



# Faculty Research Partners Day

WESTERN EDUCATION

OCTOBER 20, 2017

# Partnering to Implement an Evidence-Based SEL Program Within a Trauma-Informed Framework



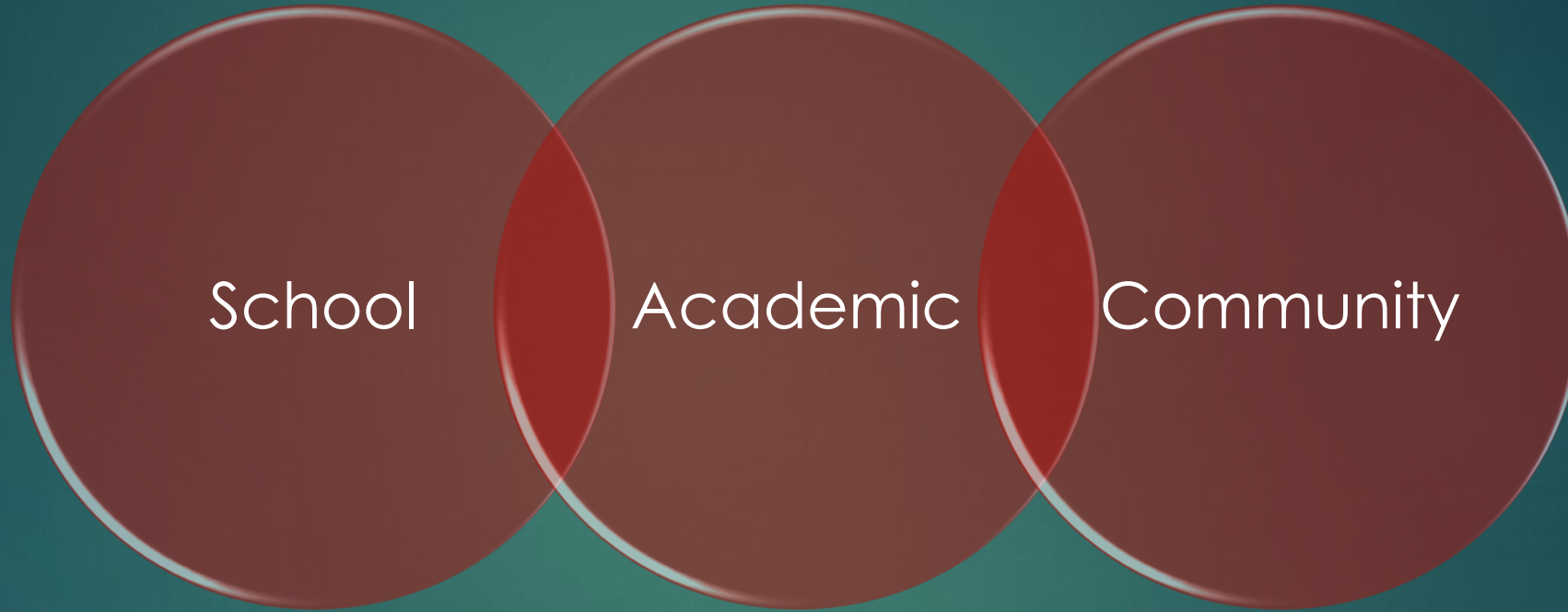
KAREN BAX, PH.D., C. PSYCH., TERRY SPENCER, MED & ANDREA LAPP, BMSC



# Team Members



This study has been made possible through a financial contribution from Public Health Agency of Canada.



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# In the next half hour...

- ▶ Our partnership
- ▶ SEL in a Trauma-Informed Framework
- ▶ Lessons Learned
- ▶ Preliminary Findings



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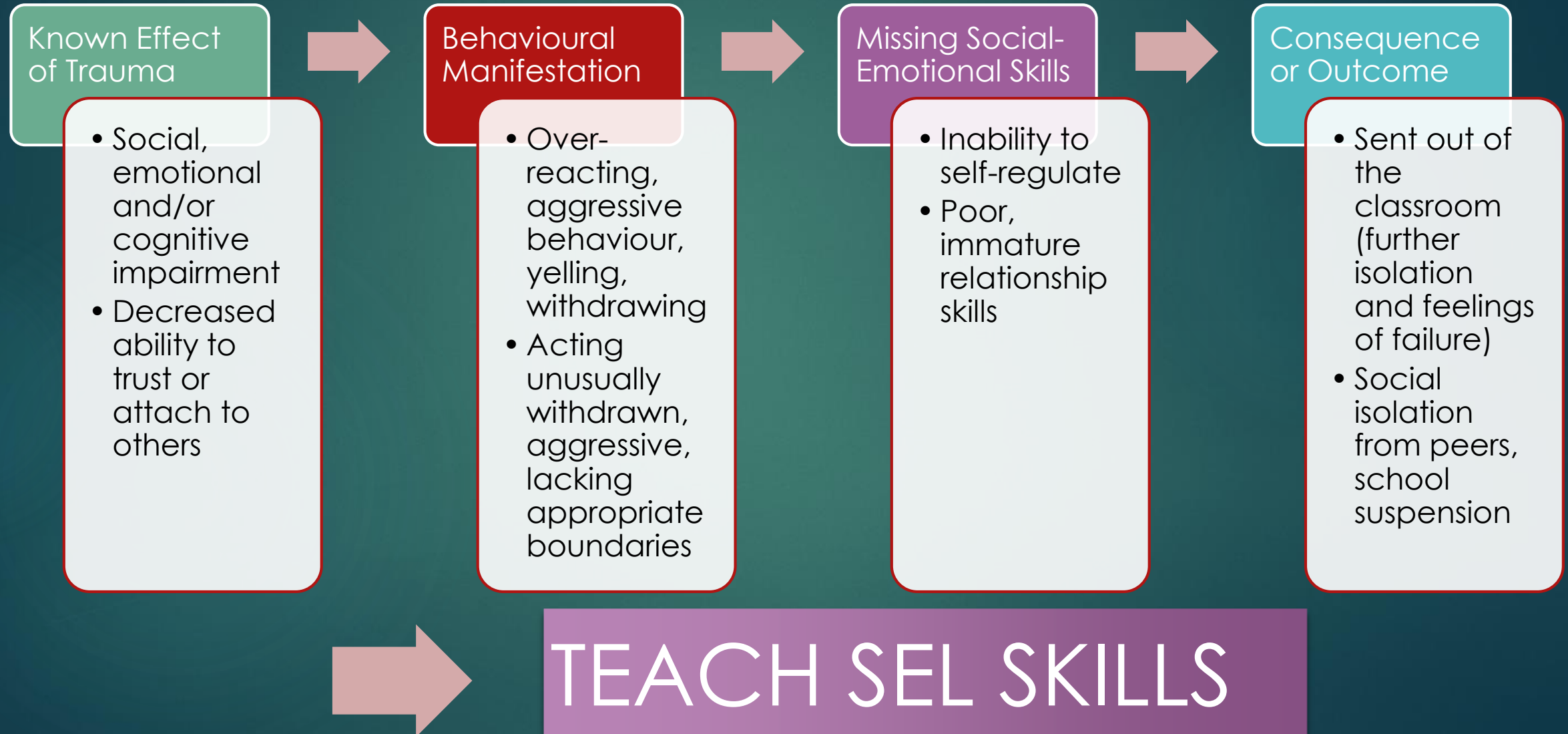
# MindUP for Young Children



# MindUP for Young Children

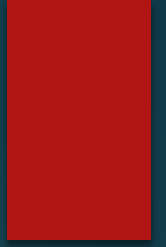


# Trauma's Effect on Students





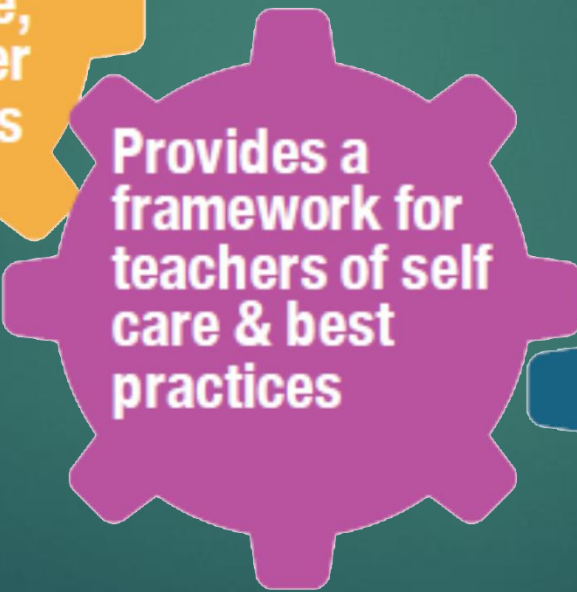
# MINDUP



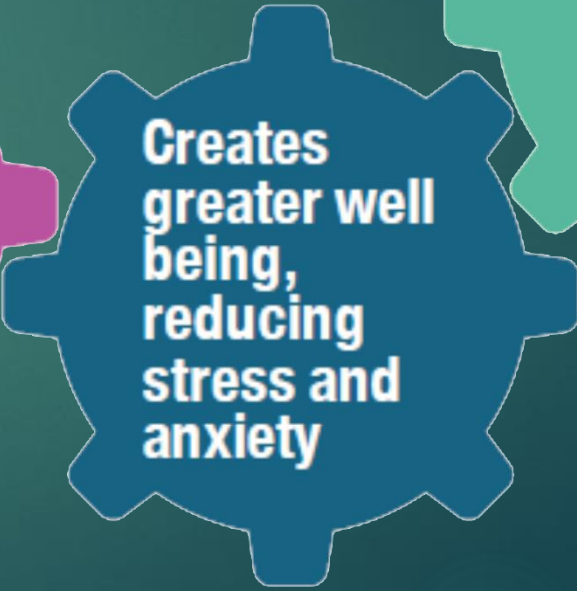
**Provides a  
sustainable basis  
for whole child  
development**



**Changes  
classroom &  
school culture,  
building better  
global citizens**



**Provides a  
framework for  
teachers of self  
care & best  
practices**



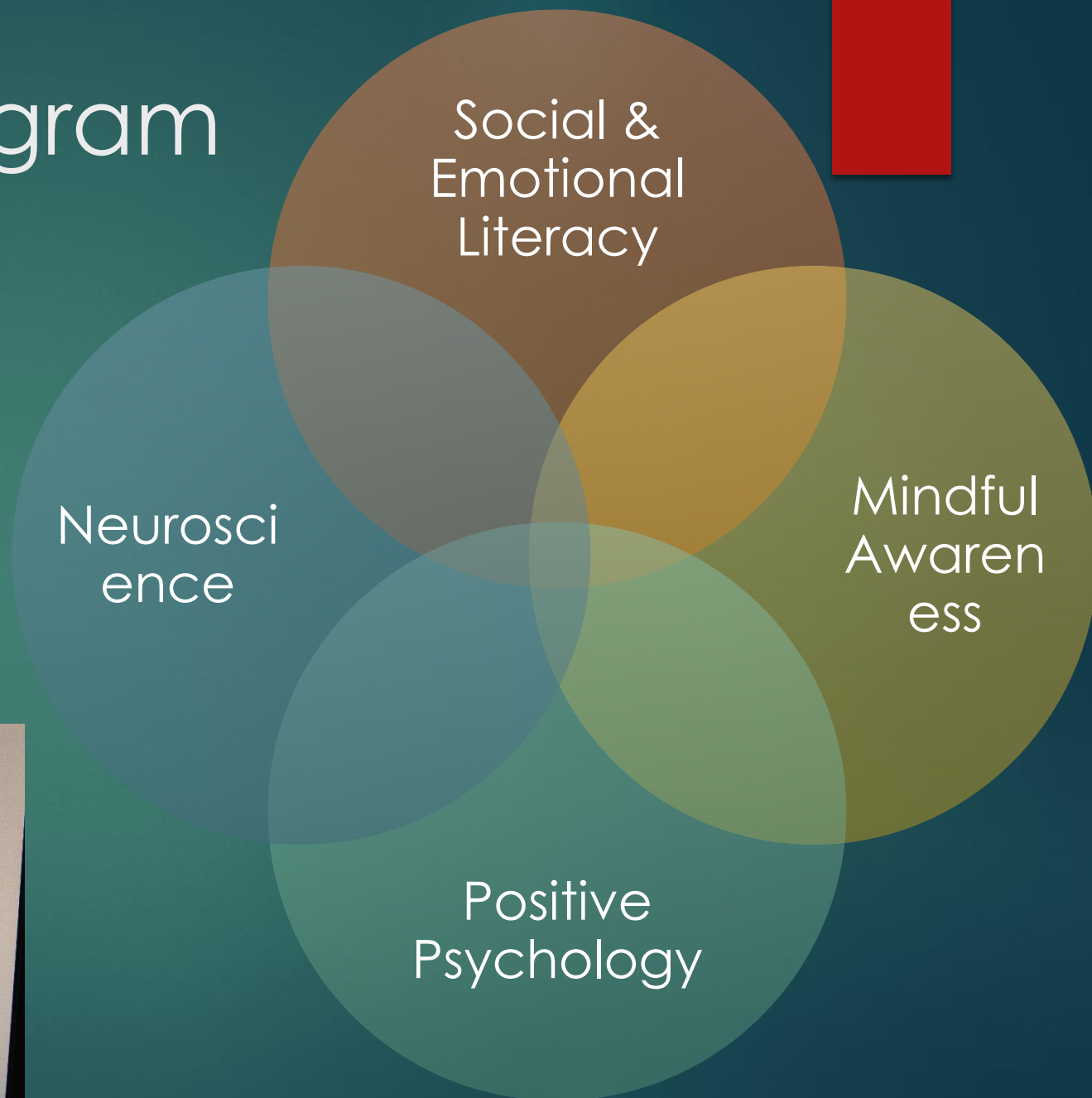
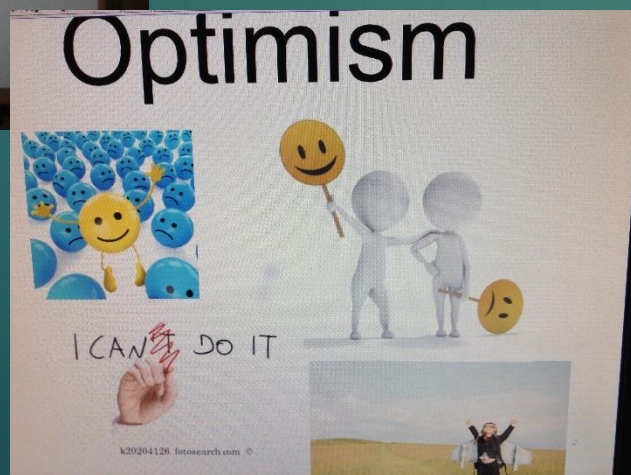
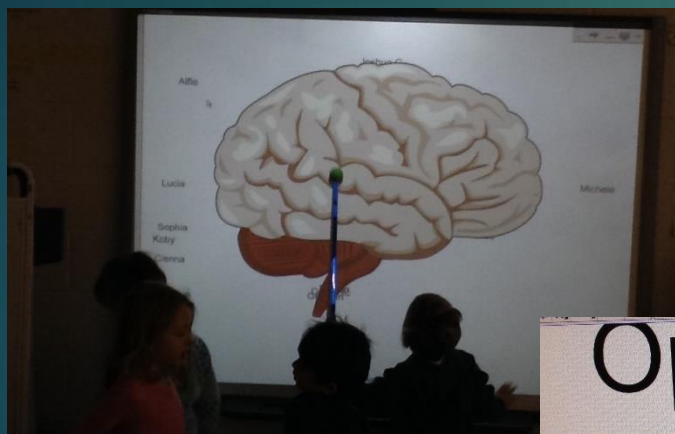
**Creates  
greater well  
being,  
reducing  
stress and  
anxiety**



**Increases  
Focus  
& Resiliency**

# “Pillars” of the program

- ▶ Classroom-based educator-led





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- ▶ Innovation Strategy for Supporting the health of victims of domestic violence and child abuse through community programs



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# Methodology

## Year 1

- Professional Development in Trauma-Informed Schools and MindUP Training
- Implement MindUP in 15 JK/SK classrooms
- Pilot measures
- Collect process data

## Year 2

- Implement in 25 classrooms and 15 comparison classrooms
- Collect pre-, post- and follow-up data
- Following the Pilot Implementation Cohort into SK/Grade 1

## Year 3

- Pilot Cohort in Grades 1 and 2
- 25 Intervention Cohort SK/1
- Comparison cohort SK/1
- JK/ SK Comparison Educators Trained

## Years 4-5

- Pilot year cohort in Grades 2/3
- 25 Intervention Cohort in Grades 1 and 2
- Comparison cohort in Grades 1 & 2



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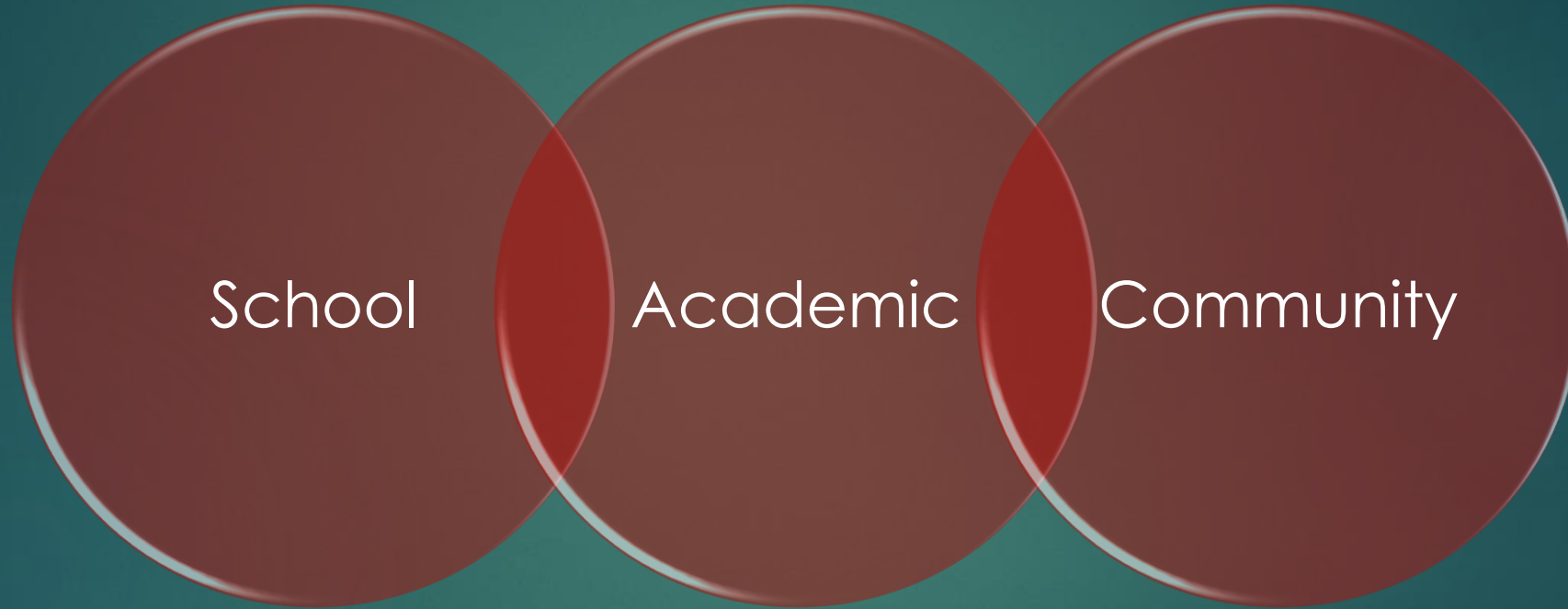
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# Lessons Learned So Far...



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# Lessons Learned So Far

- ▶ Collaboration Readiness
  - ▶ Alignment
  - ▶ Commitment
  - ▶ Resources



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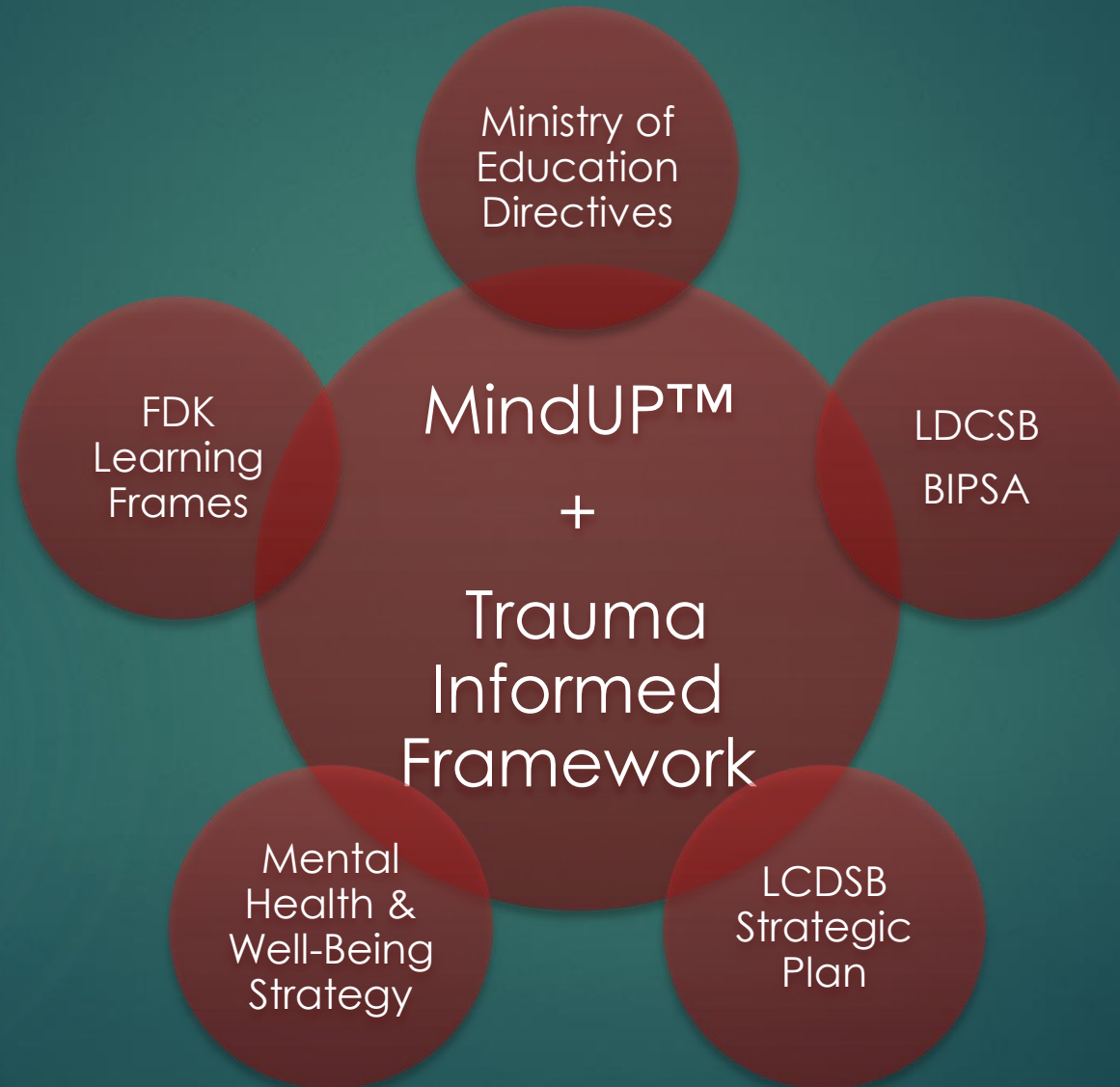


Studies indicate young children's development of social and emotional competencies are associated with a wide range of positive outcomes



There are many young children in our school board whose lack of social and emotional competencies affects their school adjustment and academic performance

# Aligning The MindUP™ Program & Trauma Informed Framework With Existing Goals



# Lessons Learned So Far

- ▶ Nature and Degree of Involvement
- ▶ Board, School, Administrative and Professional Support Staff
- ▶ University, faculty and student researchers



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# Lessons Learned So Far

- ▶ Between Partner Relationships
- ▶ Shared vision and values
- ▶ Communication processes
- ▶ Role clarity
- ▶ Power and authority



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# Lessons Learned So Far

- ▶ Capacity Building
- ▶ Maintaining momentum
- ▶ Building sustainability
- ▶ Evaluation of partnership success



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# Educators experienced MindUP and TIF as beneficial and logical

*“Practicing being mindful has had a positive influence on classroom routines. We take brain breaks more regularly. Students are so able to breath when they are upset since we have practiced these techniques they are more familiar with them. The students refer to being mindful through[out] the day. They also associate the prefrontal cortex with helping them to make decisions.”*

► Educator, Survey



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# Changes in Attitudes Related to Trauma Informed Care

*“The information was imperative to deliver the message of mindfulness and the mind up program.” (ECE, Survey)*

Dependent Variable	Pre- Training M, SD	Post- Intervention M, SD	t	df	p <sup>6</sup>	BCa 95% CI	
						Lower	Upper
ARTIC Subscale							
Responses <sup>1</sup>	5.48 (.76)	5.91 (.74)	-2.99	17	.010	-.706	-.177
Underlying Causes <sup>2</sup>	5.43 (.62)	5.54 (.53)	-.96	16	.375	-.342	.112
On the Job Behaviour <sup>3</sup>	5.71 (.64)	5.93 (.57)	-1.70	18	.117	-.454	.008
Self-Efficacy <sup>5</sup>	5.45 (.88)	5.92 (.60)	-2.37	19	.055	-1.000	-.052
Reactions <sup>4</sup>	5.39 (.63)	6.08 (.54)	-3.92	15	.008	-1.036	-.385

# Continuing the Journey



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# Thank-you!



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# Questions and Comments

