



**SYNERGY  
SERVICES**

Safe today. Strong tomorrow.

**REMEMBER: EVERYONE IN THE  
CLASSROOM HAS A STORY THAT LEADS  
TO MISBEHAVIOR OR DEFIANCE. 9 TIMES  
OUT OF 10 THE STORY BEHIND THE  
MISBEHAVIOR WON'T MAKE YOU ANGRY.  
IT WILL BREAK YOUR HEART.**

**--ANNETTE BREAUX**

## **Taking Trauma Informed Care to the Classroom**

Students in five Kansas City schools are noticing changes as they settle in this fall, like the addition of calming corners--safe spaces where children feeling overwhelmed can go to calm down and regain control--in many of their classrooms. Calming corners are just one part of the work that is happening as Synergy's school-based outreach expands beyond anti-bullying and safe dating programs to address the underlying causes of challenging behaviors.

The idea that untreated trauma hinders learning and is the root of many disruptive classroom behaviors is not a new one, but the movement to create trauma informed schools is just gaining steam—partly because the problem is layered and complex. Schools across the country are joining the trauma informed movement, and many are partnering with non-profit agencies to provide the expertise and resources needed to achieve comprehensive solutions.

It's an exciting time at Synergy as we build this program with our school partners, breaking down the barriers students and their families face in accessing needed services. With a Synergy therapist on-site, children can receive the mental health services they need right at school; while a Synergy social worker helps meet the needs at home for families who may be struggling. Classroom educators work directly with all students to teach social and emotional skills that are foundational to academic success and positive interactions with others.



“When we address underlying trauma, we can isolate its effect” says Gwen O’Brien who oversees the school-based program for Synergy. “These integrated services are designed to support the whole child with positive outcomes for the entire school and community.”

Partner schools are already seeing results. At Crossroads Academy Central Street, staff say the calming corners have been a huge success. “We have seen a major improvement in students being able to self-regulate and stay in class. This is a huge win for us!”

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## News & Events



### Rasta Reporting for Duty

Therapy takes many forms at Synergy! Check out [this great article from the September issue of Northland Neighbors](#) on Rasta, the amazing therapy dog! He belongs to our very own Jennifer Vernon and brings comfort & joy to so many of our clients.



### Discounted Ticket + Helping Synergy = Win-Win

Join the excitement at Arrowhead Stadium and help Synergy while you're at it! [Purchase your tickets here](#) for \$33.50 per ticket. Use the promo code SYNERGY and the Chiefs will donate \$10 from every ticket back to Synergy! This deal won't last long...get them before they're gone!



### Diaper Donation Helps Bottom Line

If you have children, you know how expensive diapers are. The babies in our shelters use about 100 diapers a day--which adds up quickly! That's why we are so grateful to the [Apartment Association of Kansas City](#) for their recent donation drive, which yielded almost 12,000 diapers, and many other great baby supplies, too!



### Day of Caring

Thank you to all the volunteers who came out to support Synergy during the United Way of Greater Kansas City Day of Caring! They did a little bit of everything, from yard work to sorting donations and even putting together art packets! In total we had 40+ volunteers who donated a full day of serving to ensure our Children's Center looks great and runs smoothly.



## Heart Healthy

The first annual Restoration Run was a great success! Thank you to **Friends of Atkins Johnson Farm** for hosting the the race, which also benefited Synergy. We are grateful to all the organizers, volunteers and participants!



## Home Sweet Home

One of our homeless youth clients will soon have a clean and freshly painted apartment to call home, thanks to **Maple Woods Community College softball team**. Their help with painting and cleaning gave it a fresh new look fitting for fresh new start.

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