



## Resilience Empowerment Project Training of Trainers- Youth Resilience

### GENERAL OVERVIEW

#### *Resilience Empowerment Project (REP) Purpose Statement*

*The Resilience Empowerment Project provides curriculum and resources that create a foundation for building community while facilitating the development of practical tools and strategies to support educators, organizations, adolescents and families to gain an awareness of the impacts of trauma, toxic stress and ACEs.*

### YOUTH RESILIENCE TRAINING OF THE TRAINER OVERVIEW

*The Arizona ACEs Consortium is offering the opportunity for a limited number of individuals with a passion for youth empowerment to participate in a Training of Trainers to become a Certified Youth Resilience Trainer. This curriculum empowers youth to participate in the ongoing development of their resilience by equipping them with science-based information about their brains, bodies, and behaviors in engaging and developmentally appropriate ways.*

#### Training Curriculum & Objectives

The Youth Training portion of the REP program engages youth ages 12-18 in learning and discovery about:

- Stress Load and Types of Stress
  - All humans experience ongoing stress
  - Everyone's stress is different and impacts their brains, bodies, and behaviors differently.
  - Stress can be healthy if you have people and a plan to help us receive and regulate stress.
- Stress Strategies: Window of Tolerance, Regulation, and Relationships
  - How our brains and bodies are hard-wired for survival and self-protection
  - What stress feels like in your brain and body and how to regulate it
  - How to establish practices that help us receive stress in a healthy way
  - Safe, trusting relationships can help us regulate, and receive stress, and build resilience
- The Neuroscience of Stress and My Recipe for Resilience
  - What happens biologically in the brain and body when stress and regulation occur
  - Development of a personalized resilience plan to guide decisions when we experience stress activation

The curriculum is 4.5 hours which can be divided into three 90 min sessions or five classroom sessions of 55 min.

#### Training Structure

- In person Training- April 1, 2025 from 9am-4pm in Mesa, Arizona
- Cost \$399
- Limited number of spots available



### Application due date and Process

- Complete and return an application via email to [angiemburleson@gmail.com](mailto:angiemburleson@gmail.com) by **5pm on Friday, March 7<sup>th</sup>**
- **If selected, plan to attend the in-person Training of Trainers in the Phoenix area on April 1, 2025 from 9am-4pm and pay for the training. The cost of this TOT is \$399.**
- Once certified each trainer will sign a Trainer's Agreement that enumerates the expectations of an AZACEs Certified Youth Resilience Trainer

### Requirements

Participants must demonstrate the following:

- Proven ability to train youth either through prior experience or education and training;
- Basic knowledge of neurobiology and adolescent brain science;
- Promote, organize and manage training logistics, including scheduling, materials preparation, and participant coordination and also provide high quality training.
- Availability and willingness to participate in ongoing professional development opportunities to stay updated with the latest advancements in resilience and adolescent development.

Qualified applicants will (ideally):

- Have at least 3 years working with youth ages 12-18
- Have at least 2 years teaching or training
- Be connected with communities and/or organizations where youth trainings could occur

### AZACEs will provide:

- Certificate of completion
- Each certified trainer will also receive training on the following:
  - Becoming a trauma informed trainer
  - Special considerations for training youth
- Each trainer will receive a Training Binder with Facilitator's Guide, trainer's toolkit and one Youth Resilience Journal, as well as online access to training materials.
- Access to continued professional development and support
- Upon completion of Youth Resilience TOT, trainers will sign a Trainer's Agreement that enumerates the expectations of an AZACEs Certified Youth Resilience Trainer

Upon completion of the Youth Resilience TOT session:

- Certified Youth Resilience Trainers must deliver the Youth Resilience Training materials with full fidelity. Trainers cannot remove or adjust the AZACEs training curriculum except where specifically noted in the facilitator's guide.
- The AZACEs website provides a password protected area where all training materials and additional resources will be accessible 24/7



- As independent contractors, Certified Youth Resilience Trainers may charge their customary rate when training individuals/organizations/schools utilizing the Youth Resilience Curriculum.
- Youth Resilience trainings include a Workbook/Journal that must be purchased separately.
- Trainers are required to report training data to AZACEs.

AZACEs commitment following training:

- Continuing education for as long as trainer remains certified
- Quarterly communities of practice
- Connection to AZACEs network to promote trainings and identify participants for expansion