

STRENGTHENING TRAUMA AWARENESS & RESILIENCE

Training Timeline: Youth Peer Advocates

Use the table below to help orient, organize and prepare you to actively participate in the STAR training.

Date	Topic and Activity	Participant Objectives
<i>Before Oct 12, 2021</i>	Complete on-line learning module. Overview of Trauma Informed Care (TIC) Complete reflection and prepare questions for practice session.	Recognize the impact of trauma and understand the importance of TIC
October 12, 2021 2:30pm-4:30pm Tuesday	Attend practice session. Conversations about Trauma: Creating a Holding Space	Apply and demonstrate how to have a conversation around trauma in a safe and supportive manner
<i>Between Oct 13 and Oct 25, 2021</i>	Complete on-line learning module. ACEs and the Impact of Trauma on the Brain Complete reflection and prepare questions for practice session.	Understand the relationship between trauma history and common reactions to trauma
October 26, 2021 2:30pm-4:30pm Tuesday	Attend practice session. Providing Information: Knowledge Empowers	Utilize the tips for explaining the impact of trauma on the brain
<i>Between Oct 27 and Nov 8, 2021</i>	Complete on-line learning module. N.E.A.R. Science Complete reflection and prepare questions for practice session.	Gain a deeper understanding of the science of trauma, stress and resilience and how it relates to regulation.
November 9, 2021 2:30pm-4:30pm Tuesday	Attend practice session. Regulation: Helping People Manage Their Thoughts, Feelings and Behavior	Model simple techniques aimed to support regulation and resilience
<i>Between Nov 10 and Nov 22, 2021</i>	Complete on-line learning module. Trauma Specific Treatment Complete reflection and prepare questions for practice session.	Understand the process of screening, assessment and treatment for people seeking mental health services.
November 23, 2021 2:30pm-4:30pm Tuesday	Attend practice session. Referrals: Connecting People to the Help They Need	Develop skills to help people connect to the resources they need to heal and recover from trauma adversity.
<i>Between Nov 24 and Dec 6, 2021</i>	Complete on-line learning module. Self-care Complete reflection and prepare questions for practice session.	Learn about the various forms of work-related stress and the steps to creating a self-care plan.
December 7, 2021 2:30pm-4:30pm Tuesday	Attend practice session. Self-Care: An Essential Skill in Trauma Informed Care	Formulate and develop an individualized self-care plan.