



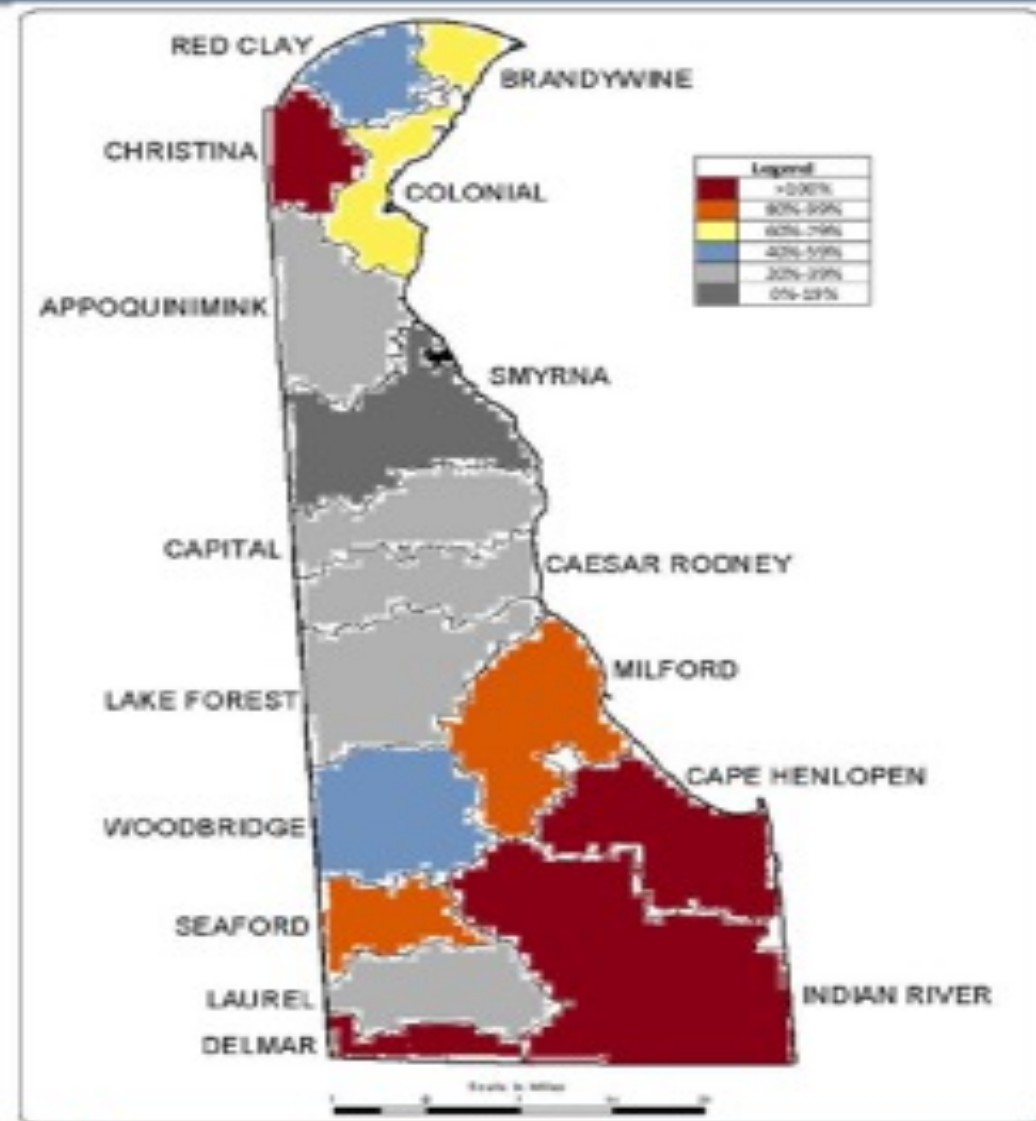
Dismantling Oppressive Systems and Disrupting Disproportionality with the

New 3 R's of Applied Educational Neuroscience

May 18, 2023



Delaware
Department of Education

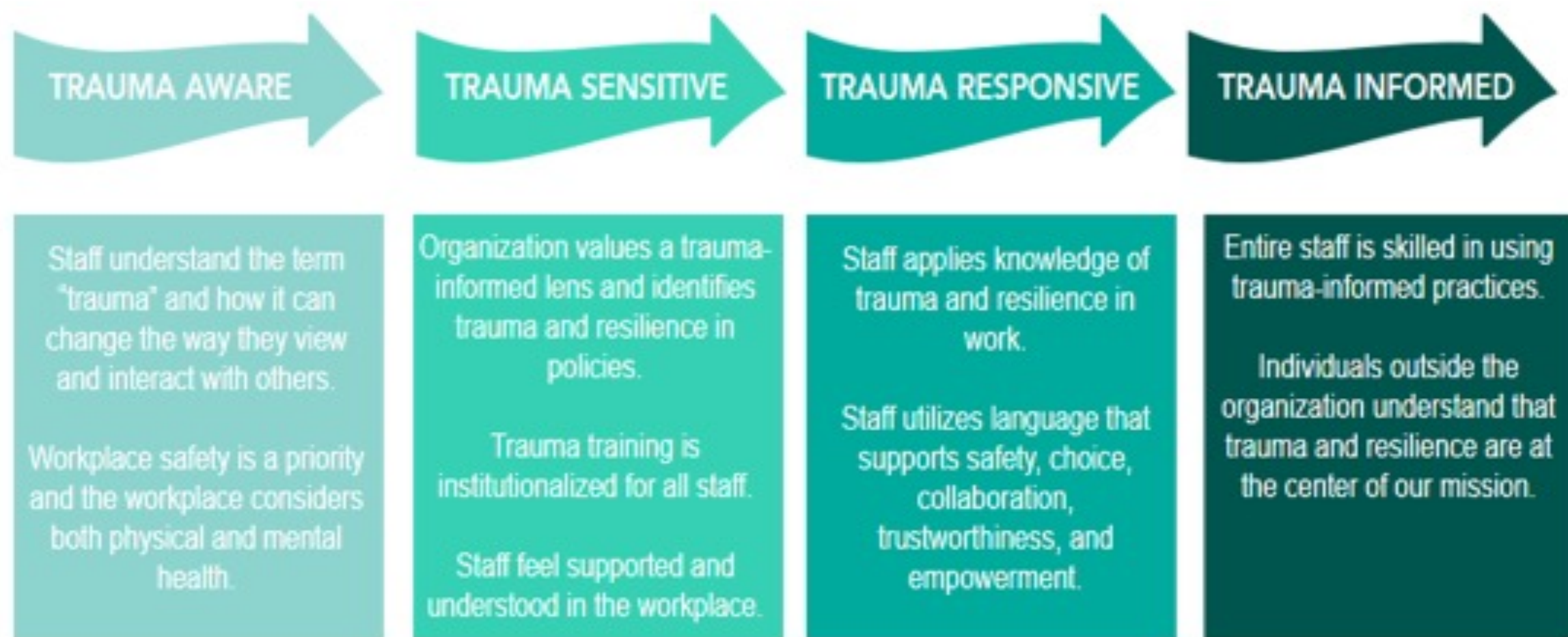


**TRAUMA
MATTERS
DELAWARE**

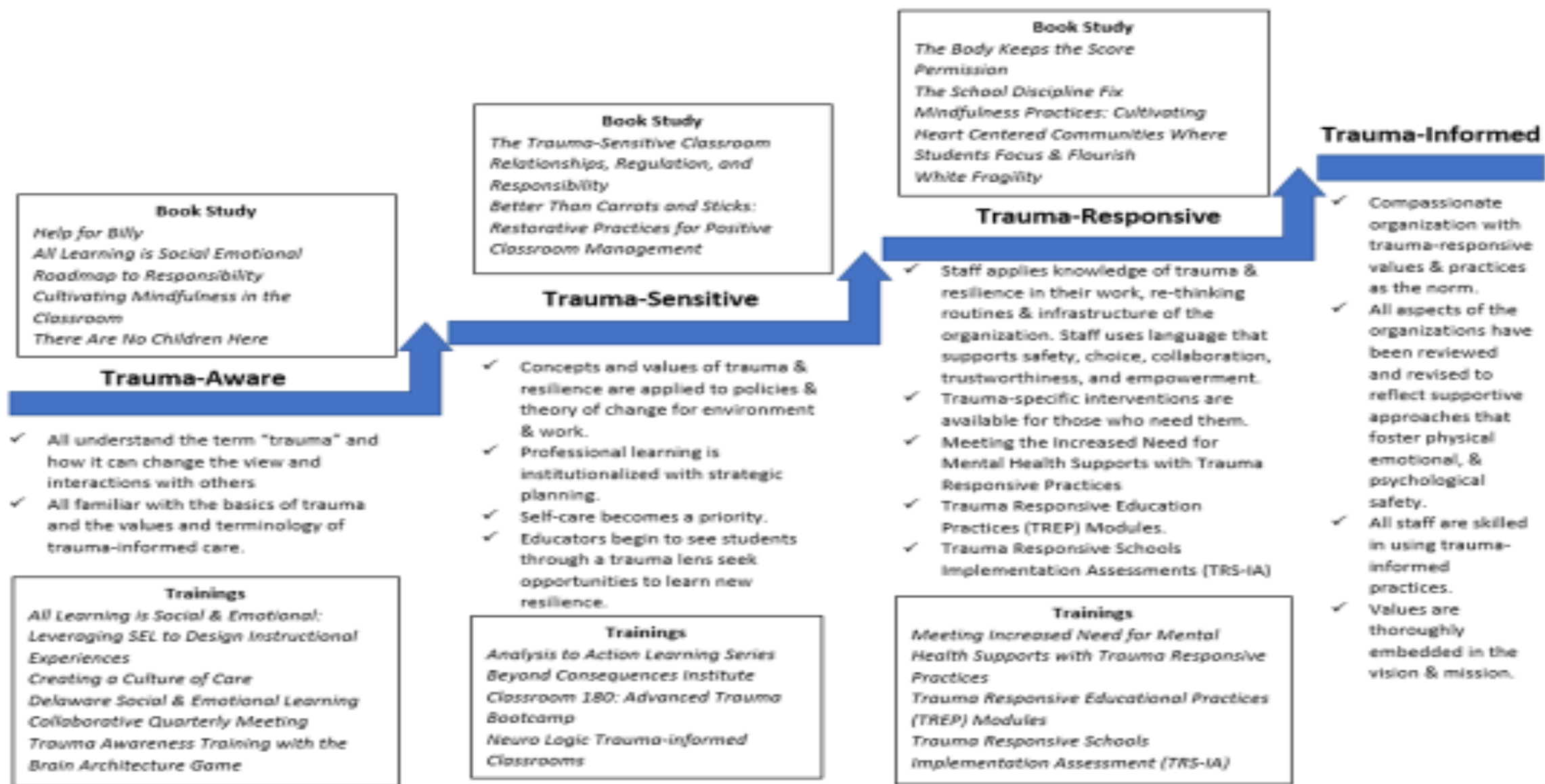


Family Services
Cabinet Council

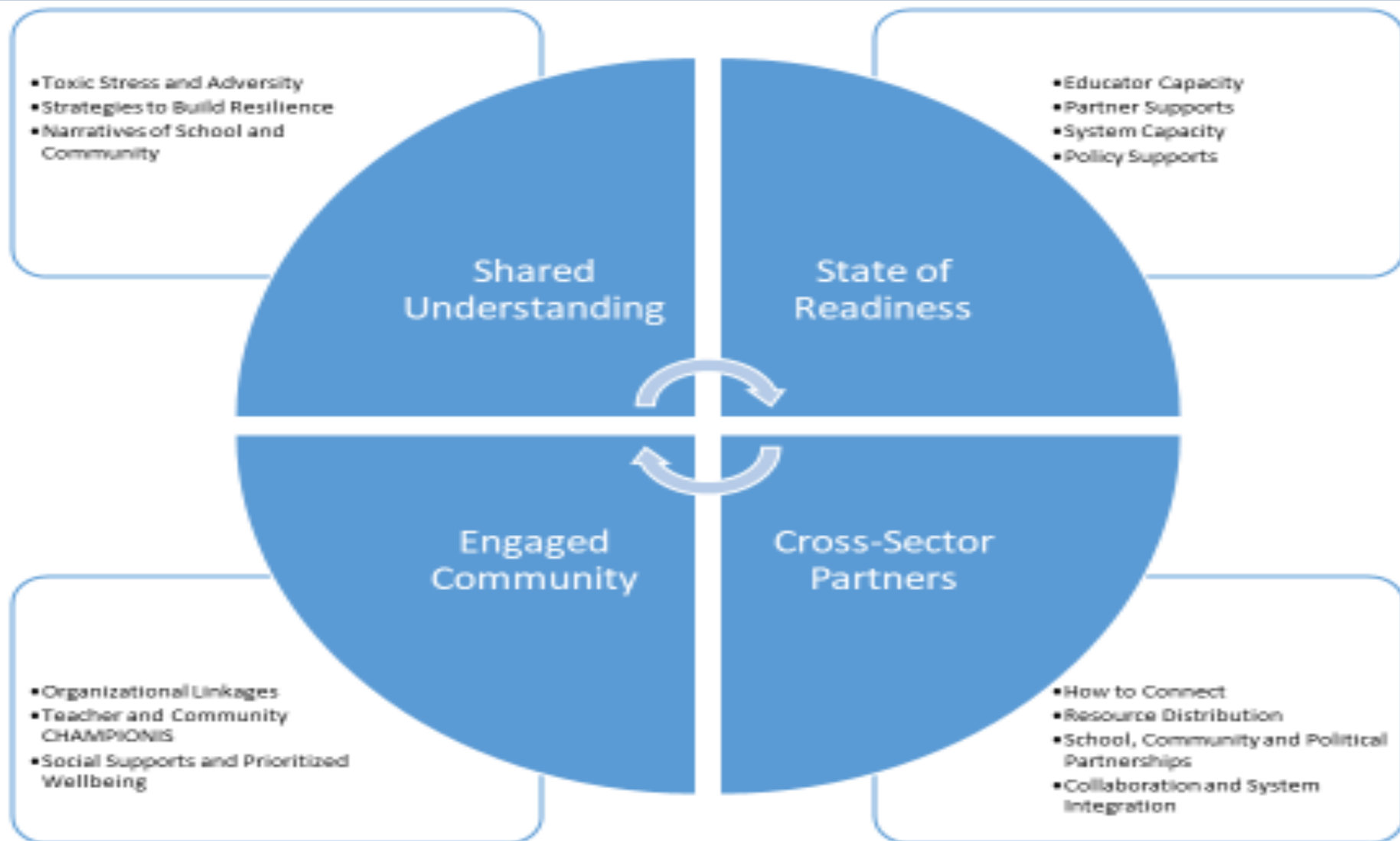
Delaware Developmental Framework



CAPACITY BUILDING PROGRESSION FOR TRAUMA-INFORMED SCHOOLS



COMMUNITY RESILIENCE



The Pair of ACEs

Adverse Childhood Experiences

Maternal
Depression

Physical &
Emotional Neglect

Emotional &
Sexual Abuse

Divorce

Substance
Abuse

Mental Illness

Incarceration

Domestic Violence

Homelessness

Adverse Community Environments

Poverty

Discrimination

Violence

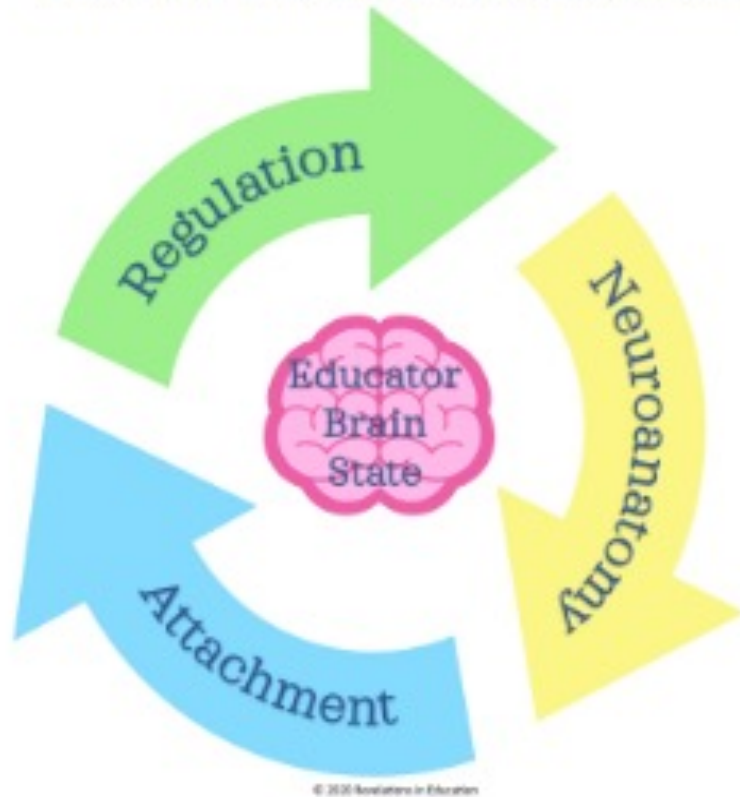
Community
Disruption

Lack of Opportunity, Economic
Mobility & Social Capital

Poor Housing
Quality &
Affordability

The NEW 3R's

The Four Pillars of AEN in Action



- Prioritize educator brain and body states.
- Co-regulation as a conduit for safe and supportive environments where students experience physical, emotional, and psychological safety.
- Touchpoints and micro-moments of interaction that cultivate trust-based relationships and increase opportunities for positive childhood experiences.
- Teaching students and staff about their brain and body states.

R1: Reimagining Regulation

4 Pillars of Applied Educational Neuroscience

These four pillars blend together supporting the nervous systems of adults and youth, addressing coregulation, relational touch points, and our physiology as we rewire our perceptions of discipline.

Educator Nervous System

Behavior management is about adults. Our brains and bodies hold the state of our nervous systems, and it takes a steady adult to settle a child or adolescent.

Co-Regulation

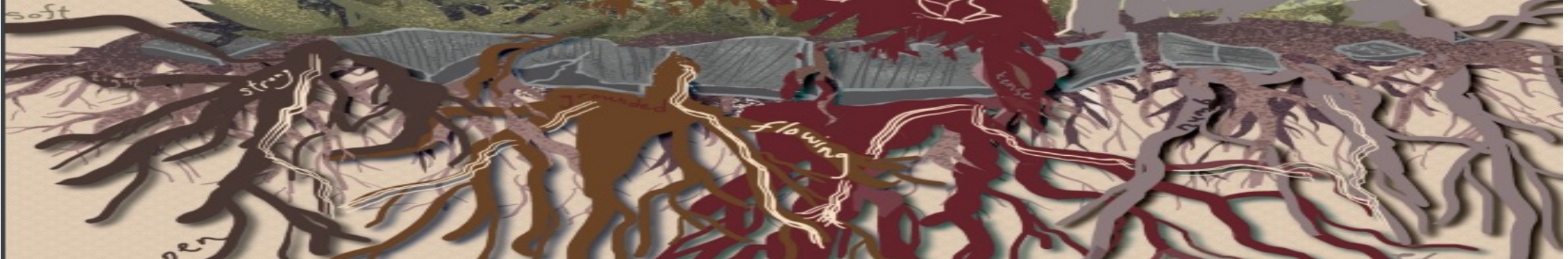
Coregulation is our biological priority. Coregulation is at the heart of discipline protocols. When we share a safe emotionally available sanctuary of space and a trusting presence, students can borrow from our calm in moments of dysregulation. Coregulation is often nonverbal.

Touch Points

Touch points are micro-moments of connection that often occur through our facial expressions, tone, greetings, noticings, validation, and deeply listening as we follow the student's agenda.

Language of the Nervous System

When we understand that negative behaviors are only signals addressing the dysregulation of the nervous system, we begin to feel empowered and relieved the way we feel, think, and behave is a nervous system response as we teach our staff and students about their neuroanatomy, learning together.



R2: Reimagining Relationships

Resiliency Building Experiences

Buffering Relationships

Feels Loved by Parent(s) or Primary Caregiver
 Supportive Family Relationships
 Supportive Community Relationships
 Parent(s) or Primary Caregiver Enjoy Playing with Child
 Relatives Provide Support When Sad or Worried
 Caring Neighbors or Family Friends
 Support from Teacher, Coach, Youth Leader, or Minister



Family Cares about Child's School Work and Performance
 Family, Neighbors, and Friends Talk About Making Lives Better
 Rules, Structure, and Expectations in Household
 Someone Trusted to Talk to When Feeling Bad
 Adults Who Notice Child's Strengths and Accomplishments
 Sense of Independence
 Positive Outlook on Life

Hope and Resilience

Positive Community Environments



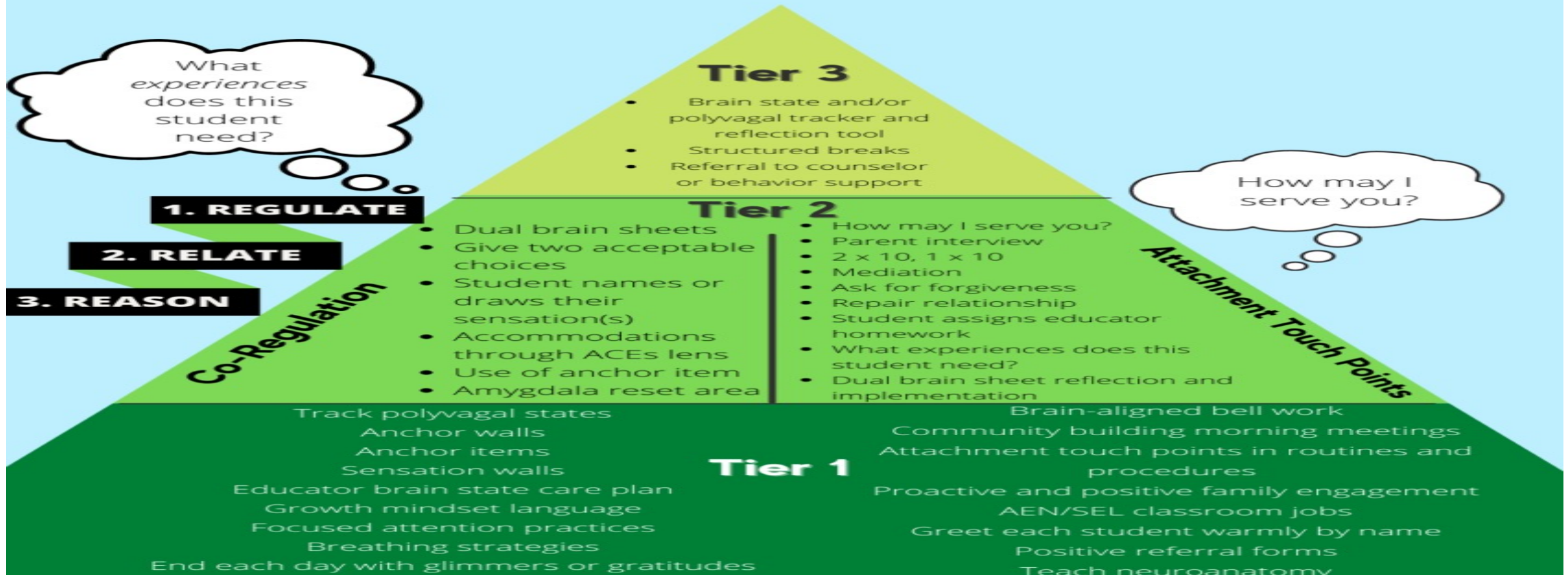
Available, Affordable Quality Housing
 No Racism or Discrimination
 Clean and Safe Physical Environment
 Access to Educational Opportunities
 High Sense of Collective Political and Social Efficacy

Lots of Opportunity and Economic Mobility
 Quality Transportation Services or System
 Cohesive Social Networks and Trust
 Access to Healthy Products and Foods
 Employment Opportunities

R3: Reimagining Relationships

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APPLIED EDUCATIONAL NEUROSCIENCE TIERED SUPPORTS



Equity Alignment and Coherence



Shared Agreements for Sustainability and Impact

Social, Emotional, and Behavioral Wellbeing



- Advocate for policies that will grow a culture of wellness for training and retaining a healthy, brain-aligned workforce.
- Exercise strategies of continuous improvement in reviewing systems, data, and practices through an equity lens.
- Nurture an understanding of the nervous system, including mechanisms for managing stress as well as trauma healing and recovery.
- Build social competence and mental health literacy skills for all to maximize agency, voice, and choice in learning spaces.
- Facilitate trust-based relationships as a protective factor and to increase access to support during times of distress.



Stay Connected

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#DEWholeChild

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