

# Miss Kendra Programs

Moving Beyond Being Trauma-Informed  
to Addressing Trauma Proactively



# The Current Cycle

- Large numbers of students come to school everyday who have been exposed to toxic stresses in their everyday lives and these stresses impact the student's behavior and academic performance.
- The current practice inside classrooms everywhere is to wait until the child "acts out" leading to disciplinary actions and/or expensive interventions that remove the child from the classroom for periods of the school day further impacting the child's behavior and academic performance and adding to their stress.
- This approach leads to interventions that are:
  - Too late
  - Too expensive
  - Unnecessarily pathologize the student



Time for a new approach



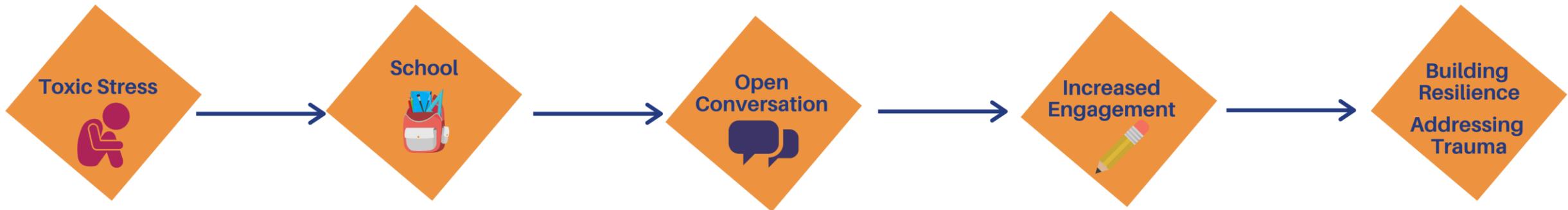
# Introducing Miss Kendra Programs

- The national Miss Kendra Programs are featured in the award-winning documentary, *Resilience: The Biology of Stress and The Science Of Hope*
- The Miss Kendra Programs are a cost-effective, whole school program for schools and other organizations working with children and youth from kindergarten to college.
- The Miss Kendra Programs follow a preventative, public health framework based on:
  1. Reaching all students
  2. Brief but frequent contact
  3. Early intervention



# Following a Preventative Framework

- Miss Kendra Programs are:
  - **Educational**, giving students language for difficult experiences.
  - **Interpersonal**, teaching students to show care and concern for others who are suffering.
  - **Strengths-based**, helping students develop strategies of resilience and fortitude in the face of adversity.



# A Whole School Approach

- Miss Kendra Programs engage every child through classroom-based activities.
- The program uses a “child friendly” way to engage students ages K-12 about the distressing issues in their lives.
- Miss Kendra Programs result in the development of a safe, and open, classroom environment where students’ worries can be communicated early before they need to communicate through symptoms or negative behaviors.
- There are two models for bringing Miss Kendra Program to our school:
  - Miss Kendra Specialist-based Program
  - Miss Kendra Teacher-based Program



# Bringing Miss Kendra to Our School

## Miss Kendra Specialist-Based Program

This program develops a school environment that welcomes open conversation about the students' stressful experiences, conducted by Miss Kendra specialized staff in collaboration with the teachers and support staff in our school.

- Miss Kendra specialist staff work in the school (1 hour per week for every 15 students)
- Trainer site visits (3 times in first year, 2 times in second year, one time per year afterwards)
- Monitoring of program effectiveness and integrity
- Official Miss Kendra materials and program elements tailored by grade: The Legend of Miss Kendra, Miss Kendra's List, Miss Kendra's letters and Red Bead Clubs

Cost of the program is \$250 per student per school year



# Bringing Miss Kendra To Our School

## Miss Kendra Teacher-Based Program

This program develops a whole-school environment that welcomes open conversation about the students' stressful experiences, conducted by the teachers and support staff in our school.

- Miss Kendra specialists conduct an initial two-day training sessions with teachers, social support staff and administrative staff and all training materials
- Ongoing phone coaching/supervision of school personnel by experienced Miss Kendra trainers
- Official Miss Kendra Materials and program elements: worry boards, mailboxes, stationery, red beads, training manuals, posters, stamps. (additional costs)
- Second Year and Beyond: An annual licensing fee of only \$2,500 allows for the continued use of materials and includes one visit by Miss Kendra Program staff, plus ongoing phone support for teachers and administrators. Additional materials at cost.

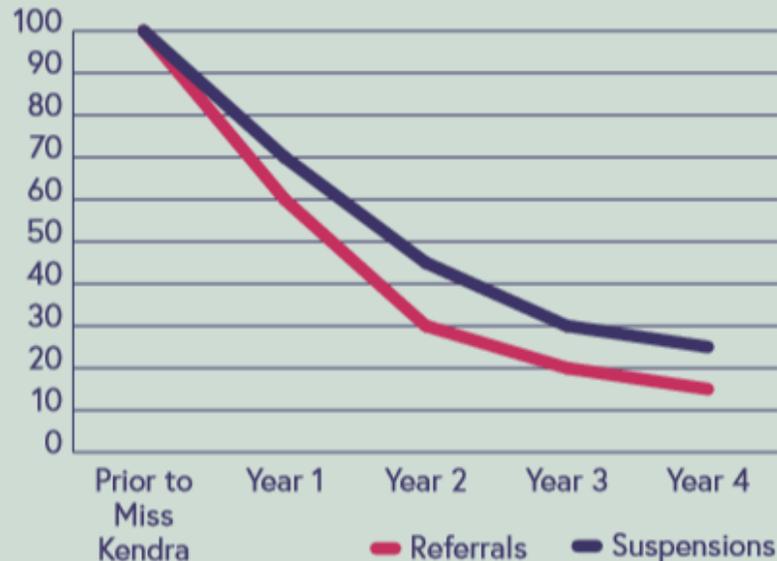
# of Classrooms	1 <sup>st</sup> Year Cost
Up to 12	\$17,500
Up to 18	\$22,500
Up to 24	\$27,500



# Results

## Percent Reduction in Suspensions and Office Referrals

Aggregate of 12 Schools Implementing Miss Kendra Programs



- Miss Kendra Programs have seen substantial decreases in incidents of fighting and aggression, suspensions, and office referrals as well as a reduction in overall stress levels among students.
- When students spend more time in the classroom academic performance can improve.



# Results

When behavior issues are decreased, teacher and administrators can focus more on their primary roles – leading to greater job satisfaction.

**Teacher Support of Miss Kendra Programs (aggregate of 22 schools, 400 teachers):**



# Here's what Teachers and Principals are Saying:

"I have witnessed first-hand the transformative impact the Miss Kendra Programs had on our students' emotional and academic development. Their clinical expertise allows students with severe trauma histories to access services within the school day without losing access to their education."

- **Principal, Metropolitan Business Academy** (using Specialist-based model)

"I have students that others considered 'troubled' that have thrived through this program....My students' grades, self-confidence and self control are at an all time high."

2<sup>nd</sup> Grade Teacher

"We have seen decreases in behavior; we have seen children speak their truths in letters to Miss Kendra and conversations on the carpet. To watch their faces after they speak their truths is like watching someone who has been trying to carry a large weight on their shouldres for a long time finally be able to put it down."

- **2<sup>nd</sup> Grade Teacher, Bearfield Primary School** ( using Teacher-based model)



# Here's what Teachers and Principals are Saying:

“The Miss Kendra Program provided a way for our students to give voice to their worries, and know our school was a safe place in which they could receive support.”

—Principal, Quinnipiac School - (using Specialist-based model)

“We have noticed a significant drop in behavior referrals, suspensions, and overall disciplinary problems. The students feel a sense of relief when they get the opportunity to “play” with the therapist and the teacher notices a sense of calmness when students return to the classroom.”

—Principal, Strong Elementary School (using Specialist-based program)



# Next Steps for Bringing Miss Kendra to Our School

- Contact Miss Kendra program leaders to express interest and begin a dialogue about the school and program needs and timing for start
  - Many schools start with the Specialist-based program and move to the Teacher-based program in subsequent years
- Secure funding from school budgets or outside sources
  - Many schools shift dollars from other mental health support services and others seek grant funding from local organizations
  - Work with the Miss Kendra team as needed
- Generate support from school administrators, support staff and teachers
- Start program and begin addressing trauma proactively!



# Thank You

For more information visit [www.TraumaInformedSchools.org](http://www.TraumaInformedSchools.org)

