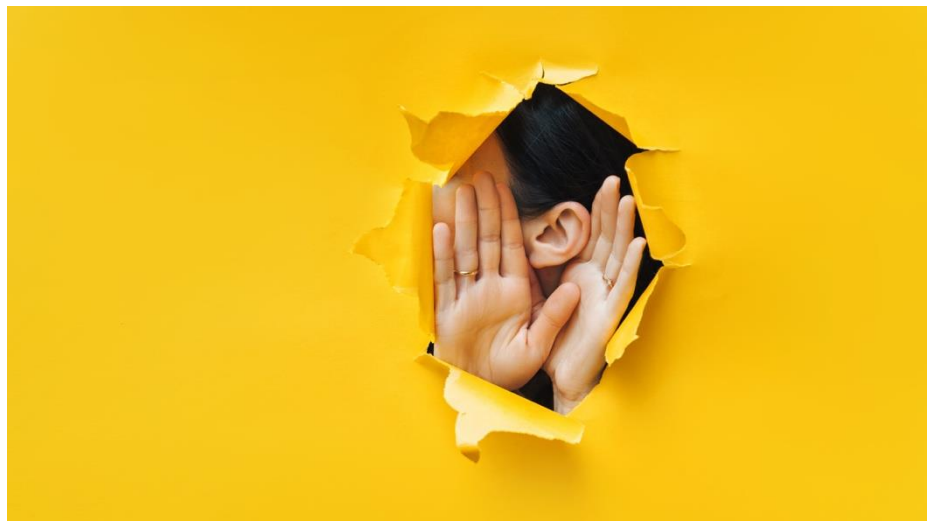


Stop Talking About Me and Listen To Me!



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&

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Overview



When I Didn't Feel Heard



Healing Focused Care



Person Centered Thinking



Having Positive Control in My Life



Changes in Life

- 5th Grade was difficult for me
- Adults didn't include me in choices
- I was treated differently than other students



I Was Trying to Tell Everyone I Was Unhappy

On Monday October 24th I had the worst day. What I did wrong was throwing 3 tantrums in 3 classes. After that I went to the behavior room 3 times. Later I was throwing lots of chairs in [REDACTED] room. Then AT the end of the day I was reading The Hit-Away Kid book. Then I finished the day well.

I Felt Powerless

- No trust with adults
- No voice/talked over/yelled at

I tried to get out of situation by:

- Running out school
- Hurting myself and others
- Asking mom to pick me up
- Refusing to follow instructions
- Not wanting to play with other kids



How Did Everyone Respond?

Rewards

Detention

Held down

Suspended

Behavior plan

Their focus was on safety!



Trauma is



anything that
overwhelms the brain's
ability to cope.



Mom's Aha! Moment The Little "t"

**WHAT'S REALLY BOTHERING
YOU?**



Healing Centered Approach

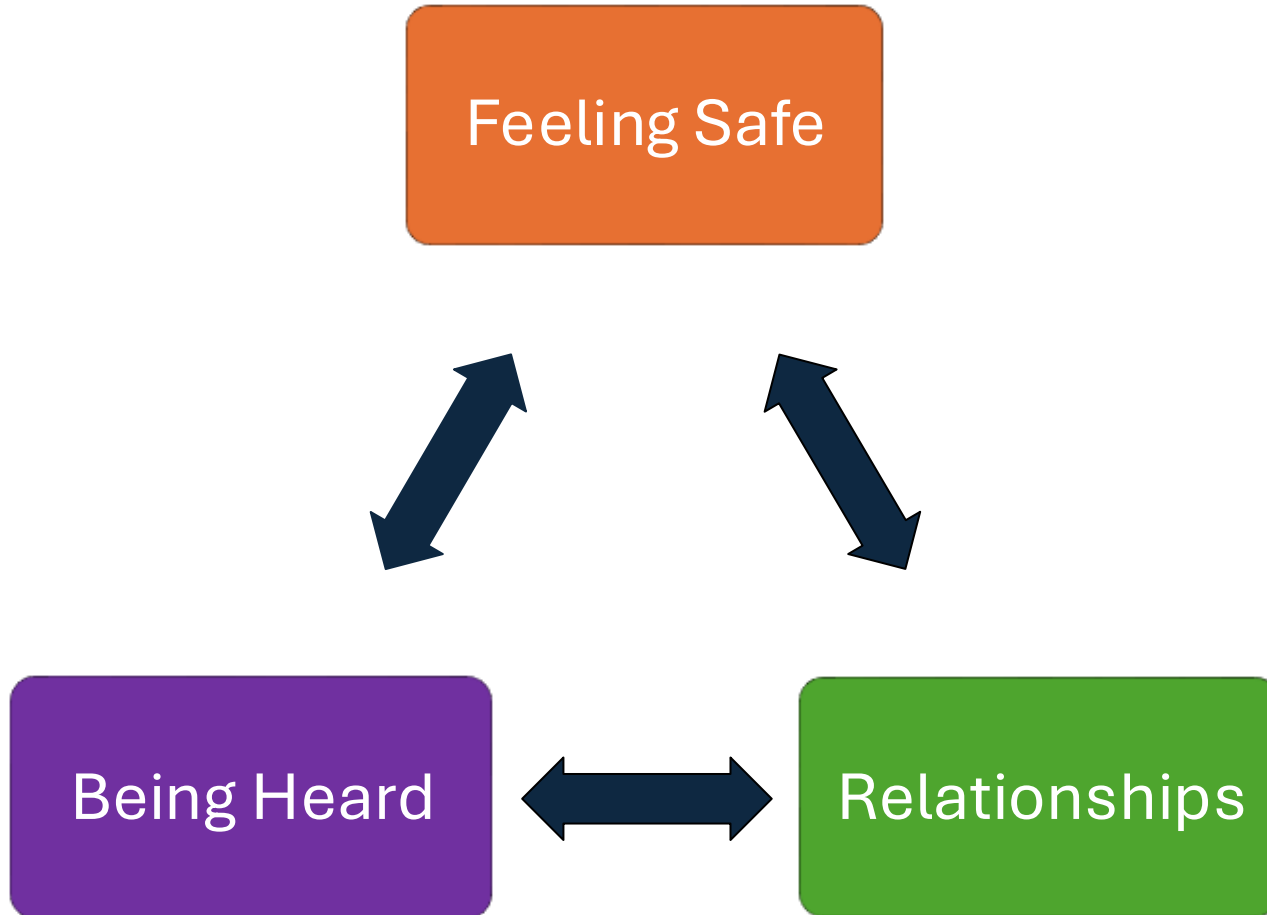
Typical Response

- Managing behavior
- Using rewards but shaming if the goal isn't reached
- Unequal power
- Forced choice
- Restraints

Responses that Support Healing

- Making sure you feel safe
- Providing true choice
- Supporting relationships
- Helping you heal
- Helping you build your confidence

Focusing on Healing



Having a Good Balance In Life

Important
For

- Health & Safety
- Being Valued

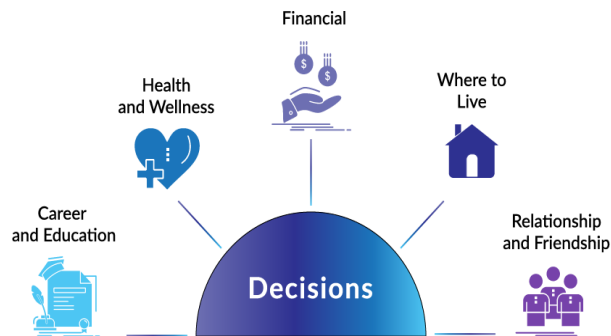
Important
To

- People
- Status & Control
- Things To Do/ Places To Go
- Routines
- Identity and Culture
- Pace of Life
- Things To Have
- Purpose and Meaning

Let's Practice



In Control of My Life!





Now, I share my experience to teach others how it feels to be mistreated and learn to stop and listen.



Questions?

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