

HB0277

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Good Afternoon,

Bill HB 0277 documents a State wide, critical need in our schools. The Trauma-Informed Approach can help create numerous opportunities for recovery.

I have been an Educator for 48 years. I currently participate in college studies as a 62 year old Business Administration student.

Multiple traumas have invaded my life, but with expert trauma resources and counselors I experience a thriving, successful existence today. I lost my father in a drowning accident at age 14. I walked through domestic violence and family violence, when one family killed another family member. I finally lost my husband and my grown son, my only child, in 2006. I suffered with complex grief and Post Traumatic Stress. The key to my turning point was revealed in a book called "The Ultimate Gift" by a blind gentleman named Jim Stovall. He spoke about gratitude. Numb with grief, I followed his instructions and wrote 10 things per day for which I was thankful. More than a decade later, I still use my gratitude journal and teach other hurting individuals to design one of their own. This enduring habit brought revolutionary and positive emotional change into my life.

"Life After Trauma", a book by Dr. Dena Rosenbloom and others, is a foundational resource that I have used for more than 10 years and refer to it today as needed. The Self-Care strategies I discovered are an integral part of my daily routine. I often encourage others to make this book a part of their Library. Life is complex, but I am excited to have many young people who now call me "Mama Connie". Even after so much trauma, I have still found much peace and joy. Please give a favorable report to bill HB0277. Thank you.