



TRAUMA-INFORMED RESILIENT SCHOOLS TRAINING

The experience of trauma is affecting nearly 50% of our students and is a real phenomenon. The good news is, so is resilience! We can't talk about creating a trauma-informed school without talking about how to make a school resilience-focused. We may not be able to take away students' toxic stressors and traumas, but we can create new experiences of resilience in our schools. Become a Certified Trauma and Resilience Specialist in Education (CTRS-E) through a 10 step training that will ensure a trauma-informed, resilience-focused foundation is set for future growth and betterment of the student you serve. This training is research and evidenced based.

Supported by MetroECSU, COVID Workforce Recovery Grant
2 Pine Tree Dr #101
Arden Hills, MN 55112



allie.taylor@metroecsuo.org



www.metroecsuo.org



WHO: All educators working with students in a school-connected setting, including and not limited to transportation personnel; leaders; social workers;nurses; teachers; paraprofessionals; food service staff; custodial staff; school volunteers; and anyone who has direct contact with and impacts students. This training has a capacity of 30 participants per training day.

Cost for members: \$150.00 and Non-members: \$187.50

Lunch will be provided.

6 Continuing education clock hours will be provided at the end of the training.

WHAT: Trauma-informed resilient schools have 10 things in common. We are calling them the 10 steps to create trauma-informed resilient schools and are using the ten steps in this training as a map for implementation and success.

These are the 10 steps:

1. Focus on resilience
2. Understand trauma as an experience
3. Foster connections
4. Prioritize social and emotional skill development
5. Establish safety
6. Promote play
7. Believe the link between private logic and behavior
8. Collaborate with families and communities
9. Support and invest in Staff
10. Collect and utilize outcome data

It is important to understand that it is hard to identify the most important step and that the steps are not linear but rather overlap. However, with EACH small implementation, the benefits are SIGNIFICANT.

Upon completion: You will receive a Trauma and resilience Specialist in Education badge for email signature, certificate of completion, and activity book and recommended resources to support the content of each step, and you will be eligible to become a coach and receive the StarrPass to use a toolkit in your district.



HOW: This course covers proactive strategies that can be used school-wide such as fostering connections, prioritizing social and emotional skills, establishing safety, and promoting play. It also covers a step focusing on students who need the most support. You can pick and choose which parts of this course are best for you to implement, depending upon your setting and the specific student population you serve. This will help bridge the gap between the significant needs of students today and the number of caring adults who know how to support them.

In addition to providing proactive strategies, support will be continued with three check-in's through the school year. Participants are also encouraged to email the trainers with any questions.

WHEN: This Training takes a minimum of 6 hours which can be in one day, with 45 minutes for lunch and two 15 minute breaks. Currently, Metro ECSU is offering training at Metro ECSU on February 15th, March 20th and 31st, April 5th and 20th, and May 3rd and 17th.

Positive outcomes which have resulted in improved school culture and climate include:

- Decrease in office discipline referrals
- Decrease in chronic absenteeism
- Decrease in suspension rates
- Improved social and emotional skills
- Increase in student academic engagement
- Improve staff morale

Positive outcomes for students:

- Improved social and emotional skills
- Improved student behavior and self regulation
- Fewer disciplinary referrals and stressful classroom situations
- Improved academic engagement
- Improved feelings of teacher and school support

Positive outcomes for staff:

- Improved understanding of student behavior
- Increase use of trauma-informed and resilience-focused practices
- Improved self-efficacy
- Improved relationships with students
- Increased collaboration between teachers and staff
- Improved feelings of administrative support

Please contact Blia Xiong for more information or to schedule a date and time for your training.



blia.xiong@metroecsus.org
612-638-1529