

TMI Trauma-Sensitive Training Plan for Educators

Introduction

The Martinsburg Initiative (TMI) is a police/community partnership aimed at preventing substance use disorder, building strong families, and empowering communities. According to CDC and Kaiser Permanente research, children who have suffered the toxic stress of Adverse Childhood Experiences (ACEs) will be more likely to struggle with learning and behavior in school. The harmful physiological effects on brain development can hinder the ability of ACEs children to focus and learn. The studies also reveal that these children will most likely become involved in at-risk behaviors, specifically substance abuse. The trauma-sensitive trainings are designed to not only inform educators about the toxic effects of ACEs on children, but to help educators to be successful with students with ACEs.

Training Plan

The TMI trauma sensitive trainings are designed to provide educators with an understanding of the problem effects ACEs have on the psycho-physiological development of children. In addition to understanding ACEs, strategies are provided for educators who work with children identified with ACEs. Training is provided on topics such as the trauma-sensitive classroom, ways to foster resilience in children, classroom de-escalation techniques, the Nurtured Heart Approach in the classroom, and self-care techniques,. The trainings are designed to provide not only an understanding of ACEs, but also to offer strategies and techniques for implementation in the classroom.

Training Sequence

To become certified as a *Trauma-Sensitive Educator*, participants will take the three Core Trainings (below) in the assigned progression for six hours. Upon completion of such, participants may then choose from one of two pathways: the Nurtured Heart Approach or the Trauma Sensitive Classroom for an additional six hours. To complete certification, one must take both Completer Trainings for the last four hours of training. Observations by the TMI Lead Social Worker and the Training and Communications Coordinator will complete the certification process.

TRAUMA SENSITIVE TRAININGS

| Training Topic | Length | Description |
|---|---------|--|
| I. CORE TRAININGS (Required) | | |
| ACEs 101 | 2 hours | Introduction to ACEs & the effects of toxic stress on the body & brain |
| Frameworks that Foster Resilience | 2 hours | Best practices & interventions for fostering resilience in students |
| Secondary Stress/Self Care | 2 hours | The effects of ACEs students/tips for stress-management and self-care |
| II. PATHWAYS: (Choose 1 or 2 below) | | |
| (1) Nurtured Heart Approach Pathway | | |
| Nurtured Heart Approach I | 2 hours | Learn the basics of the Nurtured Heart Approach |
| Nurtured Heart Approach II | 2 hours | Ways to build a positive, relationship-based classroom environment |
| Nurtured Heart Approach III | 2 hours | Discussion about Nurtured Heart strategies and available resources |
| (2) Trauma Sensitive Classroom Pathway | | |
| Trauma Sensitive Classroom 101 | 2 hours | What does a traumatized student look like in the classroom? |
| Trauma Sensitive Classroom 102 | 2 hours | Strategies to foster trauma-sensitive environments in the school |
| Trauma Informed Strategies for De-escalation | 2 hours | Ways to avoid the escalation of disruptive behaviors in the classroom. |
| III. COMPLETER TRAININGS (Both required) | | |
| Kids in Foster Care | 2 hours | Strategies for supporting students in or transitioning through foster care |
| Yoga in the Classroom | 2 hours | Yoga techniques for the classroom to build the students' self-confidence |

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Certification Stipend

The Martinsburg Initiative is committed to creating a trauma-informed community that includes educators, police, and community members. Our goal is to train as many educators as possible in order to the students in our schools. To stay in budget and accomplish this goal, we are restructuring the incentives which have previously been offered to Berkeley County educators. Below is an explanation of the changes that will be effective as of July 1, 2019.

1. Educators that complete 16 hours of trauma-informed training and certification will receive a \$500 stipend.
2. If an educator has previously participated in TMI trauma-informed classes but has not completed 16 hours, we would strongly encourage him/her to continue the training and receive trauma certification. However, if he/she has been compensated \$500 or more for previous trainings, he/she will not receive additional compensation.
3. If an educator has previously participated in TMI trauma- informed classes but has not completed 16 hours, we would strongly encourage him/her to continue the training to receive trauma certification. If he/she has been compensated for previous training, once the 16 hours have been completed and certification has been received, he/she will receive the difference between \$500 and what has already been received.

If you are unsure of how many trauma-informed classes you have attended, check your My Learning Plan page. Each class TMI offers is two hours.

Thank you for the great work you are doing in our schools and your dedication to becoming an even better educator!

The Martinsburg Initiative