

# TRAUMA **informed**

## TI Intensive Overview

*Facilitated by Boys & Girls Clubs of the Fox Valley  
in partnership with Boys & Girls Clubs of America*

This training is designed for Clubs ready to expand knowledge, hone skills, and integrate trauma-informed practices into every domain of their organization.

This experience will provide ample opportunities to share with and learn from other Clubs, practice applying trauma-informed skills, develop action plans, and more.

### Day One

**Tuesday, November 7, 2023**

9:00 AM – 5:30 PM

#### **Opening & Welcome**

#### **Trauma-Informed Club Overview**

Participants will be able to...

- Demonstrate understanding of the seven elements, universal approach, parallel process, and phases of becoming a trauma-informed Club.
- Articulate how trauma-informed practices align with diversity, equity, and inclusion, safety, and quality assurance.

#### **Knowledge Deepening**

Participants will be able to...

- Show awareness of the current state of youth mental health in the United States.
- Identify and differentiate the types of stress.
- Describe the escalation cycle and effective response strategies for each stage.
- Increase their understanding of the brain-body functions associated with trauma and social-emotional development.

#### **What is Work & What is Not?**

Participants will join small groups formed around organizational roles and functions to discuss the application of the seven elements of becoming a trauma informed Club in their position (e.g., CEOs, Operations, Club Directors, Social-Emotional Leads, etc.).

### **We are all learning.**

Participants will be able to...

- Describe practices that help promote a culture of learning.
- Identify solutions for sustaining a training infrastructure.
- Articulate practices for hosting and delivering training on each element of becoming a trauma-informed Club.
- Gain familiarity with trauma-informed professional development options.

### **Current condition is not the rule.**

Participants will be able to...

- Recognize the value of a “Yes, AND” approach to Continuous Quality Improvement (CQI).
- Understand how to build CQI into existing organizational structure.
- Link CQI practices to the 7 Elements of a Trauma-Informed Club.
- Recognize the importance of thoughtful data collection and data driven dialogue.
- Facilitate a quality data walk using NYOS data.

### **What is Working & What is Not?**

Participants will join small groups formed around organizational roles and functions to discuss the application of the seven elements of becoming a trauma informed Club in their position (e.g., CEOs, Operations, Club Directors, Social-Emotional Leads, etc.).

### **Closing**

**Day Two**  
**Wednesday, November 8, 2023**  
9:00 AM – 5:30 PM

**Opening**

**Optimal Staff Experience**

Participants will be able to...

- Learn more about BGCA's Trauma-Informed Supervision Guide.
- Share and learn practices and strategies with and from other Clubs.
- Create a trauma-informed action plan to implement at Club.

**Universal Approach**

Participants will be able to...

- Differentiate Tier 1, 2, 3 supports.
- Recognize the need and understand strategies for Tier 1 supports.
- Identify universal skills and how to imbed them into culture.

**Behavior communicates needs.**

Participants will be able to...

- Identify ways to build Trauma-Informed supports for youth with collaboration from caregivers and community partners
- Distinguish various ways to cast a wider tier 2 support net
- Understand key Trauma-Informed concepts that are imbedded into an intentional sensory experience
- Adopt resources and tools that promote positive youth behavior

**Build solutions.**

Participants will be able to...

- Understand needs and strategies for Tier 3 intensive interventions.
- Articulate the difference between Tier 2 & Tier 3.
- Identify practices that increase organizational trust and credibility.
- Adopt proven practices for sustaining effective partnerships.

**Closing**

**Day Three**  
**Thursday, November 9, 2023**  
9:00 AM – 4:30 PM

**Opening**

**Stories of hope.**

Participants will be able to...

- Identify what is and what is not strength-based messaging.
- Think differently and intentionally about word choice.
- Convert language into strength-based messaging.
- Improve strength-based messaging skills.

**Honing and Embedding the Trauma-Informed Lens**

Participants will be able to...

- Align key concepts from all sessions with consideration to proactive adoption and utilization of the Trauma-Informed lens.
- Gain familiarity with BGCA Trauma-Informed Standards.

**What is Squared up? What is Circling?**

Participants will re-join small groups from Day 1 formed around organizational roles and functions to discuss the application of the seven elements of becoming a trauma informed Club in their position (e.g., CEOs, Operations, Club Directors, Social-Emotional Leads, etc.).

**Organizational Reflection & Application Planning**

Teams will determine next steps that support ongoing learning and the integration and implementation of the seven elements of a trauma-informed Club.

**Closing**

**Please note: This is a working file. Session topics and the integrity of key concepts and plans as outlined here will be maintained but minor adjustments may be made as we continue to refine plans to bring you the best experience possible in the spirit of continuous quality improvement.**