Miss Kendra Programs

Moving Beyond Being Trauma-informed to Addressing Trauma Proactively

A Program of the Foundation for Arts and Trauma, Inc.
Moving Beyond Trauma-Informed to Real Action

The Miss Kendra Program, featured in the documentary *Resilience: The Biology of Stress & The Science of Hope*, is a cost-effective trauma prevention program for schools and other organizations working with children and youth from kindergarten to college.

The fictional Miss Kendra, the core feature of the programs, addresses the need of *every child* for a caring adult who empathizes with them as they share the difficult truths in their lives. Through open classroom conversations, children can learn that when they talk about their experiences, they can find the help they need. The children also share their concerns by writing letters to Miss Kendra and receiving empathetic responses that assure them they have been heard. By sharing their worries and burdens, children improve their capacity to attend to academic work, remain calm when facing demands, and develop a more secure sense of self.

The Miss Kendra Programs follow a preventive, public health framework based on 1) reaching all students, 2) brief but frequent contact, and 3) early intervention. Our programs are educational, giving students language for difficult experiences; interpersonal, teaching students to show care and concern for others who are suffering; and strengths-based, helping students develop strategies of resilience and fortitude in the face of adversity.

Our Miss Kendra Programs move schools beyond being trauma-informed into real action. The many schools that have implemented our Miss Kendra’s programs have seen substantial decreases in incidents of fighting and aggression, suspensions, and office referrals, as well as a reduction in overall stress levels among the students.

"The Miss Kendra Program is a movement."
Mayor Toni Harp, New Haven

More than 75,000 letters have been written to Miss Kendra
Bring Miss Kendra to Your School

Miss Kendra Specialist-Based Program

The Miss Kendra Specialist-Based program works to transform the entire school culture and create a highly effective learning environment by actively identifying stressed youth before they develop disciplinary or symptomatic problems. Across many schools, our programs have show:

- Greatly reduced office referrals, suspensions, physical fights, and expulsions.
- Improved academic achievement as measured by grades in the classroom and on standardized tests.
- Increased job satisfaction, creativity, and investment in students for teachers and administrators.

Our team contracts with you to provide initial and ongoing training, specialized staff for the stress reduction program, and ongoing collaboration and supervision.

Schools agree to implement the program in at least 50 percent of the school’s classrooms and collaborate with our staff throughout each school day to deliver the program.

Services include:

- Trainer Site Visits (3 times in first year, 2 times in second year, one time per year afterwards).
- Our specialized staff working in the school (1 hour per week for every 10 students)
- Monitoring of program effectiveness and integrity.
- Official Miss Kendra materials and program elements tailored by grade (The Legend of Miss Kendra, Miss Kendra’s List, Miss Kendra’s letters and Red Bead Clubs).
- Fee: $350 per student per year (1st year) [e.g., yearly cost for a school of 200: $70,000 (1st yr), $65,000 (2nd yr), and $60,000 (3rd yr and beyond)].

“I have students that others consider ‘troubled’ that have thrived through this program.... My students’ grades, self-confidence, and self-control are at an all-time high.”

—Second grade teacher
Miss Kendra Teacher-Based Program

The core aim of the Miss Kendra Teacher-Based Program is to develop a whole-school environment that welcomes open conversation about the students’ stressful experiences, conducted by the teachers and support staff in your school.

This program implements Miss Kendra’s Legend, Miss Kendra’s List, Letters to Miss Kendra, and Red Bead Clubs activities in the classrooms, all conducted by your trained school personnel (teachers, social support staff). The program includes:

• Initial two-day training session for teachers, social support staff and administrative staff conducted on-site by the Miss Kendra Program team.

• Ongoing phone coaching/supervision of your school personnel by experienced Miss Kendra trainers throughout the year, plus at least one follow-up visit by Miss Kendra faculty.

• Official Miss Kendra Materials: Worry boards, mailboxes, stationery, red beads, training manuals, posters, stamps.

• Designation as a Miss Kendra Approved Program.

The Miss Kendra Program staff will work with school administrators to monitor the success of the program over the course of the school year to ensure program integrity.

First Year Estimated Costs:
[Up to 12 classrooms] $17,500
[Up to 18 classrooms] $22,500
[Up to 24 classrooms] $27,500

Second Year and Beyond: An annual licensing fee of only $2,500 allows for the continued use of materials and includes one visit by Miss Kendra Program staff, plus ongoing phone support for teachers and administrators. Additional trainings for new staff and replacement supplies will be separately priced.
**Percent Reduction in Suspensions and Office Referrals**

Aggregate of 12 Schools Implementing Miss Kendra Programs

- Prior to Miss Kendra
- Year 1
- Year 2
- Year 3
- Year 4

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<td>90%</td>
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**Teacher Support of Miss Kendra Programs**

Aggregate of 22 Schools (400 teachers)

- 95% Recommend Miss Kendra Programs to other teachers
- 90% Report Miss Kendra Programs calm down my students
- 100% Report makes my classroom truly trauma-informed
- 90% Say helped me build closer relationships with my students
The Miss Kendra Programs are featured in the 2016 documentary *Resilience: The Biology of Stress and the Science of Hope*, directed by James Redford.

Find out more about Miss Kendra Programs at traumainformedschools.org

Or email us directly at misskendraprograms@gmail.com

www.traumainformedschools.org

TEACHERS AND PRINCIPALS SAY:

“Miss Kendra Programs Make a Difference!”

"I have witnessed first-hand the transformative impact the Miss Kendra Programs have had on our students’ emotional and academic development. Their clinical expertise allows students with severe trauma histories to access services within the school day without losing access to their education."

—Principal, Metropolitan Business Academy

"I have noticed a significant drop in behavior referrals, suspensions, and overall disciplinary problems. The students feel a sense of relief when they get the opportunity to "play" with the therapist and the teacher notices a sense of calmness when students return to the classroom."

—Principal, Strong Elementary School

"We have seen decreases in behavior; we have seen children speak their truths in letters to Miss Kendra and conversations on the carpet. To watch their faces after they speak their truths is like watching someone who has been trying to carry a large weight on their shoulders for a long time finally be able to put it down."

—2nd Grade Teacher, Bearfield Primary School

"The Miss Kendra Program provided a way for our students to give voice to their worries, and know our school was a safe place in which they could receive support."

—Principal, Quinnipiac School