



Trauma Informed Strategies

Workgroup

1. Purpose:

The purpose of the proviso was to convene a work group to identify trauma informed strategies, approaches, and curricula for supporting students in distress and with challenging behaviors that prioritize relational safety.

2. Description of services provided:

The workgroup was directed to convene individuals with specific attendees and develop this legislative report. The workgroup met nine times from August through December to discuss topics impacting isolation and restraint in Washington state. The workgroup discussed required topics and expanded based on lived experiences from self-advocates, families, and educators. Meeting topics included but were not limited to: discussion on the current state of isolation and restraint in Washington and nationally; the impact of isolation and restraint on students, educators, and families; crisis intervention programs; evidence-based practices; tracking and reporting data; avenues of recourse; self-advocate experiences; the need for funding and training for educators; and intersectionality in discipline.

3. Criteria for receiving services and/or grants:

N/A

Beneficiaries in the 2022-23 School Year:

Number of School Districts:	297
Number of Schools:	2200
Number of Students:	1,000,000
Number of Educators:	All of them
Other:	10

4. Are federal or other funds contingent on state funding?

No



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5. State funding history:

Fiscal Year	Amount Funded	Actual Expenditures
2023	\$200,000	\$200,000

6. Number of beneficiaries (e.g., school districts, schools, students, educators, other) history:

N/A

7. Programmatic changes since inception (if any):

Legislative report was written and sent to the legislature.

8. Program evaluation or evaluation of major findings:

The workgroup developed four categories of recommendations:

- Eliminating the use of isolation and chemical restraint
- Access to proactive and effective mental health and trauma informed behavioral supports
- Training on de-escalation practices
- Improving data collection, use for decision making and monitoring

9. Major challenges faced by the program:

N/A

10. Future opportunities:

Continued funding/legislation to support recommendations.

11. Statutory and/or budget language:

\$200,000 of the general fund—state appropriation for fiscal year 2023 is provided solely for the superintendent of public instruction to convene a work group to identify trauma informed strategies, approaches, and curricula for supporting students in distress and with challenging behaviors that prioritize relational safety. Stipends may be provided for work group members who are representing families and individuals as experts with lived experiences to compensate for time and travel to meetings. The work group at a minimum must include the following:

(A) One representative from the department of children, youth, and families with expertise on inclusion, equitable access, trauma informed practices, and relational safety in education settings;



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- (B) One representative from an organization representing youth with intellectual and developmental disabilities;
- (C) Individuals representing youth with communication disorders, students or young adults who have lived experience with restraint and isolation, and students or adults who are survivors of the school-to-15 prison pipeline;
- (D) One representative from an organization working to eliminate racial inequities in education;
- (E) One representative from an organization working to eliminate disparities for families and students with a native language other than English;
- (F) One representative from an organization working to improve inclusive practices in Washington that works with families and;
- (G) One member of an organization representing youth in foster care;
- (H) One member of an organization representing youth experiencing homelessness; and
- (I) An administrator, teacher, and paraeducator professional with experience working in or around a self-contained behavior program.
 - (ii) The work group shall submit a report to the education committees of the legislature, the governor's office, and the education ombuds by December 1, 2022. The report must include a list of approved crisis response protocols and deescalation techniques for schools that are trauma informed and prioritize relational safety, recommended elements needed to improve access to mental health supports for all students, building-based strategies to enhance fidelity to multi-tiered systems of support and student behavior plans for students with challenging behaviors and strategies to track and reduce/eliminate restraint and isolation use, and best practices for implementation of identified strategies, with recommendations for district compliance and tracking mechanisms.

12. Other relevant information:

This work led to a bill being lifted by OSPI HB1479 that did not pass, but will be reintroduced in the 2024 legislative session.

13. Schools/districts receiving assistance:

[preliminaryfy23state-fundedprovisograntawardsupdated-42823.xlsx \(live.com\)](#)



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