

Office of the Superintendent of Schools  
MONTGOMERY COUNTY PUBLIC SCHOOLS  
Rockville, Maryland

March 25, 2020

MEMORANDUM

To: Members of the Board of Education  
From: Jack R. Smith, Superintendent of Schools  
Subject: Trauma Informed Practices (02-24-20-02-B)

**Question B**

Ms. Silvestre requested information regarding the issue of trauma as noted during the Board's meeting with the Blair Cluster:

1. What is the system doing?
2. What is the need?
3. What is the system's vision regarding helping these students with the issues that they bring with them to school?

**Response**

Trauma Informed Practices is one of the Six Essentials under the Be Well 365 initiative. Montgomery County Public Schools (MCPS) staff currently is developing an action plan to best determine how to provide support to students and staff using a multi-tiered framework. There is a significant need to support all students who have experienced trauma. Students from all communities in MCPS are at risk of experiencing an adverse childhood experiences. Currently, MCPS is providing three professional development opportunities for staff to learn more about trauma informed practices. The professional development opportunities are:

- Trauma Informed Teaching Part One: Professional Development Online (course number 88142) (2 hours);
- Trauma Informed Teaching Part Two: In-person Training (2 hours); and
- Trauma Informed Meditative Practices for Self-regulation and De-escalation (8 hours).

Staff in the Office of Student and Family Support and Engagement has developed an action plan to examine the development of the Trauma Informed Practices essential. Areas of the action plan include:

- Creating a trauma informed toolkit for all stakeholders to be available online;
- Hosting additional La Cultural Cura trainings for MCPS staff who support students who have immigrated to the United States;

- Training opportunities around Trauma Informed Cognitive Behavioral Intervention for English for Speakers of Other Languages transition counselors, school counselors, psychologists, and social workers (a tier two- and three-level support for students who have experienced trauma in their lives);
- Developing a schoolwide “Action Plan” for becoming a Trauma-Informed School; this will provide a step-by-step guide to help schools become “trauma informed”; and
- Creating videos to share stories about insight into trauma informed practices; the videos will aim to help staff and students to reduce the stigma around trauma and to support how to overcome and develop resilience in the face of adversity.

If you have any questions, please contact Ms. Ruschelle Reuben, associate superintendent for student and family support and engagement, Office of the Chief Academic Officer, at 240-740-5624.

JRS:MVN:RR:cnc

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Executive Staff

Ms. Webb