



# STRENGTHENING TRAUMA AWARENESS & RESILIENCE

## Orientation Quick Reference: Youth Peer Advocates

The Trauma Informed Care (TIC) movement seeks to raise awareness about trauma – how common it is and how it can impact the people exposed to it. The Strengthening Trauma Awareness and Resilience (STAR) training contains a useful set of tools to increase your capacity to provide support in a trauma responsive manner. These tools aim to help you obtain information about trauma and adversity, use that information to deepen your working relationships, and help people in their journey to healing, recovery and building resilience. They are *not* to be confused with trauma treatment or therapy.

### WHY WAS STAR CREATED?

The STAR training was developed to assist helpers<sup>1</sup> move from trauma awareness to trauma responsiveness. The guide offers a set of tools that you can use to: (1) facilitate conversations about trauma, (2) provide information about trauma and adversity, (3) utilize some simple strategies to promote self-regulation, and (4) make referrals when necessary. These are skills that you can use with the people with whom you work to ensure that their history of trauma and adversity is integrated into your working relationship. In addition, we provide some useful strategies for practicing self-care. Hearing about peoples' experiences with trauma can be stressful and self-care is an aspect of trauma informed care and an essential skill.

### WHO IS ELIGIBLE TO PARTICIPATE IN THE STAR TRAINING?

STAR training is open to anyone who works in human services (e.g. behavioral health, education, child welfare) and has significant direct contact with individuals who may have been exposed to trauma and adversity. Youth Peer Advocates (YPAs) are in a unique position to support young people who have experienced trauma and adversity.

### WHAT DOES PARTICIPATION INVOLVE?

Participants will be expected to read the short STAR guide. You will also need to watch the online modules and attend the corresponding live practice sessions. Additionally, we want to gather information about the usefulness of this training. We will ask that you complete the following short evaluation assessments: presurvey, session feedback surveys, post-survey, and a follow-up survey.

### WHAT MATERIALS WILL PARTICIPANTS RECEIVE?

Participants will receive an electronic version of the STAR Guide and access to the online modules. The STAR Guide covers each of the 5 components and includes sample language you can use in your capacity as a YPA.

### WHAT ARE SOME POTENTIAL BENEFITS TO PARTICIPATING?

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<sup>1</sup> We use the term “helper” to refer to anyone who works directly with children, youth and adults in any service system.



The STAR training is designed to provide helpers with the tools to be able to have what can often be difficult conversations with participants in care about past adversities and trauma. These discussions can be difficult but they can also: 1) lead to a deeper understanding of the people you serve, 2) gain a deeper understanding of trauma and adversity, and 3) develop the skills to support people who have been exposed to trauma and adversity.

### WHAT IS THE FORMAT OF THIS TRAINING?

The components of STAR are reviewed across on-line learning modules (each 25 to 30 minutes long).

**Five (5) On-line Learning Modules** to be completed on your own before each practice session. Modules also provide an introduction to TIC, review the STAR Guide, and contain reflection questions to facilitate a deeper understanding of the content. Here's how to access the modules:

- If you *already* have a MCTAC-CTAC account:
  - Go to [lms.ctacny.org](https://lms.ctacny.org)
  - Log-in with email/password
  - Access STAR Training with Access Code
- If you *do not* have a MCTAC-CTAC account:
  - Go to [lms.ctacny.org](https://lms.ctacny.org)
  - Register: Enter Name, email address and password
  - You will be registered with "MCTAC-CTAC" website
  - Then return back to [lms.ctacny.org](https://lms.ctacny.org)
  - Sign with the email/password you created
  - Access STAR training with Access Code

We will then follow-up with **five (5) live practice sessions** (each 2-hours) using Zoom. The purpose of these sessions is to bring to life the content covered in the modules. Participants will have opportunities to practice implementing the tools with case examples. You will receive emails to register for the Zoom live practice sessions.

### WHO DO I CONTACT FOR ADDITIONAL INFORMATION?

Below are your STAR Training contracts. In the subject line please include **STAR YPA**.

- Jim Rodriguez, Project Director, [jr4139@nyu.edu](mailto:jr4139@nyu.edu) - training and clinical coordinator
- Aida Ortiz, Project Associate, [ortiza07@nyu.edu](mailto:ortiza07@nyu.edu) - general information, evaluation
- Phuong Tran, Administrative Coordinator, [pt58@nyu.edu](mailto:pt58@nyu.edu) - Zoom training coordination