



# 2024 Q1/Q2 REPORT

LATEST INFORMATION AND UPDATES  
ABOUT UPLIFT: A TRAUMA-INFORMED CARE  
TRAINING PROGRAM FOR SCHOOLS

[RESCALLIANCE.ORG](https://rescalliance.org)

This report was developed for the Connecticut State Department of Education (SDE) by the RESC Alliance Regional Trauma Coordinators.



# INTRODUCTION

***On July, 1, 2022, the Connecticut General Assembly passed legislation requiring Regional Educational Service Centers (RESA) to develop a statewide training program to support public school educators address trauma.***

Trauma can negatively impact physical, mental, emotional, and behavioral development, and can have lasting effects on health, well-being, and prosperity well into adulthood. A trauma-informed approach can help schools thoughtfully look at strategies to identify areas that may be perpetuating trauma responses in students, staff, and families. Nationally, 63% of children have faced some form of adverse childhood experience (ACE) and 20-25% of youth from low-income backgrounds experience 4 or more ACEs. In Connecticut, it was reported that 49% of youth aged 12-17 had depression but did not receive any care in 2020 and of the 51% that did receive care, 70% were receiving that support at school. Children affected by trauma are far more likely to experience learning difficulties, mental health concerns, lower grades and graduation rates, increased suspensions and expulsions, increased involvement with child welfare and juvenile justice systems, long-term health problems and decreased life expectancy.

## Our Vision

One day, schools across the state will infuse a trauma-informed lens into existing practices, realizing that this shift is critical for the well-being of their students, and will positively impact the climate for everyone in the building.

## About UPLIFT

UPLIFT is a train-the-trainer program that is trauma-informed, resilience-focused, and individualized to meet the unique systemic needs of a school or district. The Regional Trauma Coordinators appointed by the RESCs provides training, technical assistance, and consultation to public school districts at **NO COST**.

**The training program consists of nine modules, including:**

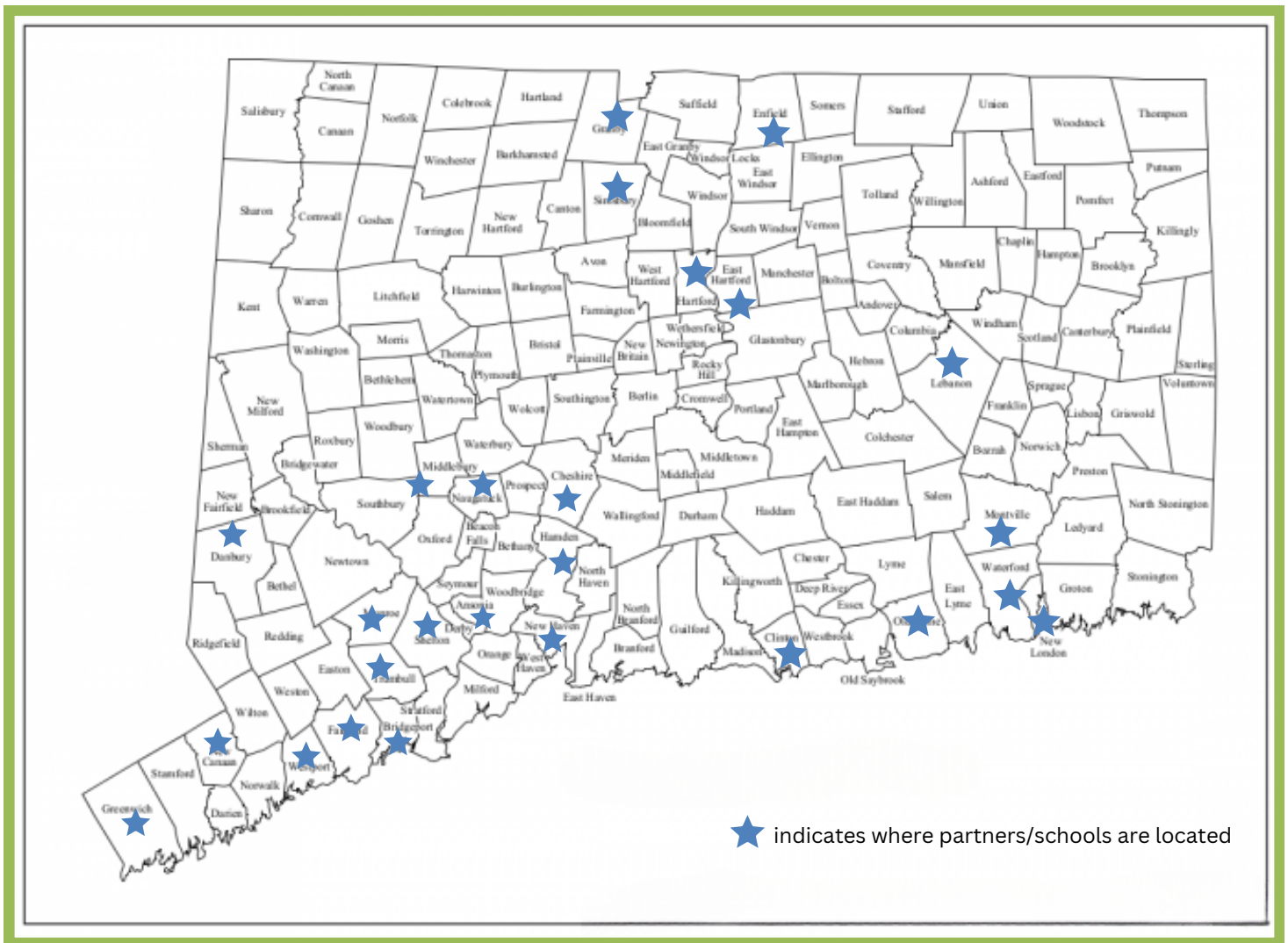
- Foundations of Trauma-Informed Care (TIC)
- Compassionate Leadership
- Staff and System Wellness
- Trauma-Informed Care in Practice (6 Part) Series

UPLIFT is intended to be engaging, informative and application driven, with a focus on establishing foundational knowledge. The experience and program can be tailored for schools/districts, based on a needs assessment process. The Trauma-Informed Care in Practice is a series of modules based on the 6 guiding principles of trauma-informed care established by Substance Abuse and Mental Health Services Administration (SAMHSA).

# INTEREST & ENGAGEMENT

**42 schools/departments engaged across the state**

We have forged partnerships with 20 public school districts in our work to date. Additionally, we have supported and collaborated with numerous other organizations that have a vested interest in UPLIFT. These include (but are not limited to): community-based social service organizations, private, charter and/or parochial schools, university/institutions of higher learning, medical organizations and/or community members/caregivers.



ACES  
 Ansonia Public Schools  
 CES  
 Clinton Public Schools  
 CREC  
 EdAdvance  
 Enfield Public Schools

Fairfield Public Schools  
 Granby Public Schools  
 Greenwich Public Schools  
 LEARN  
 Monroe Public Schools  
 Montville Public Schools  
 Naugatuck Public Schools

New Canaan Public Schools  
 New Haven Public Schools  
 Region 15 (Middlebury/Southbury)  
 Shelton Public Schools  
 Simsbury Public Schools  
 Trumbull Public Schools  
 Western Connecticut State University\*  
 Westport Public Schools

*\*indicates non public schools*

# OUTCOMES



The starting point for many of our partners is to build a common language and knowledge base of the etiology, prevalence and impact of trauma on students, caregivers and staff, as well as practices and strategies that mitigate the effects of trauma exposure. **The following information is a summary of outcomes in FY24 Q1& Q2.**

## 1780+ Participants

**1181 participants** for Foundations of Trauma-Informed Care, **232 participants** for district specific trainings and **113 participants** for Intro to UPLIFT

## 9 out of 10 Trainees

reported that **training concepts were relevant to their work** & could be immediately applied in practice

## 54 Presentations & Trainings

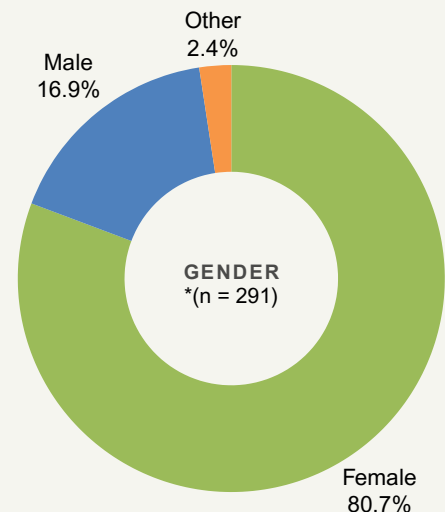
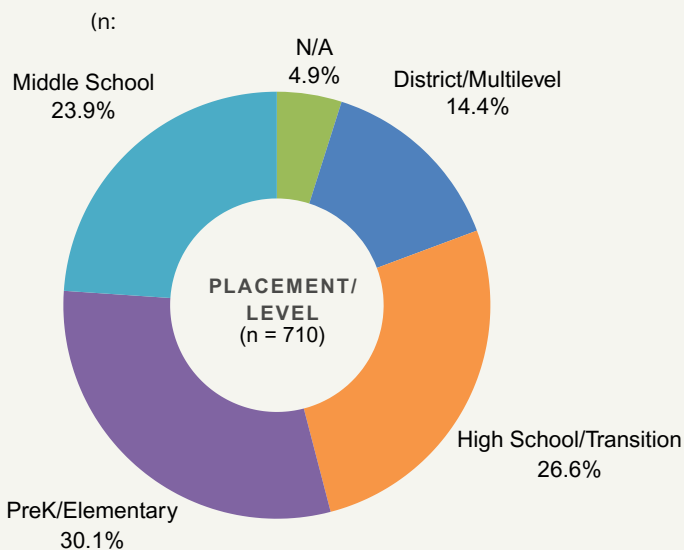
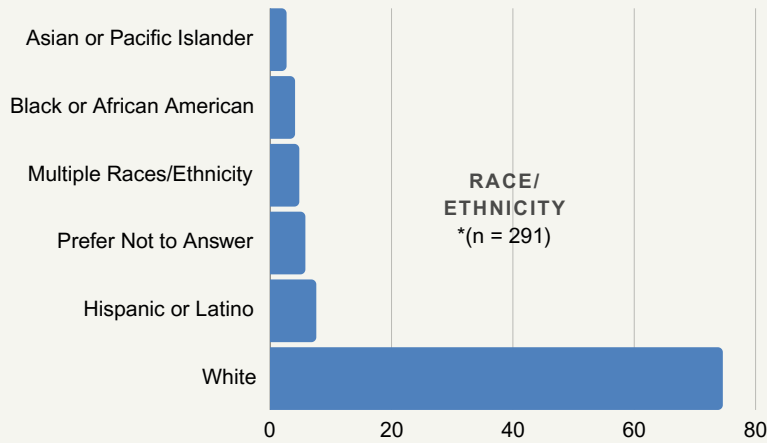
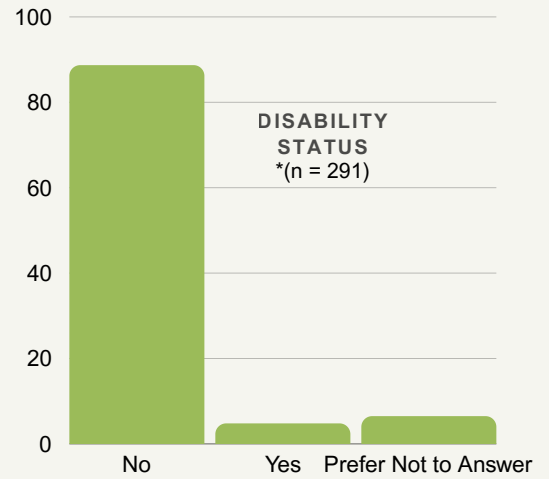
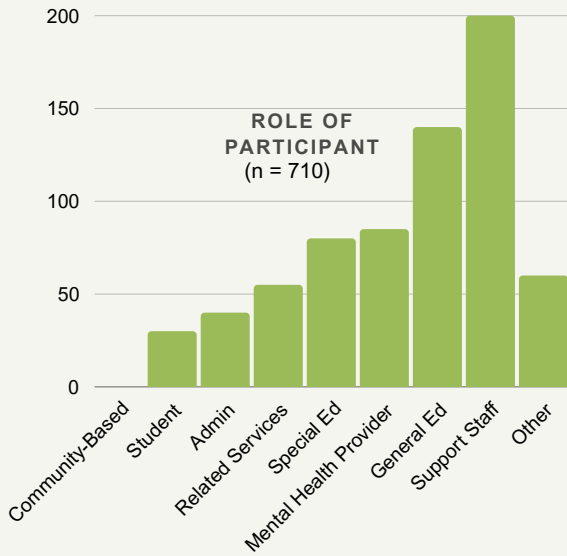
Of the trainings offered, **27** Foundations of Trauma-Informed Care trainings. **13** unique presentations & trainings (\*focus groups, district specific introductions, panel discussions, conferences, parent trainings and community collaborations)

## 27 Teams

**ACES** (4), **CES** (8), **CREC** (6), **EdAdvance** (4), **LEARN** (5)

# PARTICIPANT DEMOGRAPHICS

Prior to training(s) in Foundations of Trauma-Informed Care, participants were asked to complete a Pre-Module Knowledge Survey. The following charts reflect the demographics for FY 2024 Q1 & Q2



*\*includes demographics collected in Q2 only*

# MEASURING PROGRESS

The Regional Trauma Coordinators have developed several tools to monitor and measure the implementation of trauma-informed care practices for CT schools. **See table below for a list of tools:**

TOOLS	PURPOSE
<b><u>UPLIFT Curriculum</u></b>	A guide that outlines UPLIFT's modules and objectives.
<b><u>Trauma-Informed Care Walkthrough Checklist</u></b>	A checklist used to evaluate how the six core principles of TIC are being put into action throughout various school settings.
<b><u>Trauma-Informed Care Beliefs of Educators (TIC-BE)</u></b>	A rating scale used to measure beliefs and practices of school-based staff regarding trauma-informed care.
<b><u>UPLIFT Train-the-Trainer Manual</u></b>	A guide for trainees to deliver UPLIFT modules or offer trauma-informed consultation to school staff.

# NEXT STEPS

## Where do we go from here?

Planning for the future is crucial for the continued successful implementation of trauma-informed care in our schools. By incorporating thoughtful strategies and resources into long-term planning, we can ensure that educators and staff are well-equipped to respond effectively to the unique challenges associated with childhood trauma. The following next steps are needed for continued support of the **UPLIFT: Trauma-Informed Care Training Program for Schools**:

- 1** \_\_\_\_\_ **Training Accessibility**  
Creation of on-line courses through Canvas
- 2** \_\_\_\_\_ **Data Systems**  
Maintenance of the UPLIFT dashboard to include district/school data on TIC specific measures
- 3** \_\_\_\_\_ **Training & Consultation**  
Development of statewide collaborative for schools/districts adopting the train-the-trainer model
- 4** \_\_\_\_\_ **Community & Family Engagement**  
Development and implementation of workshops for parents and community partners/resources
- 5** \_\_\_\_\_ **Sustainability**  
Development of a plan to continue work with current partner schools/districts should additional funding not be secured for the 2024-2025 school year

# APPENDIX FY23 Q1-Q4

The Regional Trauma Coordinators has worked to support the implementation of UPLIFT goals through the following activities carried out in FY23.

## ACTIVITIES

### **FY23 Q1/Q2 Report**

This document highlights activities completed in FY23 Q1/Q2.

### **UPLIFT Trauma-Informed Practices Dashboard**

A dashboard for districts/schools to identify strengths, inform student/educator needs and set measurable outcomes for TI practices in schools.

### **Year 1 Timeline**

This document outlines activities completed in Year 1 of FY23.

### **3 Year Timeline**

This document outlines activities to be completed in FY23 - FY25.

### **Youth Focus Groups**

This documents summarizes the youth info sessions held in the Spring of 2023 and highlights key themes.

### **Menu of Options**

This document outlines a range of options offered by UPLIFT to meet the individualized needs of schools and districts.



# Acknowledgements

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**We thank you for  
your continued  
support in our  
efforts to build  
trauma-informed  
schools.**