



Clark State's Trauma-Informed Campus

You B.E.L.O.N.G. Here!

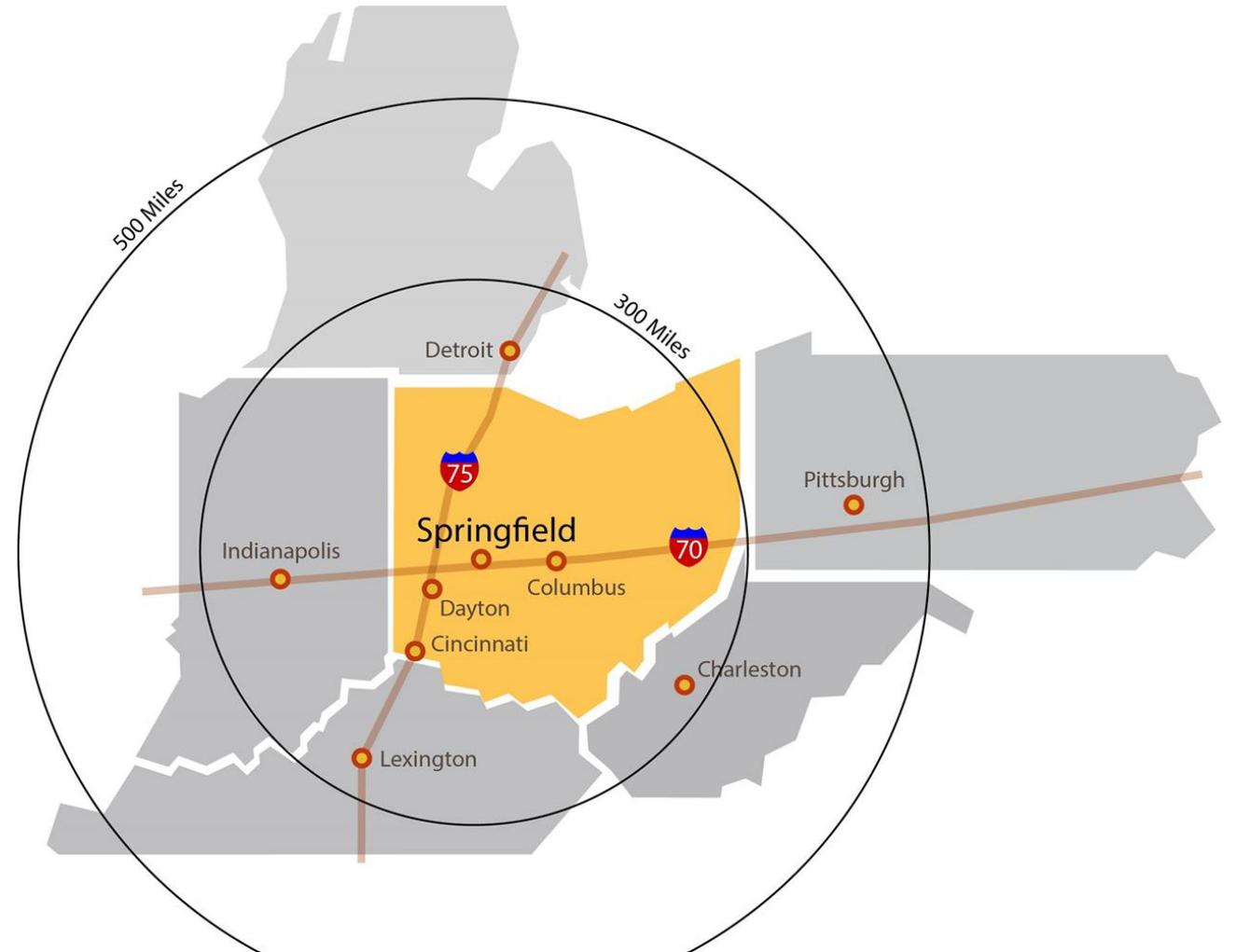
Melinda Van Noord, Coordinator of Counseling Services

Dawayne Kirkman, Vice President, Student Affairs

Nina Wiley, Assistant Vice President, Student Affairs

About Clark State

- Mission Statement: To engage and empower diverse learners by providing high-quality educational programs and services that emphasize student and community success.
- Founded in 1962—Accessible/Open Enrollment, Affordable, and High Quality
- Clark State serves 6,000 credit/1,500 non-credit students each semester
- 25% students of color; 65% Pell-eligible; 70% female; avg age 27
- 4-county service area in Southwest Ohio with 5 locations
- Nursing and Information Technology most highly enrolled programs
- 3 Bachelor of Applied Science degrees
- Wright-Patterson Air Force Base is the largest employer (35,000) along with strong legacy auto and defense manufacturing industry



Culture of Care

- Strategic Planning
- Achieving the Dream
- Trauma and Addiction Statistics
- Performance-based Funding Model
- Post Pandemic-Recovery
- CARE Team
- Policy and Correspondence Review (Words Matter)
- Title III Grant for Trauma-Informed Practices

Title III Strengthening Institutions Program Grant

- Trauma-Informed Practices at Clark State
- 5 year grant | October 2020 – September 2025
- Grant goal: Increase enrollment, student success, retention and completion by supporting our student holistically in order to reduce stress and improve mental health
- Institution-wide commitment

Title III Grant Objectives

1. Establish systems and plans for on-going trauma-informed services training for our Clark State community
2. Increase the number of mental health professionals on campus
 - Created the position of Peer Recovery Support Specialist – February 2021
 - Hired a second Mental Health Counselor - December 2021
3. Add more support for our highest-risk students
 - Created the position of Coordinator, Office of Student Support – February 2021
 - Created the position of Academic Testing Specialist – April 2022
4. Establish a trauma-informed financial literacy training program for students

Title III Grant Objectives

5. Implement a trauma-informed program for students on probation
 - Created the position of Academic Progress Coordinator – October 2021
 - Hired 2nd Academic Progress Coordinator – Summer 2022
 - Academic Engagement Program

Trauma-Informed Practices

- Trauma-Informed Trainings led by Dr. Amy Lansing
- Departmental/Office Trainings
- Clark State In-Touch Sessions, monthly
- Trauma-Informed Speaker Series
- Champions → Specialized Trainings
- ARTIC (Attitudes Related to Trauma-Informed Care)
- Campaign – *Safe, Connected & Empowered*
- Communications Toolkit Workshop

Be
**SAFE,
CONNECTED,
EMPOWERED.**



Clark State was awarded the \$1.3 million dollar Title III grant from the U.S. Department of Education in Fall of 2020 to invest in the integration of trauma informed practices and the cultivation of a culture of care that provides additional support to our students, staff and faculty. Clark State College is dedicated to promoting safety, connectedness, empowerment and overall wellness of each individual person on our campuses.



Trauma-Informed Practices

- Trauma-Informed Yoga
 - Survivor-centered
 - Invitational Language
 - Choices
 - Empowerment



FREE TRAUMA-INFORMED YOGA

Led by instructor Amy Rebekah Chavez, M.A., RYT, SEP

Join us in a community of practice as we engage conscious breathing and mindful movement to increase our capacity for optimal learning and stress management. This practice of yoga is survivor-centered. Participants are invited to do only what feels comfortable for their body.

- Free and open to all campus members.
- No yoga experience needed.
- Feel free to bring your own mat. Yoga mats will also be available at the class.

CLASSES WILL BE HELD:

- Wednesday, September 14 | 12 - 1 p.m.
- Wednesday, September 28 | 12 - 1 p.m.
- Wednesday, October 12 | 12 - 1 p.m.
- Wednesday, October 26 | 12 - 1 p.m.
- Wednesday, November 9 | 12 - 1 p.m.
- Wednesday, November 30 | 12 - 1 p.m.

LOCATION:

- Applied Science Center (ASC) Gymnasium

Questions? We're Here to help!

Melinda Van Noord, Counseling Coordinator
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Clark State: *In our own words*

- **What do staff and faculty MOST hope will happen as a result of the TIP implementation?**
 - *'Better understanding for faculty of the various ways in which trauma affects students in the classroom, and how we can craft our course policies to be supportive and encourage student success.'*
 - *'Leadership commitment and staff support, listening and changing policies to align with trauma informed principles.'*
- **What would improve students' well-being?**
 - *'Become better active listeners, less transactional and more empathetic about what our students are dealing with outside of the classroom. Words matter!'*
- **What would improve staff and faculty well-being?**
 - *'Be kind, be helpful, be patient, and be understanding. As much as we think we may know what is going on in another person's work-life, we may not.'*
 - *'Realize that just because we have the social and technical skills to perform well each day, most of us have also experienced trauma; ask ourselves how we can help or encourage instead of retaliate or judge.'*

“Trauma-Informed”

- ***Trauma-Informed Practices and Approaches***

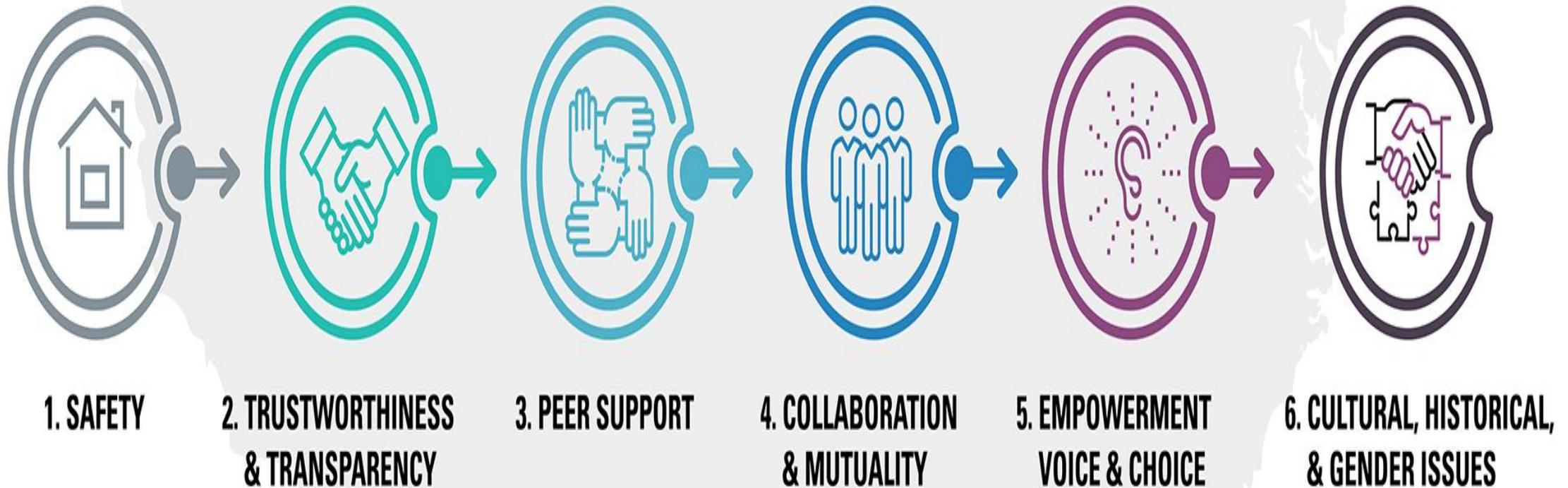
- **Not** necessarily a service or program. **Not** specifically designed to *treat symptoms* related to sexual or physical abuse or other trauma. *A way of interacting* with that is informed about, and sensitive to, trauma-related issues present in survivors.

- Understanding triggers, passive-aggressive interactions, loud/booming voices, police interventions on school property, “dropping bombs”, problematic de-escalation procedures or suicide policies

- ***Trauma-Informed Systems***

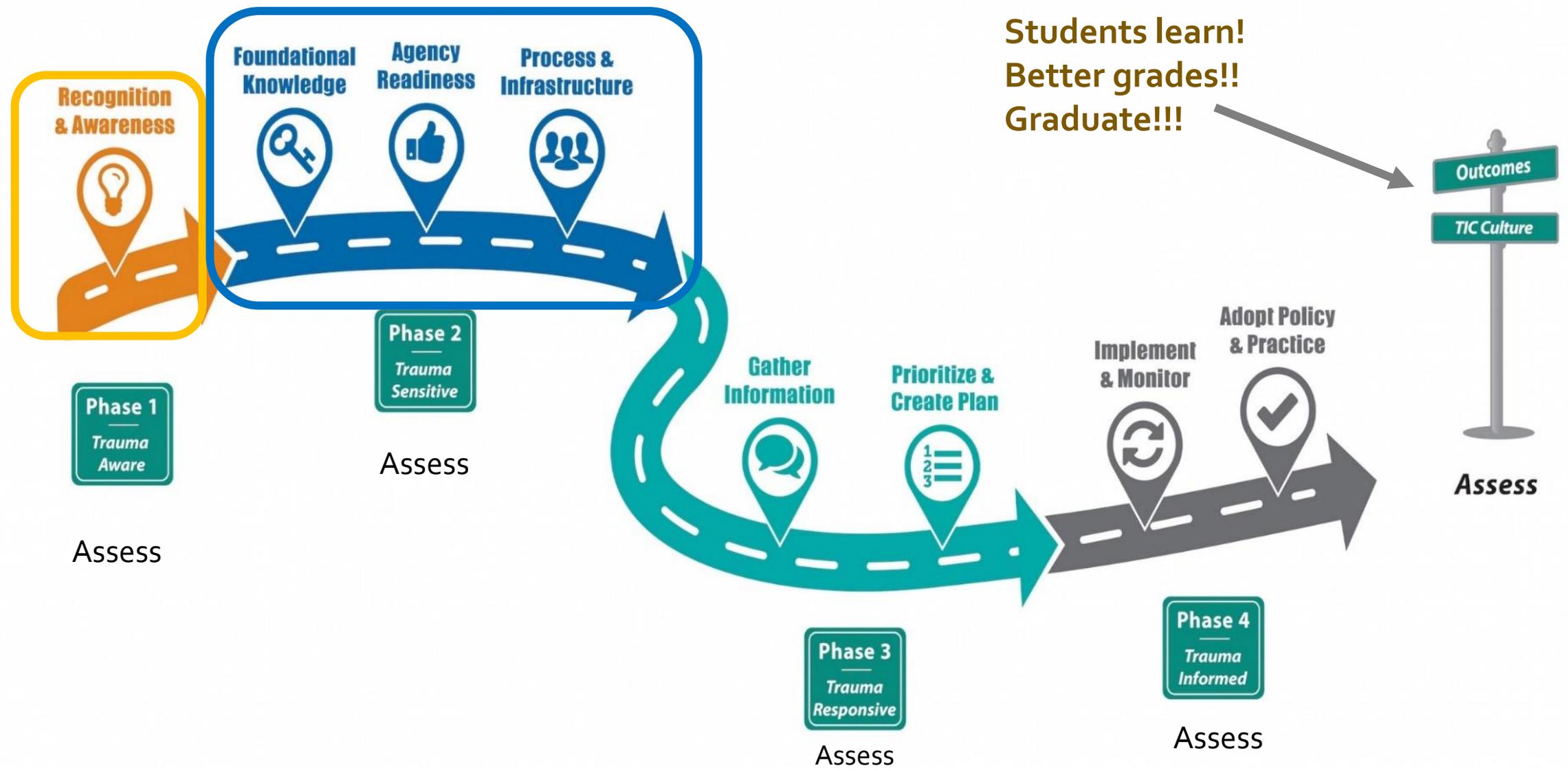
- Systems in which all components of a given service system have been reconsidered & evaluated in the light of a basic understanding of the role that violence plays in the lives of people with mental health issues and addictions (Harris & FalLOT, 2001).

Trauma-Informed Practices: Six Guiding Principles



CDC's Office of Public Health Preparedness & Response *and* SAMHSA's
National Center for Trauma-Informed Care (2014)

Implementation Roadmap for Trauma-Informed Practices



Adverse Childhood Experiences - (ACEs)

- Kaiser Permanente study found connection between ACEs and presence of risk behaviors, mental health problems, and diseases. 61% of adults had experienced at least one ACE. 1 in 6 = 4 or more ACEs.
- Impact on learning/history of school success, ability to trust and to have stable relationships often impacted.
- Important: Build trust, reduce chances of re-traumatizing, share resources/normalize help-seeking (assume everyone may be struggling), responsiveness to early warning signs and students' requests for help.

The Adverse Childhood Experiences (ACE) Study

Abuse



PHYSICAL



EMOTIONAL



SEXUAL

Neglect



PHYSICAL



EMOTIONAL

Household Challenges



MENTAL ILLNESS



MOTHER TREATED
VIOLENTLY



DIVORCE



INCARCERATED
RELATIVE



SUBSTANCE
ABUSE

- * >17,000 Kaiser Permanente members
- * Impact of childhood stressful or traumatic experiences on adult health

You B.E.L.O.N.G. Here

- Why this is important:
- Compliance coupled with Caring Culture and Commitment to Excellence.
- Develop a way to package various compliance programs together for effectiveness, marketing strategy, etc.
- Making this meaningful to students and employees.



You BELONG Here

It is important to feel welcome at Clark State College and to experience a sense of belonging. A sense of belonging extends to all areas of your student experience. We want you to feel connected, cared for and safe.

BE RESPONSIBLE

[Student Handbook](#) and [Student Code of Conduct](#)

ENCOURAGE SAFETY

Empowering Students to Know their [Title IX Rights](#)

LEARN ABOUT ASSISTANCE

[Counseling Services](#), [Office of Accessibility](#) and [Mercy Health Clinic](#)

OBTAIN SUPPORT

[Office of Student Support](#) and [TRIO Student Support Services](#)

NO HARM

[Suicide Prevention](#), [Prohibiting Hazing](#) and [Preventing Sexual Assault and Relationship Violence](#)

GIVE A REPORT

Behavioral Issues/General Incidents, Sex Discrimination, General Concern/Grievance and Academic Concerns, [Submit a Report](#)

STUDENT AFFAIRS IS RESPONSIBLE FOR PROVIDING STUDENT SUPPORT SERVICES AND BUILDING PARTNERSHIPS AND COLLABORATIONS WITH STUDENTS, FACULTY AND STAFF TO DEVELOP AND IMPLEMENT SYSTEMS AND PROCESSES TO ENHANCE STUDENT SUCCESS.

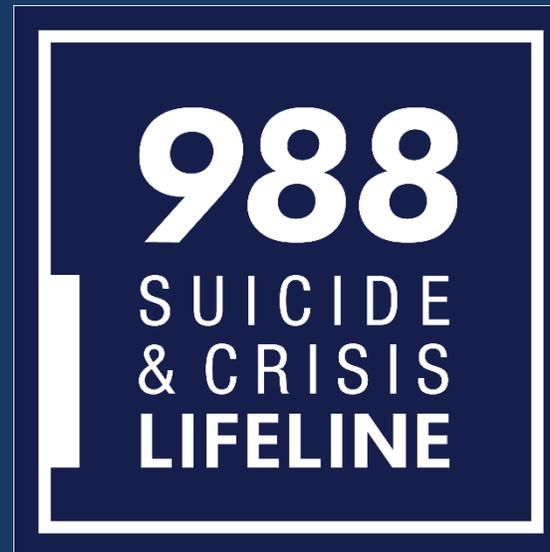
Counseling Services

Expanded services and engagement with students

- Addition of a mental health counselor and a Peer Recovery Support Specialist with Title III grant. MSW intern (also experienced art therapist).
 - dedicated office hours at Beavercreek location, greater availability for crisis walk-ins
 - increased focus on outreach activities.
 - positive student response to therapeutic activities (such as mini-art experiences) around campus.
- Mindwise Mental Health Screenings on website. Interactive Screening Program from American Foundation for Suicide Prevention will be added in October.
- After-hours coverage for Counseling Services line (provided by Impact Student Life Assistance.)

Suicide Prevention

- Classroom visits-discuss warning signs, distribute crisis resources.
 - Outreach events in September (Suicide Prevention Awareness Month) and October (Depression Awareness Month). Focus on screenings, anti-stigma messaging throughout year. Self-screening stations at campus events.
- NAMI On Campus helps with Depression Screening in October.



Suicide Prevention

QPR (Question, Persuade, and Refer) Suicide Prevention trainings provided annually (open to all campus members) in September.

-Partnerships with faculty who offer extra credit for QPR completion or request the training during their class time.



Title IX

- Title IX Team
- Trainings
- Policy and Procedures
- Transparency
- Works closely with the Sexual Violence Prevention Team

Preventing Sexual Assault

- Our Sexual Violence Prevention Team's campus programming utilizes the Red Flag Campaign, which focuses on bystander intervention and encourages campus members to "say something" when they see warning signs of abuse. Red flags serve as a strong visual reminder when displayed during awareness events.

When you see a **RED FLAG** for dating violence, say something.

THE RED FLAG CAMPAIGN®



Preventing Sexual Assault

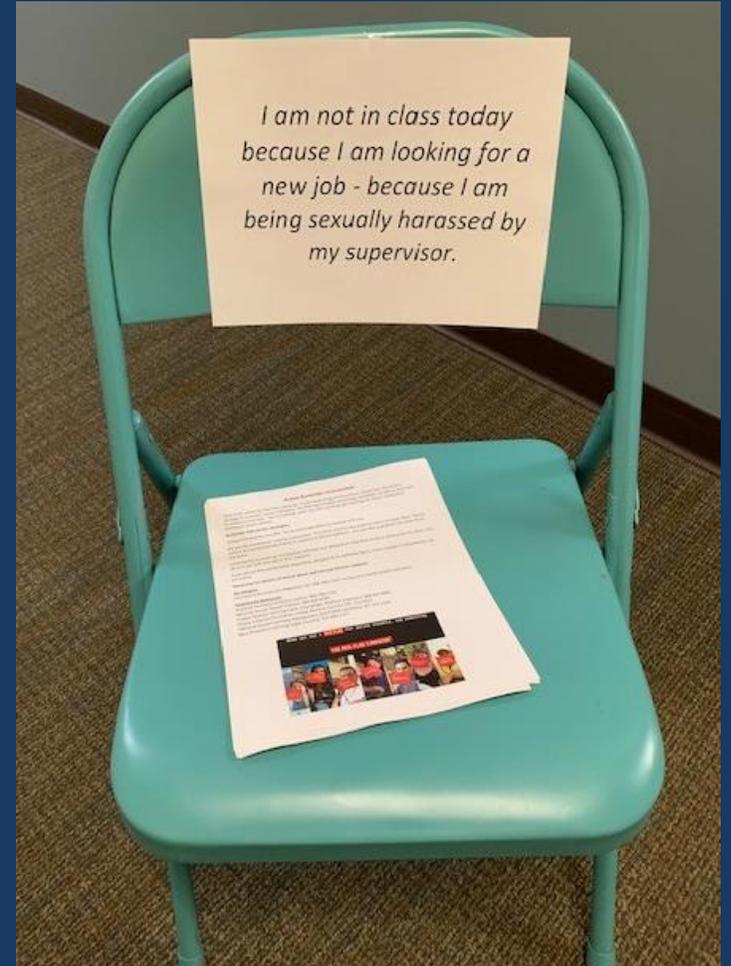
- Awareness events: The Clothesline Project during October for partner violence awareness, Project Woman's What Were You Wearing? exhibit in April for sexual assault prevention awareness.
 - Trauma informed interventions: increased Counseling staff presence at exhibit to help those feeling triggered, opportunity to participate in collaborative art project.
- Active Bystander Intervention trainings offered in October (Domestic Violence Awareness Month.)
- Strong partnership with Project Woman, our local dv/sexual assault agency.



Preventing Sexual Assault

Empty Chair Campaign

- Raises awareness and seeks to prevent incidents of domestic violence, sexual assault, stalking and other forms of interpersonal violence on campus.
- Teal folding chairs were placed at each campus location.
- Each chair contained a sheet with “Why I’m Not on Campus Today” as well as resources to highlight the fact that this sort of violence impacts many facets of a person’s life and can impede their participation in various activities.



Anti-Hazing at Clark State

Anti-Hazing Policy

Campus-wide emails to students & faculty/staff

Student Handbook

New Student Orientation

Student Organizations & Athletic Teams Training

You Belong Here Campaign



Wrap-up

- Proud of what we are doing, but there is much work to be done. We will keep working on this important campaign this year.
- 2022—now more than ever. Changing culture takes time, but we must lead with trauma informed practices and belonging via Achieving The Dream.

Questions and Comments



Thank you.