



## **Healing Trauma Together Program Professional Development Offerings**

Chicago Public Schools “Healing Trauma Together” (HTT) program offered several professional development sessions across the two-year pilot program.

Impact of Exposure to Trauma on Students, Staff and the School Community (for staff) is a two hour training that provides all school staff with an overview of how to recognize signs of trauma and develop effective school-wide and classroom-based strategies for creating an environment that is supportive of students.

Child-Adult Relationship Enhancement (CARE) is a 4-hour training that offers school-based staff a set of skills designed to connect with children, help foster student self-regulation, provide techniques for giving effective positive commands, and use ignoring techniques to redirect problematic behaviors.

Classroom Management provides all teachers with a systematic approach to classroom management and discipline that fosters academic, social, and emotional learning and development.

Safety Care is a two-day (12-hours total) behavioral-de-escalation training that helps to maintain safe environments and respond to dangerous behaviors.

Youth Mental Health First Aid is an 8-hour public education program which introduces school staff members to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge.

Impact of Exposure to Trauma on Children and Families (for families) is a 1.5 hour training that provides an overview of trauma and teaches families how to support their children with self-regulation of emotions and how to identify additional resources in their community to support with healing trauma.

Behavioral Health Team: Supporting Social-Emotional Development in a Multi-tiered System of Support (12-hours total) is comprised of four three-hour sessions and provides select school team members with training in the behavioral health team structure, benefits, referral process, related intervention and assessment.

Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS) is a four day training (32 hours total) that trains school mental health professionals in the implementation of the 16-week evidence-informed trauma group intervention. Training focuses on the core concepts of mindfulness, cooperation, communication and cultivating meaning.

