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 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.
Results

• 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):

- **95%** Recommend Miss Kendra Programs to other teachers
- **90%** Report Miss Kendra Programs calm down by students
- **100%** Report makes my classroom truly trauma-informed
- **90%** Say helped me build closer relationships with my students
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

“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.”

2nd 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 shoulders for a long time finally be able to put it down.”

- 2nd Grade Teacher, Bearfield Primary School
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

“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
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

• 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.MissKendraPrograms.org