



CALIFORNIA
SCHOOL-BASED
HEALTH ALLIANCE

Putting Health Care Where Kids Are

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Oakland Opportunity Fund Trauma Initiative Evaluation Highlights

July 2018 – December 2020

Through a grant from the San Francisco Foundation’s Oakland Opportunity Fund (OOF), the California School-Based Health Alliance (CSHA) supported ten Oakland Unified School District (OUSD) School Health Centers (SHCs) to implement comprehensive trauma programs that aligned with the District’s broader transformation to support the most at-risk youth. The University of California, San Francisco (UCSF) School Health Services Research & Evaluation Team built upon their existing comprehensive Alameda County School Health Center evaluation to evaluate this two year initiative. The evaluation identified several accomplishments outlined below.



School Health Centers successfully screened clients for trauma, and connected them to needed services.

100%

of school-based health centers integrated a trauma screen into clinic procedures

Across the SHCs, nearly 60% of middle school clients were screened for trauma exposure and/or symptoms (n=1,619). About one in five screened positive; nearly all of whom (86%) received further screenings and/or referrals to behavioral health supports. An additional 570 students were screened through classroom-wide screenings.

As a result of OOF funding, nine of the SHCs provided trauma support group services to students in need. These interventions included Cognitive Behavioral Intervention for Trauma in Schools (CBITS) groups and groups using art therapy and storytelling through film and media.

Trauma support group participants reported increased resiliency following participation.

Over the two years of the Initiative, participants learned strategies to better cope with the stress in their lives.

The vast majority of Trauma Program Post Survey respondents “strongly agreed” or “agreed” that the program helped them with a variety of resiliency factors and academic behaviors, as seen in the table. Moreover, 81% could identify three new coping strategies for stress after program participation.

| % PARTICIPANTS WHO AGREED THAT TRAUMA SUPPORT GROUPS HELPED THEM... | |
|---|------------|
| Stay in school | 96% |
| Feel like they had an adult to turn to | 94% |
| Feel safe talking about their problems | 94% |
| Have goals and plans for the future | 93% |
| Learn positive ways to let their feelings out | 91% |
| Have better attendance | 88% |
| Feel less nervous or anxious | 88% |

211

students participated in trauma support groups

School Health Centers provided valuable teacher and school staff consultation on how to best support students exposed to trauma.

626

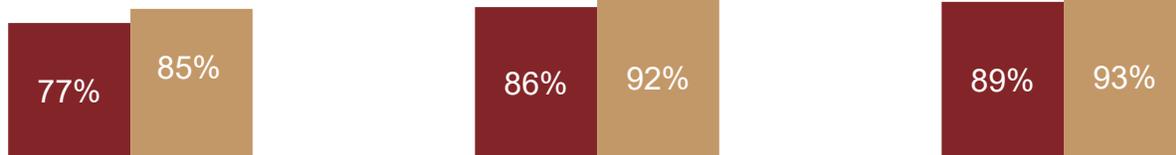
school staff participated in positive school climate related trainings and activities

Consultation to school staff helped address problems facing students exposed to trauma. SHCs provided consultation, professional development and presentations about how to work with students who have experienced trauma. Staff at the OOF schools received professional development on topics including: mindfulness, self-care, trauma and the brain, de-escalation techniques, trauma informed approaches to classroom management, and culturally responsive teaching.

According to OUSD's *School Staff Survey*, 85% of staff reported that they had participated in professional development (PD) that provided an overview of social emotional learning (SEL) and nearly all (94%) "strongly agreed" or "agreed" that they knew where to get help for students who were having social, emotional or behavioral issues. School staff also reported improvements in various indicators of school climate from the year prior to the initiative (2017-18) to the second year of the initiative (2019-20), as seen in the chart below.

% STAFF at OOF Schools WHO...

■ 2017-18 ■ 2019-20



Knew how to de-escalate students using a trauma informed approach

Felt their school was a supportive and inviting place for students to learn

Felt student learning & engagement improved due to changes they made based on participation in SEL PD

OOF in Action

- SBHC staff worked closely with a family that was about to lose their home and experienced a related traumatic incident. The student was referred for behavioral health support and SBHC staff helped the family navigate systems to obtain affordable housing, legal assistance and other supports.
- The SBHC focused their OOF efforts on providing trainings on trauma informed practices for school staff. When an incident occurred with a student who was in crisis showing threats of being physical with other students and staff, a school leader immediately responded. Realizing that there was not enough time to call the SBHC for help, they implemented techniques they had learned to successfully de-escalate the student while protecting others. They later brought the student to the SBHC to receive counseling.
- A new student presented to the SBHC with hives and nausea several days in a row. After being triaged by the medical provider, the student was referred to the onsite behavioral health (BH) clinician to follow up about anxiety and recent traumatic experiences. The student continues to come to the SBHC when feeling too anxious to be in a classroom, and is offered a quiet place to be calm when the BH clinician is not readily available. The student now identifies the SBHC as a place to feel safe during the school day.