



June 2023 ONGOING-- NHCS Trauma Informed Work Overview

Trauma-Sensitive Schools Training

A Trauma-Sensitive School is a school in which “all students feel safe, welcomed and support, and where addressing trauma’s impact on learning on a schoolwide basis is at the center of the educational mission.”- Trauma and Learning Policy Initiative Harvard Law School

- This is a 3 day training with coaching/consulting supports
- First pilot funded by the Resiliency Task force. The second was funded by the State Safe Schools Grant. Ongoing efforts will be funded by ESSER and/or Title IV funds.
- This training is about changing a school’s culture- it is NOT a curriculum
- Consistent with the 12 Key Indicators in NC Star, therefore should be included in the School Improvement Plan
- Training Objectives include:
 - An understanding of the prevalence of trauma -- [Adverse Childhood Experiences Study \(ACES\)](#)
 - Recognizing the impact of trauma on learning and behavior
 - Responding in a trauma-informed way in the classroom with classroom management and instructional strategies

Darkness to Light – Stewards of Children

Stewards of Children® is a trauma and evidence informed training that teaches adults to prevent, recognize, and react responsibly to child sexual abuse. Through the lived experience of survivors and testimony of experts, Stewards of Children® teaches adults practical actions they can take to reduce instances of child sexual abuse in their organizations, families, and communities. This is a 2 hour training session. All secondary school staff have been trained. Elementary school staff training is underway.

Youth Mental Health First Aid (YMHFA)

Youth Mental Health First Aid teaches adults how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

- NHCS expanded YMHFA training capacity by training NHCS employees to be certified instructors. NHCS provides face to face training by the district trainers.
- NHCS certified staff are trained within the first year of onboarding in Youth Mental Health First Aid. Approximately 700 NHCS certified staff and contracted staff have been trained.

Community Resilience Model (CRM) Training

The Community Resiliency Model (CRM)® trains community members to not only help themselves but to help others within their wider social network. The primary focus of this skills-based, stabilization program is to re-set the natural balance of the nervous system.



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CRM's goal is to help to create "trauma-informed" and "resiliency-focused" communities that share a common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach. This training is provided in partnership with NHC Resiliency Task Force.