



## Trauma-Informed Care Training for School Professionals

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Trauma is pervasive and impacts all of us, children and adults. One way we can be responsive, healing centered, and recovery oriented in this space is to normalize that which we know is real. Building a form of care centered and informed by trauma can help promote a culture of safety, trust, empowerment and choice, and peer support. In collaboration with the Children's Commission and the Texas Health and Human Services Commission (HHSC), this document has been created to provide trauma-informed care training resources for schooling professionals.

The training resources provided in this document were collected in a collaborative effort between the SAMHSA Mental Health Technology Transfer Center (MHTTC), the Cross Systems Trauma-informed Care initiative led by Texas Health and Human Services Commission (HHSC) and the Statewide Collaborative on Trauma-informed Care led by the Supreme Court of Texas Permanent Judicial Commission for Children, Youth and Families (Children's Commission). This information has been compiled from multiple sources and the MHTTC, HHSC and the Children's Commission cannot guarantee either the accuracy, reliability, or completeness of the information or the effectiveness of the trainings listed. The MHTTC, HHSC and the Children's Commission do not endorse any one training resource, modality, or curriculum. This document is intended to serve as a non-exhaustive list of resources as the field continues to change and evolve regarding trauma. This document is up to date as of December 2020.

## Training Resources

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**Bounce Back Program (FREE)** - School-based group intervention for elementary students exposed to stressful and traumatic events. Teaches students ways to cope with and recover from traumatic experiences, so they can get back to doing what they want to do and need to do. Includes 10 group sessions, 1-3 group parent sessions, and 2-3 individual student sessions. Appropriate for children and families of diverse ethnic and social backgrounds. Can only be delivered by a qualified behavioral health provider.

**Center for Optimal Brain Integration (Cost Associated)** The Center for Optimal Brain Integration® trains, coaches and consults internationally on trauma- responsive practices and strategies that build resilience. Training and Consultation for: Educators Pre-K to 12, Community Funders and Advocates, Parents and Caregivers, Foster and Resource Parents, First Responders, Administrators, Clinicians, Social Service Providers, Supervisor and Leaders.

**Cognitive-Based Intervention for Trauma in Schools (CBITS)- (FREE)** - The Cognitive Behavioral Intervention for Trauma in Schools (CBITS) program is a school-based, group and individual intervention. It is designed to reduce symptoms of post-traumatic stress disorder (PTSD), depression, and behavioral problems, and to improve functioning, grades and attendance, peer and parent support, and coping skills.



**Karyn Purvis Institute for Child Development - [TBRI® & Trauma-Informed Classrooms](#) (Cost Associated)** - This training is designed to equip educators to help children from backgrounds of abuse, neglect, and/or trauma.

**Kognito – [Trauma Informed Practices for K-12 Schools](#) (Cost Associated)** - Interactive professional development program that uses virtual role-play to help school faculty, staff, and administrators learn common signs of psychological distress and how to approach an at-risk student for referral to the school counselor.

**Mental Health America (M - HA) of Greater Houston** - Center for School Behavioral Health trainings are available by request through MHA of Greater Houston.

**[Trauma Informed Classroom: Trauma 101](#) (FREE)** - Through activities, role play, and video, participants will spend 90 mins learning how to recognize signs and symptoms in student displaying behavioral health concerns, how trauma affects learning and how to address these effects; and how to appropriately respond to young people experiencing mental health issues. Not currently offered in person, but virtual facilitation is available by contacting the coordinator.

**[Advanced Trauma Informed Classroom: Trauma 102](#) (FREE)** - This training module was created as a follow up to Trauma Informed Classroom. Participants will spend 90 mins interacting and utilizing strategies to create a trauma-informed classroom and campus. Participants will also discuss how cultural awareness, equity, and racial/historical trauma impact the classroom. Not currently offered in person, but virtual facilitation is available by contacting the coordinator.

**[Emotional Backpack Project](#) (FREE)** - The program utilizes a train-the-trainer format and trains 2 designated facilitators from a campus on the Center's core modules, lesson plans, and activities and prepares them to teach the modules to the staff at their home campus. Core modules include Children's Mental Health, Trauma-Informed Classrooms 101, Trauma-Informed Classrooms 102, Youth Suicide Prevention, and Self-Care for Educators. The training modules fulfill TEA requirements for mental health and suicide prevention training and help infuse mental health awareness into the campus culture. Not currently offered in person, but virtual facilitation is available by contacting the coordinator.

**Midwest Positive Behavioral Interventions and Supports (PBIS) Network** - Midwest PBIS offers virtual training institutes on PBIS and other topics including trauma-informed approaches.

**[Integrating Trauma within Your Current System](#) (Cost Associated)** - Teams participating in this training will learn to apply the core features of a multi-tiered system of support (MTSS) to install a trauma informed approach that is integrated within their current PBIS framework. Teams will use virtual breakout rooms to have time for action planning 1) a professional development plan, 2) assessing and resource mapping current practices with trauma informed lens, and 3) identifying data for monitoring fidelity and outcomes of a trauma informed approach.



[Trauma Awareness within PBIS \(Cost Associated\)](#) - Participants will learn basic information about trauma, understand how trauma influences our stress response and impacts brain development. Additionally, participants will leave understanding the big picture of where trauma informed practices fit within a three-tiered framework and interested in learning about setting up routines in the classroom for regulation, relationships and self-awareness.

**National Center on Safe Supportive Learning Environments - [The Trauma-Sensitive Schools Training Package \(FREE\)](#) -**

Offers school and district administrators and staff a framework and roadmap for adopting a trauma-sensitive approach school- or districtwide. The Training Package includes a variety of resources for educating school staff about trauma and trauma-sensitive practices and for providing school leaders with a step-by-step process for implementing a universal, trauma-informed approach using package materials. School and district leaders are encouraged to begin by reviewing the Implementation Guide for an overview of the package components and their intended use.

**National Child Traumatic Stress Network (NCTSN) Learning Center** - The NCTSN Learning Center provides hundreds

of free education and training resources in the areas of assessment, treatment and services, training, research and evaluation, and organizational and systems change for traumatized children, adolescents, and their families. Continuing education credits are available for many courses in this expanding online catalog that has been developed for mental health professionals, parents and caregivers, policymakers, and others who work with and care about children and adolescents.

[12 Core Concepts for Understanding Traumatic Stress Responses in Children and Families \(FREE\)](#) - This course contains interactive online lessons that lead you through the 12 Core Concepts for Understanding Traumatic Stress Responses in Children and Families. The 12 Core Concepts are an important foundation for all individuals who work with children and families exposed to trauma events. These concepts help learners to create a trauma lens through which they can view and better comprehend the effects of traumatic experiences and losses. In these interactive lessons, learners will walk through each concept, it's definition, and practical examples and tips that illustrate the concept.

[Attachment Vitamins: Interactive Course on Early Childhood Attachment, Stress and Trauma \(FREE\)](#) - The Attachment Vitamins online course is an interactive, self-paced e-learning course for those adults who often find themselves in the company of children aged zero to five and their families, including professionals such as early childhood educators and child care providers, public health workers, nurses and other medical providers, and case managers; and also for the caregivers of young children themselves. In these interactive lessons, learners will walk through concepts such as understanding a child's context, what attachment is, temperament and parenting style, trauma exposure in young children, mental health concerns, cultural considerations, and self-care tips.



**STARR Commonwealth** - Starr Commonwealth is driven to empower professionals to build resilience in children, families, and communities across the world through online education, in-person training and coaching, and direct behavioral health services.

[Trauma-Informed, Resilience-Focused Assessment and Differential Diagnosis \(Cost Associated\)](#) - Mental health disorders are the most common diseases of childhood. *Trauma-Informed, Resilience-Focused Assessment & Differential Diagnosis* will provide participants an understanding of the significant overlapping symptomology between mental health disorders and childhood trauma, and a clear view of what it looks like in schools and classrooms. In addition, the gap between the need and treatment of mental health problems in schools will be discussed. Participants will learn practical ways they can help, including: reducing the stigma of mental health, bridging the gaps between treatment and need, and focusing on fostering and nurturing characteristics of resilience in students.

[Trauma Informed Resilient Schools \(Cost Associated\)](#) - Trauma-Informed Resilient Schools teaches school professionals how to create trauma-informed schools and classrooms. The training focuses on resilience, exploring the core values and beliefs of educators and places an emphasis on understanding how trauma impacts children and their school experience. Lastly, proactive strategies such as fostering connections, prioritizing social and emotional skills, establishing safety, and promoting play are presented. This course provides detailed information and concrete actions that answer not just the “why” but also the “how” to create the best classroom and school supports for traumatized students and the school professionals who serve them.

**Texas Department of Family Protective Services** - [DFPS Trauma-Informed Care Training \(FREE\)](#) - This training is a free resource for child welfare system caregivers, professionals, advocates, stakeholders and members of the public who are interested in learning about the impact of trauma.

**Texas Education Agency** - [Project Restore Trauma-Informed Training Video Series \(FREE\)](#) - This trauma-informed training video series includes modules on Understanding Trauma and Its Impact, Understanding Your Experiences and Building Your Resilience, Understanding Your Students' Experiences, Building Secure Relationships, and Developing a Positive Classroom Culture.

**Wisconsin Department of Public Instruction** – [Trauma Sensitive Schools Online Professional Development \(FREE\)](#) - Through this system, learners will understand the prevalence and impact of toxic stress on youth and those who care for them. Additionally, participants will understand how to infuse the values of safety, trustworthiness, choice, collaboration, and empowerment into various aspects of their existing equitable multi-level system of support.

**See also** Trauma-Informed Care Training Resources for [Child Welfare Professionals](#), [Caregivers](#), [Juvenile Justice Professionals](#), [Legal Professionals](#), [Mental Health Professionals](#), and [Victim Services Professionals](#).