



Resilience Empowerment Project Training of Trainer- Youth

GENERAL OVERVIEW

Resilience Empowerment Project (REP) Purpose Statement

The Resilience Empowerment Project provides a foundation for community building while facilitating the development of practical tools and strategies to support educators, community organizations, adolescents and families to gain an awareness of the impact of trauma, toxic stress and ACEs. Our goal is to expand the number of communities and schools who are knowledgeable and ready to take action on understanding:

- *The importance of creating systems and environments that provide physical and emotional safety and minimize re-traumatization*
- *Trauma as a societal concern with the potential for healing through communal action*
- *The effects of trauma on our brain and body and the role that plays in maladaptive behaviors and difficulties in learning*
- *The process to becoming trauma aware, trauma sensitive and ultimately trauma informed as an ongoing, recursive journey, not a destination;*
- *This work requires the engagement of all sectors—from policymakers, to civic groups, to youth, to business owners, to health and education professionals, to parents and volunteers;*
- *Strategies to build protective and promotive factors within individuals and communities as part of primary prevention efforts;*
- *Resiliency and trauma-informed care strategies, skills, and resources to support those who have experienced adversity/trauma.*

TRAINING OF THE TRAINER OVERVIEW

Training Curriculum & Objectives

Youth training- 3- One hour sessions

- Stress Load and Types of Stress
 - All humans experience ongoing stress
 - Everyone's stress is different and impacts their brains, bodies, and behaviors differently.
 - Stress can be healthy if you have people and a plan to help us receive and regulate stress.
- Stress Strategies: Window of Tolerance, Regulation, and Relationships
 - How our brains and bodies are hard-wired for survival and self-protection
 - What stress feels like in your brain and body and how to regulate it
 - How to establish practices that help us receive stress in a healthy way
 - Safe, trusting relationships can help us regulate, and receive stress, and build resilience
- The Neuroscience of Stress and My Recipe for Resilience
 - What happens biologically in the brain and body when stress and regulation occur
 - Development of a personalized resilience plan to guide decisions when we experience stress activation

Training Structure

- Virtual Training- August 5 & 6, 2025 from 9am-2pm

Application due date

5pm on Tuesday July 15th



Requirements

Participants will have to demonstrate the following:

- ability to train youth;
- knowledge in neurobiology and adolescent brain science;
- capacity to organize trainings;
- and a willingness to receive continued technical assistance.

Details of deliverables

- Certified trainers are defined as individuals who have attended a Youth Resilience Training of the Trainers (TOT) Training and have received a certificate of completion.
- The cost of Youth Resilience TOT is \$499
- Each trainer will also receive training on the following:
 - Becoming a trauma informed trainer
 - Special considerations for training youth
- Each trainer will receive a Training Binder with Facilitator's Guides, PowerPoints, Youth Resilience Journal and all materials needed for training.
- Trainers will have access to coaches from AZACEs who can help them be set up for success
- Each trainer will sign a Trainer's Agreement that enumerates the expectations of an AZACEs Certified Youth Resilience Trainer

Upon completion of the Youth Resilience TOT session:

- Certified trainers must utilize training materials created by AZACEs. Trainers cannot remove or adjust training curriculum except where noted in facilitator's guide.
- The AZACEs website provides a password protected area where all training materials and additional resources will be accessible 24/7
- As independent contractors, Certified Youth Resilience Trainers may charge their customary rate when training individuals/communities/schools utilizing the Youth Resilience Curriculum.
- Trainers will be asked to track their trainings and share training data to AZ ACEs

AZ ACEs commitment following training:

- Continuing education for as long as trainer remains certified
- Quarterly communities of practice
- Connection to AZACEs network to promote trainings and identify participants for expansion