Collaborative & Proactive Solutions

THIS IS HOW PROBLEMS GET SOLVED

Is the CPS Model Trauma-Responsive?

Ross W. Greene, Ph.D.

livesinthebalance.org



WHAT IS TRAUMA?

- Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years). For example:
 - experiencing violence, abuse, or neglect
 - witnessing violence in the home or community
 - having a family member attempt or die by suicide
- Also included are aspects of the child's environment that can undermine their sense of safety, stability, and bonding, such as growing up in a household with:
 - substance use problems
 - mental health problems
 - instability due to parental separation or household members being in jail or prison
- Students, teachers, school staff and families can all experience trauma related to a long history of racial injustice in the United States and our education system.
- ACEs are linked to chronic health problems, mental illness, and substance use problems in adulthood.

US CDC

WHAT IS TRAUMA INFORMED CARE? (What do kids with trauma need?)



US CDC

Collaborative & Proactive Solutions

TRAUMA INFORMED CARE

Key Trauma-informed SEL Practices





Create predictable routines. Build strong & supportive relationships.

Empower students' agency.

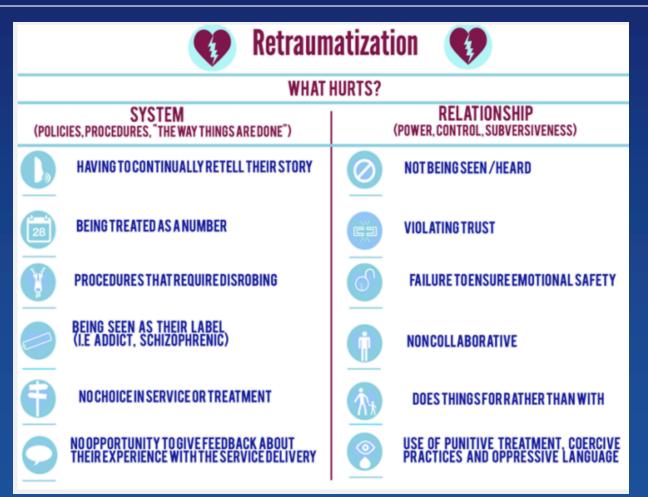
Support the development of self-regulation skills.

Provide opportunities to explore individual and community identities.

TransformEd

Collaborative & Proactive Solutions

RETRAUMATIZATION



Institute on Trauma and Trauma informed Care



WHAT IS CPS?

- Focused on problems and solving them, not behaviors and modifying them.
- The problem-solving is collaborative
- The problem–solving is proactive
- Key Theme: Kids Do Well If They Can
- Key Theme: Doing Well Is Preferable

6



THE PROBLEM-SOLVING PROCESS

- The Empathy step
- The Define Adult Concerns step
- The Invitation step

7



WHAT ISN'T CPS?

- Not focused on causal factors
- Not trauma-centric (multiple factors can contribute to concerning behaviors)
- Concerning behaviors versus stress behaviors



SKILLS INVOLVED IN REGULATING EMOTIONS

Executive skills

- Language processing/communication skills
- Emotion regulation skills
- Cognitive flexibility skills
- ✓ Social skills

9



DOES CPS ENHANCE SAFETY?

- The collaborative nature of the process does enhance safety.
- It has been said that CPS is adult-driven and therefore involves a power dynamic



DOES CPS ENHANCE TRUSTWORTHINESS AND TRANSPARENCY?

- The process is very transparent and does build trust between kids and caregivers



DOES CPS INVOLVE PEER SUPPORT?

- Yes, in full-class implementation...but especially in its mentality about individual differences



DOES CPS INVOLVE COLLABORATION AND MUTUALITY?

- The problem-solving process is collaborative and solutions must be mutually satisfactory



DOES CPS PROVIDE KDS WITH EMPOWERMENT AND CHOICE?

- The kids' voice is heard in the Empathy step, and solutions are not unilateral or imposed



DOES CPS FOCUS ON CULTURAL, HISTORICAL, AND GENDER ISSUES?

- It can...but while it is open to everything, it assumes nothing.



MORE...

Key Trauma-informed SEL Practices





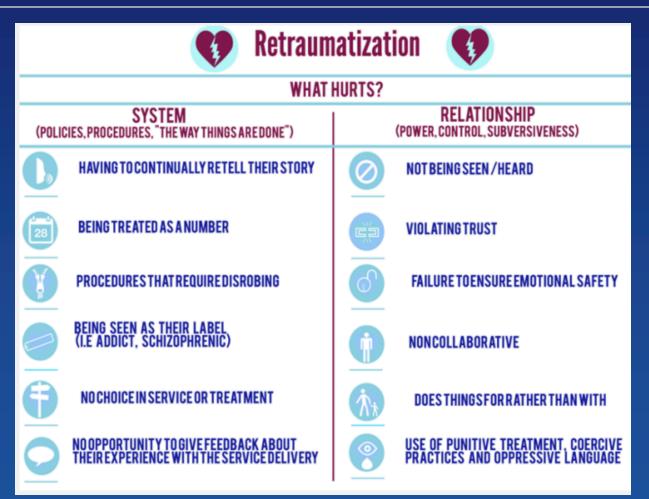
Create predictable routines. Build strong & supportive relationships. Empower students' agency.

Support the development of self-regulation skills.

Provide opportunities to explore individual and community identities.

Collaborative & Proactive Solutions

MORE...



Institute on Trauma and Trauma informed Care



CONCLUSION

- While it is not trauma-centric, CPS is a good answer to the question, "Now what?"
- "What's good for everyone is especially good for kids with trauma"



ADDITIONAL INFORMATION/RESOURCES



livesinthebalance.org cpsconnection.com thekidswelose.com truecrisisprevention.org

Collaborative & Proactive Solutions