

January 2018 TIC Tip of the Month from the TIC Classified Committee

Traumatic stress and the power of a caring adult:

Think of a time that was particularly stressful (but not traumatic) in your life. Revisit this period as an observer watching the events unfold and then ask yourself, “What made this time particularly stressful?”

It is likely that a part of your answer will include the difficulty of managing one situation before another circumstance came along demanding your time. Stressful times denote being bombarded with many things at one time, perceived or actual, without sufficient time or ability to address them emotionally, cognitively, spiritually, and/or physically.

The same goes for trauma—rapid exposure to numerous traumas one after another lessens one’s ability to process the event before the next onslaught. This creates a cumulative effect, making it more difficult to heal from any one trauma.

Chamberlin Hill teacher, Jayson Schube, has successfully implemented a mentoring program for students who have not responded well to other interventions for academic and behavioral issues. These students are matched with a staff member who meets with them twice a week to form a supportive bond. Students meet with their mentor to play a game, eat lunch, or just catch up. The students have responded extremely well and there are many positive stories. Both classified and certified staff volunteered to be mentors. There are currently 35 staff members meeting with a total of 36 students. It is truly heartwarming to know that so many students have another safe gateway to find hope and help with their complicated lives.

All FCS employees have an opportunity to provide support to a student in need. What can you do within your work area to help students (and colleagues) who may be experiencing traumatic stress in their life?