

Mental Health Matters: Inspiring Videos for a Stronger, Healthier School Community



"Trauma-Informed Schools and Practices" by Science Animated: This video provides a clear and engaging overview of trauma-informed practices within schools. It explains how understanding the impact of trauma on students' behavior and learning can lead to more supportive and effective educational environments. Through animation, the video illustrates the principles of trauma-informed care, such as creating safe spaces, fostering strong relationships, and promoting emotional regulation. It's a valuable resource for educators and counselors looking to implement practices that recognize and respond to the needs of students who have experienced trauma, ultimately enhancing their academic and emotional well-being.

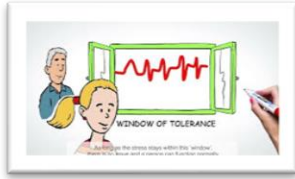


"How Childhood Trauma Affects Health Across a Lifetime" | Nadine Burke Harris | TED:

In this impactful TED Talk, pediatrician Nadine Burke Harris explores the long-term effects of childhood trauma on health and well-being. She explains how adverse childhood experiences (ACEs) can lead to lifelong health issues, including heart disease and cancer, by affecting brain development and stress responses. Through compelling research and real-life examples, Dr. Burke Harris emphasizes the importance of early intervention and trauma-informed care to break the cycle of toxic stress and improve health outcomes across generations.



"Trauma Behaviors: In the Service of Survival" by Jennifer Johnson, LCSW | 2024 Summer Learning Institute, Morro Bay, CA: This presentation, delivered by Jennifer Johnson, a Licensed Clinical Social Worker, explores how childhood trauma impacts behavior and brain development. It delves into the neurochemical responses triggered by trauma, such as cortisol and adrenaline, and their long-term effects on emotional regulation, memory, and learning. Johnson discusses the importance of understanding these trauma behaviors as survival mechanisms and emphasizes the need for trauma-informed practices in educational settings to support students' well-being and academic success. This presentation is a valuable resource for educators and counselors seeking to deepen their understanding of trauma's impact on students.



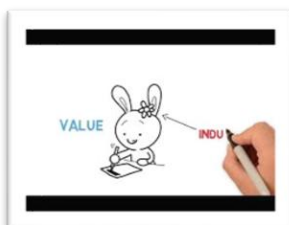
"Window of Tolerance" | Augeo Foundation: This video provides an in-depth explanation of the "Window of Tolerance," a concept that describes the range of emotional states within which an individual can function effectively. Produced by the Augeo Foundation and Stichting Kinderpostzegels, it illustrates how people can experience stress or trauma that pushes them outside this window, leading to either hyperarousal (anxiety, agitation) or hypoarousal (numbness, withdrawal). The video emphasizes the importance of understanding and expanding the Window of Tolerance, especially in supporting children and adults who have experienced trauma, to help them regain emotional balance and resilience.



"Dr. Dan Siegel's Hand Model of the Brain": In this insightful video, Dr. Dan Siegel presents a simple yet powerful model of the brain using his hand as a visual aid. He explains the basic functions of different brain regions, such as the brainstem, limbic system, and prefrontal cortex, and how they interact to regulate emotions and behavior. Dr. Siegel's model helps demystify complex neuroscience, making it accessible and easy to understand, especially when discussing how the brain responds to stress and triggers. This model is particularly useful in trauma-informed care, as it illustrates how we "flip our lid" when overwhelmed and the importance of calming techniques to restore balance.



"What is Restorative Practices?" | IIRP Graduate School: This informative video from the IIRP Graduate School introduces the concept of Restorative Practices, a social science focused on building relationships and community to prevent conflict and address harm. The video explains how these practices are used in schools, workplaces, and communities to promote accountability, repair relationships, and create a more supportive environment. By emphasizing dialogue and mutual respect, Restorative Practices empower individuals to collaboratively resolve issues and strengthen their connections, making it a powerful approach to fostering positive, healthy communities.



"What are Values?" | Your ACT Auntie: In this engaging video, Your ACT Auntie breaks down the concept of values and their significance in our lives. She explains how values serve as guiding principles that influence our decisions, behaviors, and sense of purpose. Through relatable examples, the video encourages viewers to identify and reflect on their own core values, helping them align their actions with what truly matters to them. This video is a great resource for anyone looking to better understand themselves and live a more authentic and fulfilling life.



"Paper Tigers" (Trailer): This powerful trailer offers a glimpse into "Paper Tigers," a documentary that chronicles the transformation of an alternative high school in Walla Walla, Washington, as it embraces a trauma-informed approach to education. The film highlights the school's journey from chaos and conflict to a supportive and compassionate environment where students thrive. Inspired by this story, we at Fusion Charter have adopted similar trauma-informed practices, believing in the profound impact of understanding and

addressing the underlying causes of student behavior. This film directly influenced our commitment to fostering resilience and healing within our own school community.