

UPLIFT: A Trauma-Informed Care Training Program for Schools

Highlights
FY2023 &
FY2024 (Q1/Q2)



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 training program consists of nine modules, including: **Foundations of Trauma-Informed Care (TIC), Compassionate Leadership, Staff and System Wellness and Trauma-Informed Care in Practice (6 Part) Series**

UPLIFT has trained **2500+ school staff/service providers** and **100+ youth** to gain foundational knowledge of trauma and trauma-informed care.

“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.”

- UPLIFT VISION

Outcomes of UPLIFT Trainings



**9 out of 10
Participants**

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



**3 out of 4
Participants**

reported a **significant increase in knowledge for ALL learning objectives** for Foundations of TIC



felt the information shared was **relevant and useful** to their lives and see **value in their school becoming trauma-informed**

20 Participating School Districts

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 and Westport Public Schools

UPLIFT also formed partnerships with Western Connecticut State University (WCSU), the Trauma-Informed School Mental Health (TISMH) Task Force, and the Center for School Safety.

*Alliance districts are the 32 lowest performing districts in the state

What's Next

In the coming months, UPLIFT will focus on the following tasks:

Present at National Conference

The RTCs for UPLIFT will be presenting at The System of Care (SOC) virtual summit on May 16, 2024.

Increase Partnerships

The RTCs for UPLIFT will collaborate with CEA and AFT to ensure that union members across the state have access to Foundations of TIC training.

Regional Trainings

The RTCs for UPLIFT will offer regional trainings for school staff and service providers interested in Foundations of TIC.