

Pacific Southwest MHTTC



In 2017 through the NITT-TA Center, we published the [Evidence-Based Practices that Support Trauma-Informed Schools](#) issue brief to provide counties, school districts, and school site leadership an overview of evidence-based, trauma-informed practices and programs that focus on helping students recover from traumatic experiences. As the authors noted:

In a school context, trauma-informed practice includes a whole school approach promoting safety and relationships as well as various targeted school programs and interventions—delivered either by trained professionals or trained teachers—designed to help students recover from traumatic and stressful experiences. These programs help students feel safer (both physically and psychologically); help students cope with their past experiences; and help students develop a sense of resilience. Trauma-informed programs can engage the entire school (either in a small-group format or in other formats) so that students who do not need individual mental health counseling can also benefit from the intervention. Engaging the entire school in a trauma-informed approach also promotes collaboration between teachers, students, school administrators, and parents, so that students' entire school environment is more sensitive to their experiences and recovery needs.

As we launch the MHTTC PacSW Region 9 TA Center, we invite you to consider evidence-based programs and practices that may be appropriate for your community. We also recognize that identifying the *what*-the program or practice-doesn't always help us with the *how*. Even more complex and fundamental is constructing the *why*. As Simon Sinek taught in his [2009 TED Talk "How Great Leaders Inspire Action,"](#) leading practice change in organizations, agencies, and, in our case, schools, requires moving from the object (the what) to working on the core reason we come to our work in the first place and to our values (the why).

Understanding the needs of our students, our teachers, and our school communities is complex and dynamic. Moving school cultures and climates towards adopting and adapting to trauma-informed and resilience-oriented environments requires all three kinds of work: the why, the what and the how. This work is most supported with strong facilitation, coaching, training, and professional development.

The purpose of this addendum is to highlight additional resources from organizations and agencies that provide trauma-informed training and professional development for schools and school communities. Our goal is to help PacSW Region 9 schools identify and select the right partners to implement evidence-based programs with fidelity.



Choosing the “right partner” may be different for each school community and will be based on locally specific core values. Factors in selecting the right partner may include:

- **Location & Regional Focus:** Is the professional development provider based in your area? Does this content matter to you? Would having an external voice contribute to internal growth?
- **Training type:** Do you want a one-day training? A train the trainer event? A coach that helps solidify new practices after a training? An ongoing series of progressive trainings?
- **Style:** What kind of pedagogy does the professional development provider ensure? How does the provider embrace adult learning strategies? Does the training model trauma-informed pedagogy?
- **Approach:** Does your school community need a trauma-informed schools training from a clinical lens? An instructional lens? A social justice lens?
- **Content:** What content is will support the desired shift in policy or practice? Brain science? Adverse Childhood Experiences? Historical trauma?

Selecting the right partner can be overwhelming. The MHTTC PacSW Region 9 TA Center is here to help navigate finding the match to meet your trauma-informed and resilience-oriented school learning outcomes.

This list is by no means comprehensive. We will continue to update this addendum as we find new resources. If you know of an agency or organization that provides trauma-informed and resilience-oriented training and professional development, please email the MHTTC at MHTTCPacSWinfo@cars-rp.org.

GENERAL RESOURCES TO SUPPORT TRAUMA INFORMED SCHOOLS IMPLEMENTATION DESIGN

Check Out: the [Treatment and Services Adaption Center](#) (TSA) provides overviews of components of a trauma-informed school, short videos on practice, and good resources to support your work.

Join: The National Council for Behavioral Health’s [Trauma-Sensitive Schools National Learning Community](#) is a national community-of-practice for schools and school communities to come together, knowledge share, peer resource, and access the most up-to-date research and promising practices in the field.

Download: The National Center on Safe Supportive Learning Environments’ [Trauma-Sensitive Schools Training Package](#). This offers school and district administrators and staff a roadmap and tools for adopting a school- or districtwide approach to addressing trauma and promoting resilience for everyone in the learning environment. The package includes the following modules: Understanding Trauma & Its Impact, Building Trauma-Sensitive Schools, and Leading Trauma-Sensitive Schools.

Name	Description	PacSW Region 9 Area
The Arizona Trauma Institute	The Arizona Trauma Institute provides multiple trainings ranging from the basics of trauma-informed care, certification for clinical trauma specialists, multicultural perspectives of trauma treatment, strategies for becoming a trauma sensitive organization, and much more.	Arizona
The Attachment & Trauma Network	The Attachment & Trauma Network’s Creating Trauma Sensitive Schools Professional Development Training is open to educators and school-based professionals nationwide.	National: All states and Regions
The California Center of Excellence for Trauma-Informed Care	California Center of Excellence for Trauma-Informed Care training topics include implementing Seeking Safety (an evidence-based program), population specific topics (e.g. Native Americans and Historical Trauma), and the science of trauma. They focus on reducing unsafe behaviors and cultivating safe schools through understanding trauma and how it affects the brain, safety, and behavior in children. Trainings help schools develop a range of tools to increase safety, address unsafe behaviors, and promote connection to the school staff and grounds. CCETIC is based in California and provides out of state training and professional development.	California
The California School-Based Health Center Alliance	The California School-Based Health Center Alliance provides statewide training and technical assistance for schools and health providers across California. One of their focus areas is “Mental Health in Schools & School-Based Health Centers” which includes training on restorative practices and/or trauma informed care implementation.	California
CARE	CARE (Cultivating Awareness & Resilience in Education) is a professional development program out of Creating Resilience for Educators, Administrators & Teachers (CREATE). It helps teachers handle stresses and rediscover the joys of teaching. CARE has been carefully studied in a series of randomized trials and shows effectiveness in boosting teacher’s mental capacities, performance, and social and emotional functioning. CARE workshops for teachers can be provided in a variety of ways to meet the needs of different educator audiences.	
CARS	The Center for Applied Research Solutions (CARS) is a California-based nonprofit dedicated to enriching the behavioral health field by promoting evidence-based practice and workforce development. CARS provide training, consultation, and coaching to individuals, organizations, and initiatives. A training specialty is building school capacity to create trauma-informed schools; positive school climate; and safe and supportive school environments.	California-based; open

The Child & Family Service	<p>The Child & Family Service, a nonprofit based in Hawaii, focuses on strengthening and fostering the healthy development of children and provides a Risking Connection Training Program, an evidence-informed trauma training that can be implemented in schools.</p>	<p>Hawaii-based, open to other Pacific Islander populations</p>
Clark County’s Quality Parenting Just in Time Training	<p>Sponsored by the state of Nevada and in collaboration with University of South Florida, Clark County’s Quality Parenting Just in Time training provides online training geared towards foster, pre-adoptive, and adoptive parents with easily accessible content on topics like trauma-informed care, child development, and attachment and behavior. Two online trainings are highlighted here:</p> <ol style="list-style-type: none"> 1. Adverse Childhood Experiences, Brain Development, and Trust-Based Relational Intervention (Part 1) Training Video: Dr. Martie Gillen - TBRI Practitioner; Associate Professor - Family, Youth and Community Sciences, University of Florida; Faculty Affiliate - Florida Institute for Child Welfare 2. The Trauma Informed Classroom: Using Emotional Regulatory Healing in the Schools (QPI Training Video): Denise Rice, MSW LCSW LAC - Therapist, Trainer, Consultant - HOPEful Healing Training and Consultation, LLC 	<p>Online</p>
Conscious Discipline	<p>Conscious Discipline provides professional development for administrators, teachers, parents, and mental health specialists on transformational social-emotional learning and classroom management. Conscious Discipline is recognized by the National Registry of Evidence-Based Programs and Practices (NREPP).</p>	<p>National: All States and Regions</p>
The Creating Trauma Sensitive AZ Schools workgroup & the Arizona Adverse Childhood Experiences Consortium	<p>Creating Trauma Sensitive AZ Schools work group is comprised of educators and organization leaders who come together monthly to share resources and talk about what’s working at Phoenix Children’s Hospital. The group is led by the Arizona Adverse Childhood Experiences (ACE) Consortium coordinator who also leads the stateside “Strong Communities Raise Strong Kids” initiative. See more about Arizona’s statewide journey towards becoming trauma informed here and a two page report, “Overcoming Adverse Childhood Experiences: Creating Hope for a Healthier Arizona” produced by the Consortium.</p>	<p>Arizona</p>
ECHO Parenting & Education	<p>ECHO Parenting & Education in California provides one-day general and advanced trauma trainings for professionals working with children and families. They provide whole-school professional development and coaching regionally and nationally.</p>	<p>California-based; open</p>
ETR	<p>ETR, a national nonprofit based in California, provides professional development and training on how to implement evidence-based practices; trauma-informed implementation is included under their school-based health and wellness focus. Their research-based professional development model is designed to achieve sustained learning and is rooted in cognitive science, neuroscience, implementation science, and adult learning theory</p>	<p>National: All States and Regions</p>

Flourish Agenda	Flourish Agenda provides coaching and consulting, workshops, and an annual Radical Healing Summit. This is a space for organizations and communities to come together to re-imagine their work with young people of color. Flourish Agenda specializes in supporting schools, organizations, and systems to create approaches that improve young people’s social emotional well-being, cultivate practices that improve school and organizational climate and racial equity, and adopt the right metrics to gauge progress toward well-being and equity.	National: All States and Regions
The Los Angeles Education Partnership	The Los Angeles Education Partnership (LAEP) provides professional development (whole school and team or group-specific) across California and nationwide titled “ Leading with Empathy: Developing Resilient School Environments. ” Their specialty is instructional leadership, resilience, and school employee wellness.	California-based; open
The National Child Traumatic Stress Network’s Search Engine	Search organizations and agencies that receive NCTSN funding to provide trauma-informed trainings from the National Child Traumatic Stress Network’s network member search engine . Search by state, organization type, or professional role.	National: All States and Regions
Nevada PBIS Technical Assistance Center	Trauma-informed school practices can be embedded in a school or system’s School-wide Positive Behavioral Interventions and Supports (SWPBIS) framework. The Nevada PBIS Technical Assistance Center also offers related professional development and training via the School Climate Transformation Project which serves seven of Nevada’s 17 districts.	Nevada
The Pu’A Foundation	The Pu’A Foundation provides training, capacity building, and facilitation to create Pu’uhonua in schools so that they become places of peace and safety for all members.	Hawaii-based, open to other Pacific Islander populations
The Trauma Resource Institute	The Trauma Resource Institute is a non-profit organization which serves as a resource for trauma-informed and resiliency-focused individuals and communities worldwide. Two types of trainings are offered, the Trauma Resiliency Model® (TRM) and the Community Resiliency Model® (CRM) which have been developed to educate individuals about their nervous system and to teach easy-to-learn wellness skills used for self-care as well as care for others. TRI has school-focused trainers upon request. CRM is a research-informed intervention.	California-based; open
Trauma Transformed (T2)	Trauma Transformed (T2) , a program of the East Bay Agency for Children, provides Bay Area community professionals with support to foster healthy, resilient, and safe communities and public systems.	California (Northern)

UCSF HEARTS	The UCSF HEARTS (Healthy Environments and Response to Trauma in Schools) program aims to promote school success for trauma-impacted children and youth by creating more trauma-informed, safe, supportive, engaging, and equitable learning and teaching environments. The goal is to foster resilience and wellness for students and school personnel. Equity and social justice through cultural humility and responsiveness are central to the approach. HEARTS is based in the San Francisco Bay Area in California and provides training and professional development nationally.	California-based; open
WestEd	WestEd, a national education research and practice agency, provides Trauma-Informed Practices in Early Childhood Education (TIP-ECE) professional development.	National: All States and Regions

Contact the Pacific Southwest MHTTC Team for more information.

Email: MHTTCPacSWinfo@cars-rp.org Phone: (844) 856-1749 Website: www.MHTTCnetwork.org