Miss Kendra Programs

Addressing Trauma Proactively
Miss Kendra
Programs Featured in
Award-Winning
Documentary

Directed by James Redford
About Miss Kendra Programs

• Part of a national movement to transform education, and particularly the teacher-student relationship, toward a whole child approach.
  ○ Socioemotional Learning
  ○ Restorative Practices
  ○ Emotional Intelligence
  ○ Trauma-informed Practices
  ○ Social Justice
• Teacher-conducted programs for K-5th grades.
Rationale

In schools across America, educators are being challenged by students burdened by very difficult experiences at home and in their communities.

These states of toxic stress directly interfere with students’ capacities to learn, and behave, in school.
A Great Need

No longer can schools provide specialized services to a few students; a Tier 1, whole-school approach that integrates SEL into the daily curriculum is needed.

However, even basic SEL programs do not reach students who have experienced particularly difficult and even traumatic events.

The Miss Kendra Program is designed as an adjunct to a basic SEL curriculum that directly engages with these issues.
Public Health Approach

Rooted in Adverse Childhood Experiences research, Miss Kendra Programs follow a preventive public health framework based on:

1) reaching all students
2) brief but frequent contact and
3) early intervention.
Miss Kendra Programs build healthy, resilient schools for every child through open classroom conversations that weave together trauma-informed care, SEL and resiliency.
The Miss Kendra Programs give students the language to express the difficult experiences in their lives. Through open conversations and letter writing, children unburden themselves and improve their capacity to attend to academic work.

Through the protective social buffer of Miss Kendra, children learn that they have a caring adult who empathizes with them while learning care and concern for others. Children also learn to remain calm when facing demands and develop a more secure sense of self.

Through open conversations, children can learn when they talk about their experiences they can find the help they need and develop strategies of resilience and fortitude in the face of adversity.
Miss Kendra Curriculum

The Miss Kendra curriculum is grade appropriate for students in K-12

Full Year
38 lesson plans designed to be delivered in weekly sessions of 30 minutes

Each Miss Kendra lesson is fun and engaging, while making difficult topics accessible

Your Staff
Your teachers and social workers lead the program with support from the Miss Kendra team
Aims

Create Trauma-Informed Culture

Reduce Distressed Behaviors

Strengthen Teacher Empathy
Components

- “The Legend of Miss Kendra” as a guiding story for the program.
- “Miss Kendra’s List” of the core topics of the program
- Half hour classroom sessions once a week, conducted by teacher
  - Curriculum driven discussions and fun exercises on each topic.
- Letters written to Miss Kendra by students once a month
- “Worry Board” where students indicate their level of stress, daily.
Experience

• Since 2007
• Now in over 40 schools in 11 states
• Endorsed by the Connecticut Education Association, the Connecticut Association of Schools, and the Child Health & Development Institute of CT, Inc.
• Created and managed by nationally recognized experts in trauma
• Producing consistently significant results:
  • Reductions in disciplinary behaviors
  • Teacher approval
Outcomes

Aggregate of 14 Miss Kendra Schools

Reduction in Suspensions and Office Referrals

Prior to Miss Kendra | Year 1 | Year 2 | Year 3 | Year 4
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Suspensions
Referrals
Outcomes

Student Demographics:

- 54% Latinx
- 33% African American
- 13% White
Teachers Approve of Miss Kendra
Miss Kendra is not intended for all schools

CRITERIA:
- When basic SEL programs are not leading to measurable improvement
- High number of students with toxic stress, abuse, or trauma
- High number of office referrals, suspensions, and expulsions
- Persistently poor academic performance
- Low teacher retention
- Motivated administrative team
- Interest in trauma-informed practices
Costs

$25,000 per school (Grant funding may reduce this cost.)
- Training all staff: 5.5 hours at beginning of year/contract
- Curriculum Manuals and materials for the program
- Ongoing coaching from Miss Kendra Program staff
- Support for teachers
- Coordination with administration
- Mid-year and end-of-year written evaluations of program
- Professional development in-services to staff
Costs

Year 2

$5,000 per school

• Training of new teachers
• Materials for the program
• Ongoing coaching from Miss Kendra Program staff
• Support for teachers
• Coordination with administration
• Mid-year and end-of-year written evaluations of program
• Professional development in-services for staff
Thank you! Let’s work together!