



Arizona Adverse Childhood Experiences Consortium

Resilience Empowerment Project Scope and Sequence

presented by the Arizona Adverse Childhood Experiences Consortium, through funding from the Maricopa County Department of Public Health and accepted by the Arizona Department of Education

Administrator Program

Understanding ACEs and Childhood Trauma (with program overview)

Program includes:

- Overview of the Adverse Childhood Experiences (ACEs) Study and current data
- Overview of research results and impacts of Positive Childhood Experiences (PCEs)
- Understanding the neurological and biological impacts of ACEs and trauma
- Creating trauma-informed environments in schools
- Overview of the project and next steps

Educator and Staff Program

Creating and Sustaining Trauma-Responsive Schools

Level 1: Moving from trauma-aware to trauma-informed

- Introduction to ACEs and trauma and their neurological and biological impacts on brains, bodies, and behaviors
- Understanding the importance of educator/staff self-regulation and reframing educator/staff self-care
- Growing protective factors and promoting resilience
- Developing emerging skills to implement trauma-informed classroom supports

Level 2: Moving from trauma-informed to trauma-responsive

- Deepening understanding of ACEs and trauma and their impacts.
- Understanding the emerging science of neurobiological impacts of ACEs and trauma
- Applying understanding of educator/staff self-regulation and self-compassion to trauma-informed environments
- Applying understanding of emerging science to implement trauma-responsive supports in classrooms
- Applying understanding of emerging science to support the shift from trauma-informed to trauma-responsive school environments

Level 3: Expanding trauma-responsive into healing communities

- Brief overview of ACEs, trauma, and their impacts, including emerging trends
- Deepening understanding of emerging science of neurobiological impacts of ACEs and trauma and applying knowledge to trauma-responsive classroom supports.
- Applying a greater understanding of educator/staff self-regulation and self-compassion to trauma-responsive environments
- Extending knowledge to implement trauma-responsive supports in classrooms
- Applying and extending knowledge to influence and support whole-school trauma-responsive approaches

Youth-Serving Community Organizations Program

Understanding ACEs and Trauma and Applying Trauma-Responsive Strategies for Youth

- Overview of the Adverse Childhood Experiences (ACEs) Study and current data
- Overview of research results and impacts of Positive Childhood Experiences (PCEs)
- Understanding the neurological and biological impacts of ACEs and trauma
- Applying an understanding of adult self-regulation and self-compassion to creating trauma-responsive environments for youth

Youth Program

Impacts of stressful experiences and how to create greater well-being

- Understanding youth brain development and how high levels of stress impact youth.
- Understanding how to calm and regulate; co-regulation
- Foster resilience and greater well-being