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At Resilient Futures, we think about trauma through the lens of resilience. We define resilience as the capacity to grow and thrive, with strength and tenacity, in the face of trauma and oppression for both individuals and communities. Aligned with these beliefs, **our mission is to foster equitable, safe and resilient communities for all youth.** Resilient Futures has a proven history of providing training and consultation to school communities helping educators to understand childhood trauma and resilience, develop trauma-informed teaching practices, and support both wellness and resilience of staff and students. Our experience supports communities in moving from **theory to practice to systemic integration.**

Resilient Futures implements the evidence-informed **HEARTS** (Healthy Environments and Response to Trauma in Schools) framework that is an equity focused, whole school approach to promote success and resilience for trauma-impacted youth that was developed in 2008 at University of California San Francisco (UCSF) utilizing complex trauma and resilience research. The HEARTS framework supports long-term individual and systemic change by creating school-wide literacy of the impact of trauma while embedding universal supports to foster resilience.

Agenda

Day 1: Monday July 11th 8:00-4:00

- Welcome / Breakfast
- Introductions
- Overview of the training
- HEARTS: Grounding in the Six Core Guiding Principles
 - Core Guiding Principle: Understanding Trauma and Stress
 - Understand the stress continuum, the biological stress response, types of trauma including racial trauma and the ACES study
 - Learn how experiences of trauma can impact brain development and the central nervous system which impact learning, self-regulation, and subsequent behavior
 - Learn strategies for classroom/ school application
 - Lunch Break
 - Core Guiding Principle: Cultural Humility
 - Develop an understanding of Cultural Humility as a main tenet of trauma-informed practices

- Explore how the three core tenets of Cultural Humility can be fostered in teaching practices and educational communities
- Break (will be incorporated throughout the training)
- Fostering resilience: Core Guiding Principle: Compassion and Dependability
 - Gain an understanding of attachment, the importance of early childhood relationships and the impact of relational trauma
 - Classroom application: learn strategies for co-regulation, increasing attunement, and deepening relationships
- Closing

Day 2: Tuesday July 12th 8:00-4:00

- Welcome / Breakfast
- Brief Review/ Questions
- HEARTS: Grounding in the Six Core Guiding Principles
- Core Guiding Principles: Fostering Resilience: Social Emotional Learning, Safety and Predictability and Empowerment and Collaboration
 - Gain an understanding how experiences of trauma can impact social emotional learning, safety, and personal agency
 - Classroom/ school application: learn strategies for fostering resilience by creating safe and predictable environments, skills for incorporating social emotional learning and opportunities for empowerment
- Lunch Break
- Trauma Informed Leadership
- Break (will be incorporated throughout the training)
- Adult Resilience
 - Gain an understanding of secondary and vicarious trauma, vicarious resilience, self-care, and communities of care
 - Application: learn skills to foster resilience and complete the stress response
- Closing

Day 3: Wednesday July 13th – 8:00-12:00

- Welcome / Breakfast
- Application, Planning and Practice
 - Practice facilitating content
- Overview of Facilitation Manual and training
- Road map and planning
- Closing



Mountain Plains (HHS Region 8)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

