

# WHAT'S ALL THE BUZZ ABOUT...



TRAUMA

TRANSFORMATION

INITIATIVE

The Trauma Transformation Initiative (TTI) is a project of The Child Wellness Institute of New Jersey. The project is a new, innovative research-based training and education initiative addressing and preventing childhood trauma focused on the entire program environment -- staff, teachers, children and their families. TTI provides in-person and web-based professional development to its participants and educates parents through its **Healing Hearts & Building Resilience Training Series**. Parents in this project will learn about toxic stress and the effects of trauma on children, and learn how to best support their children at home so that they can reach their highest potential in life.

## TTI includes:

- Healing Hearts & Building Resilience Training Series (see attached)
- Calm Down Kits for classrooms and parents
- Trauma Resources for classroom and home environments
- Guidance on creating "Cozy Corners"
- Coaching Session for professionals, schools, etc.
- Program Assessment
- Trauma-Informed Care Guidebook
- Implementation Manual
- Participant and Parent Workbooks
- Sustainability Planning

## TESTIMONIAL

*"The children in my class solve problems between one another by telling each other how they're feeling. By doing this, they go to the feeling chart and point to the level that they are feeling both when they're having a disagreement between each other or when they're happy. This has helped them solved problems between one another themselves."*

*- Erin K, Kiddie Academy of Bridgewater*



To learn more about how your school or organization can become part of this innovative project or for more information please contact Gina Hernandez at :  
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Website: <https://childwellnessinstituteofnj.org/>



The Child Wellness Institute of New Jersey is a division of Prevent Child Abuse New Jersey.

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# HEALING HEARTS & BUILDING RESILIENCE



## **Trauma 101 - [In Person](#)**

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Provides an understanding of Adverse Childhood Experiences (ACEs), other types of trauma and toxic stress and the impact of they have on the brain, body and child development. Participants will also discuss how trauma shows up in children's behavior and share some helpful strategies.

## **Trauma-Informed Care - [Webinar](#)**

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Explores how trauma and ACEs impact behavior and how those behaviors may present themselves in the classroom. Participants will learn strategies to address and respond to child behaviors related to trauma, discuss ways to create fully supportive teams within organizations, create safe and stable environments and to help children self-regulate and build resilience.

## **Trauma & Resilience - [Webinar](#)**

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Provides an understanding of how resilience can serve as a buffer to trauma and identify concrete ways to build resilience in children. Participants will also examine common myths of early childhood trauma, while exploring the effects of toxic stress and trauma.

## **Trauma and the Importance of Self-Care - [Webinar](#)**

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Teaches about the impact of trauma on caregivers who are tending to the needs of trauma impacted children while exploring concepts of secondary trauma, vicarious trauma and burnout. Participants will also come to understand the importance of self-care in reducing or preventing the negative outcomes of trauma.

## **Parent Workshop - [In-Person](#)**

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Educates parents about ACEs and trauma and the impact they have on the brain, body and child development. Parents will learn how their parenting styles are influenced by their own experiences and will learn concrete parenting strategies to use with their children at home.

