

Raise Montana Resiliency Courses

[Click here](#) to request a training and/or be added to the contact list for when a training is scheduled on ECP

The Basics of Trauma-Informed Care for Early Professionals

- 2 hours
- This course provides an introduction to trauma and trauma-informed care approaches specific to child care professionals. Participants will learn what trauma is and how it often manifests physically, emotionally, etc. for young children. Participants will learn and create a plan for how to increase trauma-informed practices within their own program and community.
- Learning objectives
 1. Participants will learn the brain science of trauma and how it affects children's development
 2. Participants will learn why understanding trauma and trauma-informed care are essential in educating and caring for children and working with families
 3. Participants will learn the basics of trauma-informed care approaches and techniques they can employ in their program

Introduction to HOPE

- 2 hours
- In this course, participants will be introduced to the Healthy Outcomes from Positive Experiences (HOPE) framework, which is grounded in the principles of strengths-based, child-centered, family-led care, that seeks to promote access to key positive experiences within the Four Building Blocks. The course will explore the relationship between Positive Childhood Experiences and Adverse Childhood Experiences and how both can create lasting lifelong impacts. Participants will learn the Four Building Blocks of HOPE and reflect on ways to promote the building blocks both in their programs and communities.
- Learning objectives
 1. Participants will be able to articulate what Positive Childhood Experiences are and explain their lifelong impact on individuals.
 2. Participants will understand the relationship between Adverse Child Experiences and Positive Childhood Experiences.
 3. Participants will learn about the four building blocks of Positive Childhood Experiences and how they can be strengthened in their own programs and their communities.

HOPE-Inspired Programs: Community of Practice

- Seven 2 hour sessions
- In this course, participants will learn strategies to assess and revise their child care program's policies and practices to be aligned with the goals of the Healthy Outcomes from Positive Experiences (HOPE) framework which is a strengths-based, child-centered, family-led approach that promotes access to the Four Building Blocks (relationships, environment, engagement and emotional growth). The course will cover how to increase

positive childhood experiences in the classroom, advance equity, create a welcoming workplace environment for staff and families alike and assess & revise general program policies & practices including screenings/assessments and community referrals. During the series, participants will have opportunities to build relationships with peers for deeper learning and ongoing support.

- Learning objectives
 1. Participants will learn how to increase Positive Childhood Experiences (PCEs) in their classrooms.
 2. Participants will learn strategies to assess & revise policies and forms to be rooted in a strengths-based approach that increases access to the four building blocks of HOPE (relationships, environment, engagement and emotional growth).
 3. Participants will learn techniques to advance equity and support a welcoming program environment.

Trauma-Informed Policies & Practices: Linking Systems of Care

- Eight 2-3 hour sessions
- This course provides in-depth training on policies and practices that programs may employ to be trauma-informed. Participants will learn about the brain science of adversity and healing and then explore the principles of trauma-informed care: physical & emotional safety; trustworthiness & transparency; peer support; collaboration & mutuality; empowerment, voice & choice; equity; and leadership, administrative support, and policies. Participants will assess their own family and/or employee handbooks and work with peers to strengthen the trauma-informed elements of their policies and practices.
- Learning Objectives
 1. Define effective, trauma-informed policy and practice that educators can implement to shift culture, policy, and practice to become increasingly trauma-informed and responsive
 2. Assess current policy and practice to better identify approaches that may not be trauma-informed
 3. Implement recommended practices, using tools and resources from the training, which lead to embedded trauma-informed/responsive policies and practices.