missouri schools and districts.