Coffee and Conversation
December 9, 2020

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This session is being recorded and will be posted on the PBIS website.
Please Sign In...

- For “TOPIC” select “OTHER” and type in: “C & C”

- In the CHAT please introduce yourself with:
  - Name
  - RESA or District
  - Role
  - Favorite Christmas Song/Carol

- On a scale of 1 -10 how are you doing today?
As we close out 2020…
We Are On The Road Back...
Teaching Breathing is a Skill
Trauma

• COVID-19 has been a traumatic experience for adults and children…
• Trauma makes us feel hopeless and powerless through fear…
Trauma

• Everything we are feeling – our students are also feeling…
• Their fear will be manifested in a different way – often looking like misbehavior…
Trauma

Talking about how we felt and how we are currently feeling helps to build empathy and reduce our fears…
Trauma

It is well documented in the literature that people who have experienced a crisis need to have an opportunity to talk about it (Poland & McCormick, 1999). Processing reduces the likelihood of survivors having symptoms of post-traumatic stress injury (PTSI) and feelings of isolation and helps to restore equilibrium.
Group Norms

• This is not a critique or assessment.
• You do not have to talk or participate, but you may help someone else by sharing.
• Limit each response to 1 minute.
• Feel free to share in the CHAT.
• Please observe confidentiality.
• Silence cell phones and devices.
• There are no ranks in the room.
• Any additional norms?
Question #1

• Tell where you were when you first became aware we were not returning to school and specifically what were your initial sensory perceptions? What did you see, hear, taste, touch or smell?
Question #2

• What thoughts or reactions have you been having since our last day of school with the students?
Question #3

• What is your biggest concern or worry about the immediate future?
Question #4

• What makes you feel safe?

• What would help you to feel safer right now?
Question #5
• What has helped you cope when you have had to deal with difficult things or losses in your life before?
• What can you do to help yourself cope now?
The Good News...

• Following the storms in our lives there is always a new day…

• We are resilient and so are our children…

• There is scientific evidence that grateful people are more resilient to stress, whether minor everyday hassles or major personal upheavals.
Gratitude

• Naming three things you are grateful for each day for 21 days literally changes your brain chemistry.

• What are three things you are grateful for today…

Resources

• 17 Totally Normal Things to Feel Right Now
  https://www.self.com/story/pandemic-therapy-trends

• Georgia Insights
  https://www.georgiainsights.com/

• Link to Dr. David Schonfeld’s webinars
“PBIS Blueprint, District Leadership Team Meetings”

• Live Webinar
• January 20, 2021
• 2:00 p.m.
• Tammi Clarke and Jason Byars
• Target Audience – All SCS’s and DC’s
Listening Session

What questions and comments do you have?

What are the immediate needs at the RESA, district, and school level?
Happy Holidays
From Your Georgia PBIS Team
Training Needs

Virtual
• Please let your TA Specialist know what virtual training needs you have that we can help address through GADOE Community or similar webinars.

In Person
• Please let your TA Specialist know what in person trainings you are anticipating your districts will need during second semester.