



# Why Traditional Education

Mathew Portell  
Principal  
Fall-Hamilton Elementary  
@Principalest







## MY PERSONAL MISSION STATEMENT

*My mission is to  
motivate, lead,  
educate, and inspire  
others to be their best.*

SAFE SHARE TIME

**What do you do that  
brings you here today?**

**MICHAEL**  **JR.**

SAFE SHARE TIME

**Why do you do what you  
do in your role that  
brings you here today?**

# PARADIGM SHIFT

A change from  
one way of  
thinking to  
another.



**SEEK FIRST TO UNDERSTAND  
THEN TO BE UNDERSTOOD?**

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SAFE SHARE TIME

**In one word, what feelings/emotions were invoked looking at this graphic?**



WE CAN'T AFFORD TO  
SAVE THIS ONE, BUT  
DON'T WORRY, SOMEONE  
WILL CATCH HIM.

WELFARE  
SYSTEM

JUDICIAL  
SYSTEM

ALTERNATIVE SCHOOL

IPS  
EXPERIMENT

GANGS

George Burt Foster  
THE INDEPENDENT STAR



**ACT** **or** **ACCEPT?**

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**ACT** or **ACCEPT?**

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# Adverse Childhood Experiences

## ABUSE



Physical  
10.6%



Emotional  
28.3%



Sexual  
20.7%

## NEGLECT



Physical  
14.8%

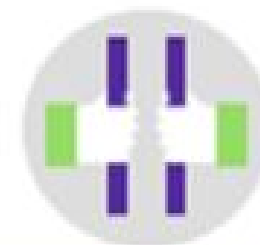


Emotional  
9.9%

## HOUSEHOLD DYSFUNCTION



Mental Illness  
19.4%



Incarcerated Relative  
4.7%



Mother treated violently  
12.7%



Substance Abuse  
26.9%



Divorce  
23.3%



# What Are Adverse Childhood Experiences (ACEs)?

Are there “new” ACEs? YES!!

- Poverty
- Racism
- Peer Victimization, i.e., Bullying

These are referred to as conditions of Trauma and Social Location

- Race/Social Conditions/Local Context
- Generational Embodiment/Historical Trauma

## Positive Stress



Short, stressful events like meeting new people or starting the first day of school are healthy for brain development. They prepare the brain and body for stressful situations later in life.

## Tolerable Stress



Tragic, unavoidable events like a natural disaster or losing a loved one aren't good for us. But if supportive caregivers are around to buffer the stress response, these events won't do lasting damage to the brain and body.

## Toxic Stress

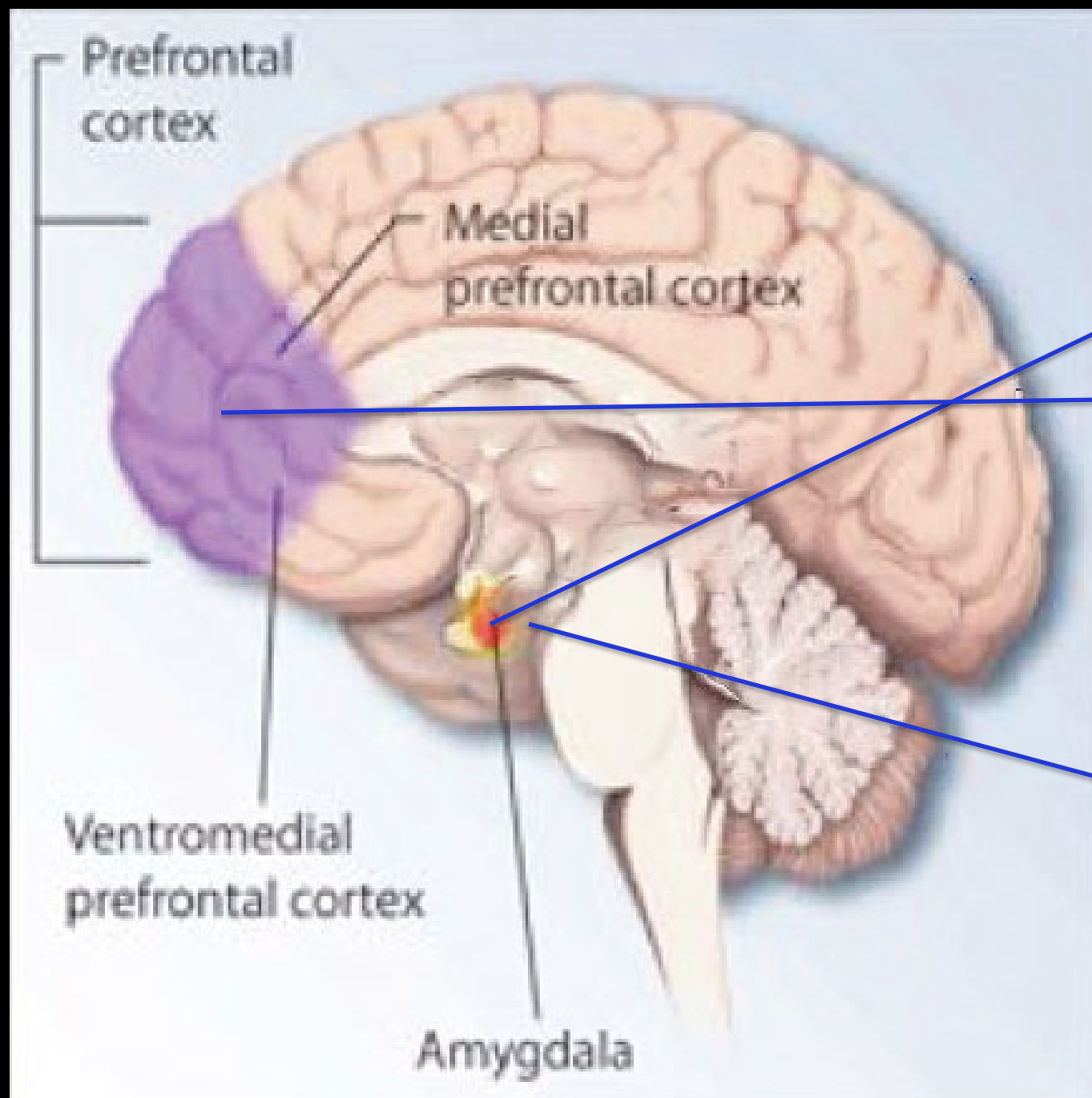


Ongoing, repeated exposure to abuse or neglect is bad for brain development. If no supportive adults are present to help buffer the stress response, stress hormones will damage developing structures in the child's brain. The result is an increased vulnerability to lifelong physical and mental health problems, including addiction.





# Toxic Stress Alters Brain Development



**Amygdala:**  
Activates the stress response.  
Toxic Stress: Enlargement

**Prefrontal Cortex:**  
Usually a check to the amygdala.  
Toxic Stress: Loss of neurons, less able to function.

**Hippocampus:**  
Major role in memory and mood.  
Toxic Stress: Impairment in understanding and emotion.

# A Caution: ACEs Are Not Destiny



**Some children are more susceptible than others to toxic stress.**



**Adults other than parents and caregivers can play a buffering, caring role.**



**There is opportunity to repair damage across development, from early childhood through adulthood**



**Interventions at any point in childhood, adolescence, and adulthood make a difference.**

# Assure Every Child's Relationships and Environments Are:



📖 **Safe**—Free from physical & emotional harm.

📖 **Stable**—Familiar routines, people, & places.

📖 **Nurturing**—Sensitively care & encourage development



**ACT** **or** **ACCEPT?**

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# SCHOOL

510









**WE CHOOSE TO ACT!**

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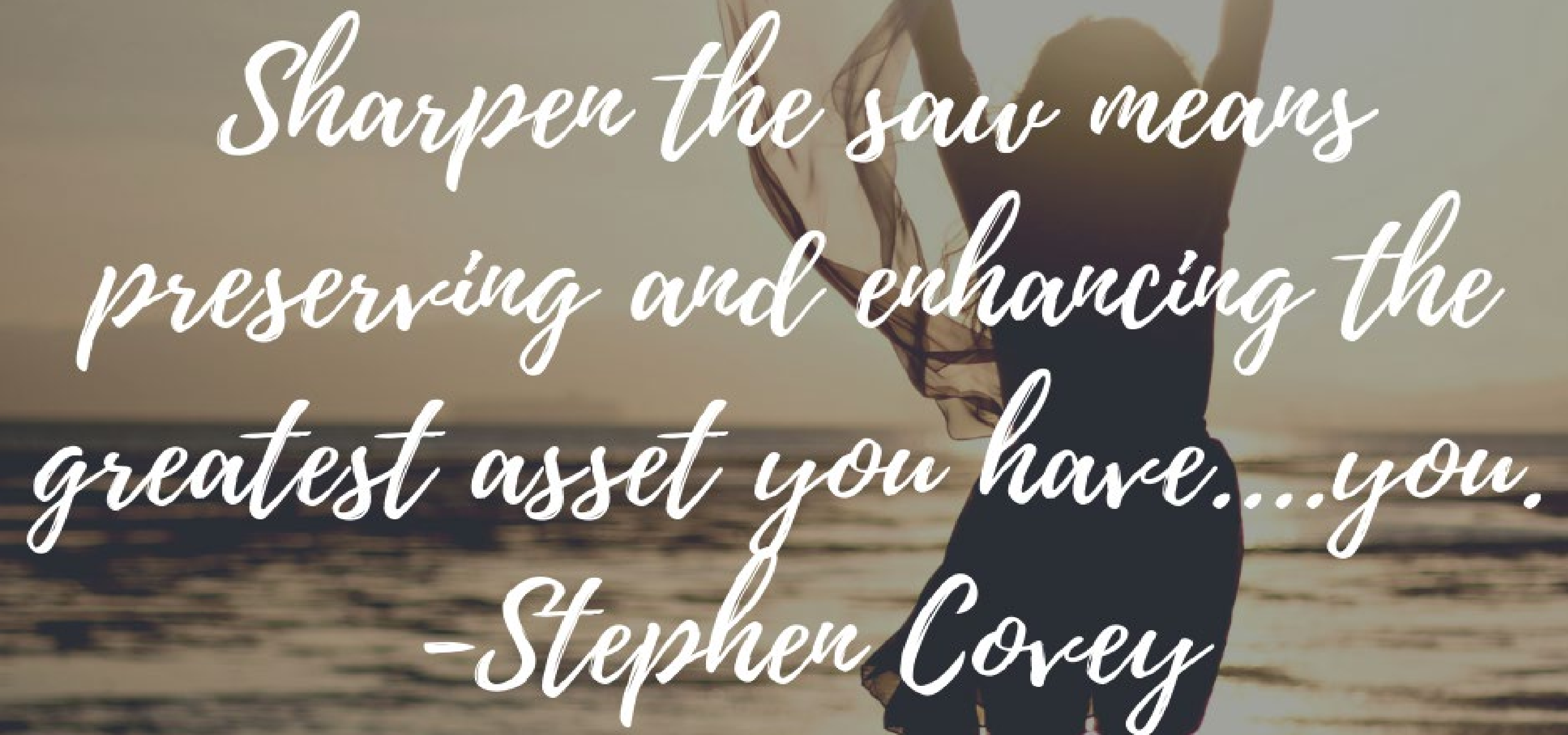






**Strong, Stable, Nurturing  
and Self-Care, practice **Habit 7!**  
**RELATIONSHIPS...****

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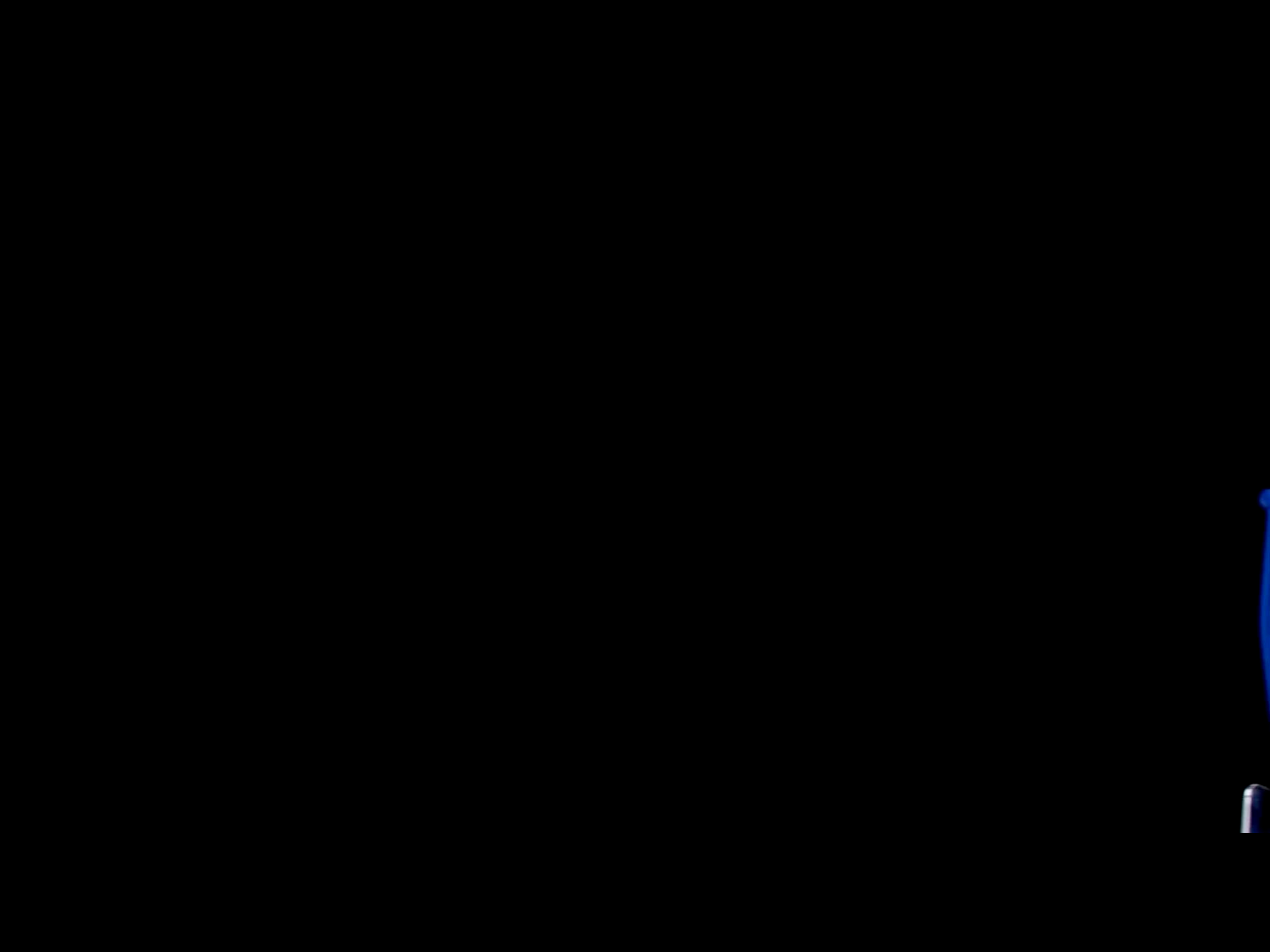
*Sharpen the saw means  
preserving and enhancing the  
greatest asset you have....you.  
- Stephen Covey*



**"An escalated adult  
cannot de-escalate  
and escalated child!"**

@PRINCIPALEST



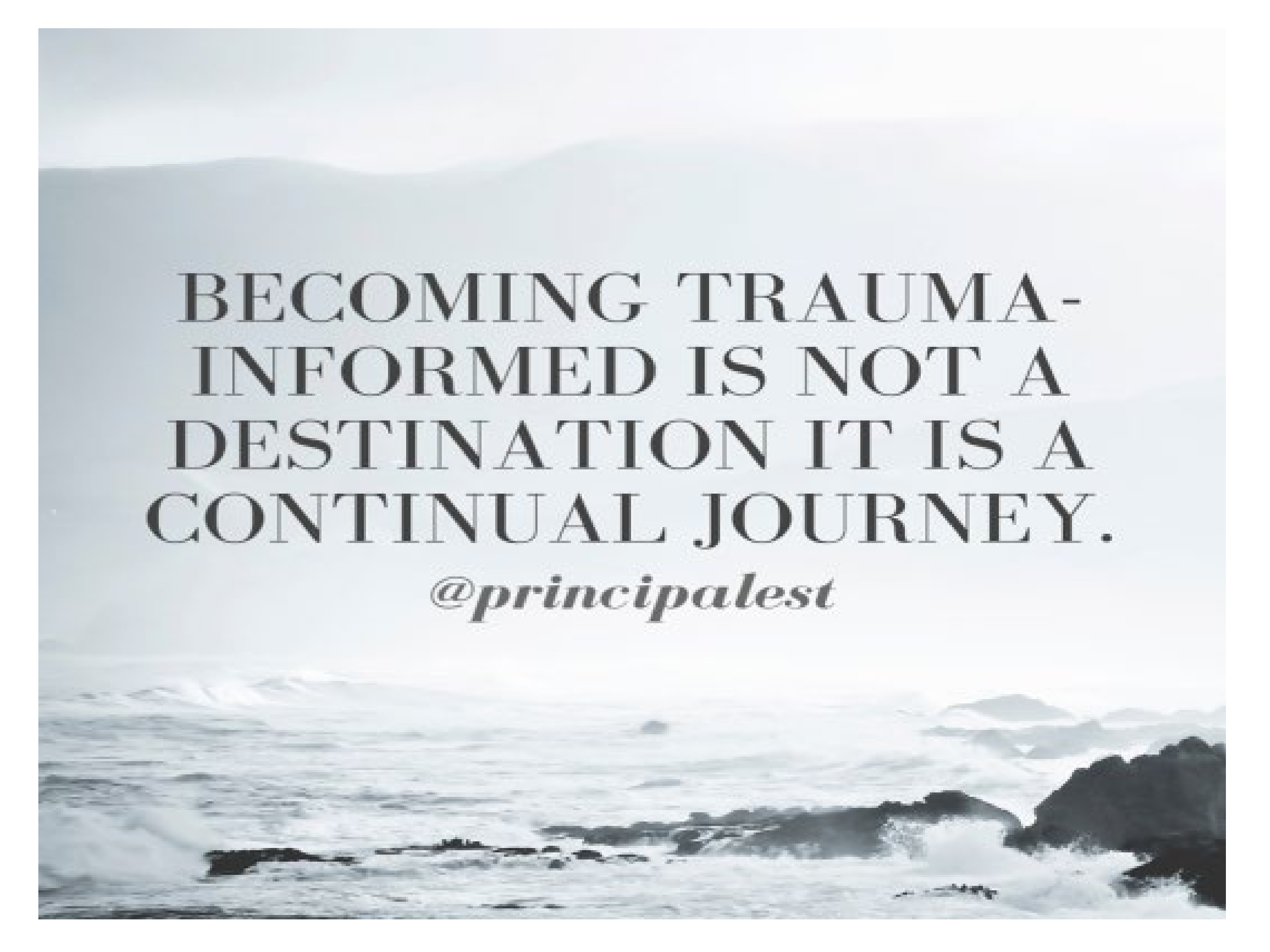




It's ok not to be ok...but it's not ok to not have support.

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BECOMING TRAUMA-  
INFORMED IS NOT A  
DESTINATION IT IS A  
CONTINUAL JOURNEY.

*@principalest*

Be who your  
students  
need right  
now!

@Principalest





“Each of us guards a gate of change that can be opened only from the inside.”

-Stephen Covey

**ACT** **or** **ACCEPT?**

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26,000 MEMBERS STRONG  
FROM 105 COUNTRIES!

#TIENETWORK  
#DISRUPTERSUNITE

TRAUMA INFORMED EDUCATORS NETWORK  
FACEBOOK GROUP

TRAUMA INFORMED EDUCATORS  
NETWORK CONFERENCE

**JULY 19-20, 2021**

#NASHVILLE  
#TIENETWORK2020  
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TRAUMA  
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NETWORK  
PODCAST

Connecting educators around  
the world around  
trauma-informed practices.

*Hosted By: Mathew Portell*





# MATHEW PORTELL

## EMAIL ADDRESS

Mathew@paradigmshifteducation.com

## SOCIAL MEDIA

Twitter & Instagram: @Principalest

## WEBSITE

www.ParadigmShiftEducation.com

## PODCAST

Trauma Informed Educators Network Podcast

