

HB 5001 PA 22 -47 (sec.17 &  
18)

PA 24-81 (HB 5523). ARPA Allocation Bill

# UPLIFT: A Trauma -Informed Care Training Program for Schools

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# Why trauma - informed schools matter

40%



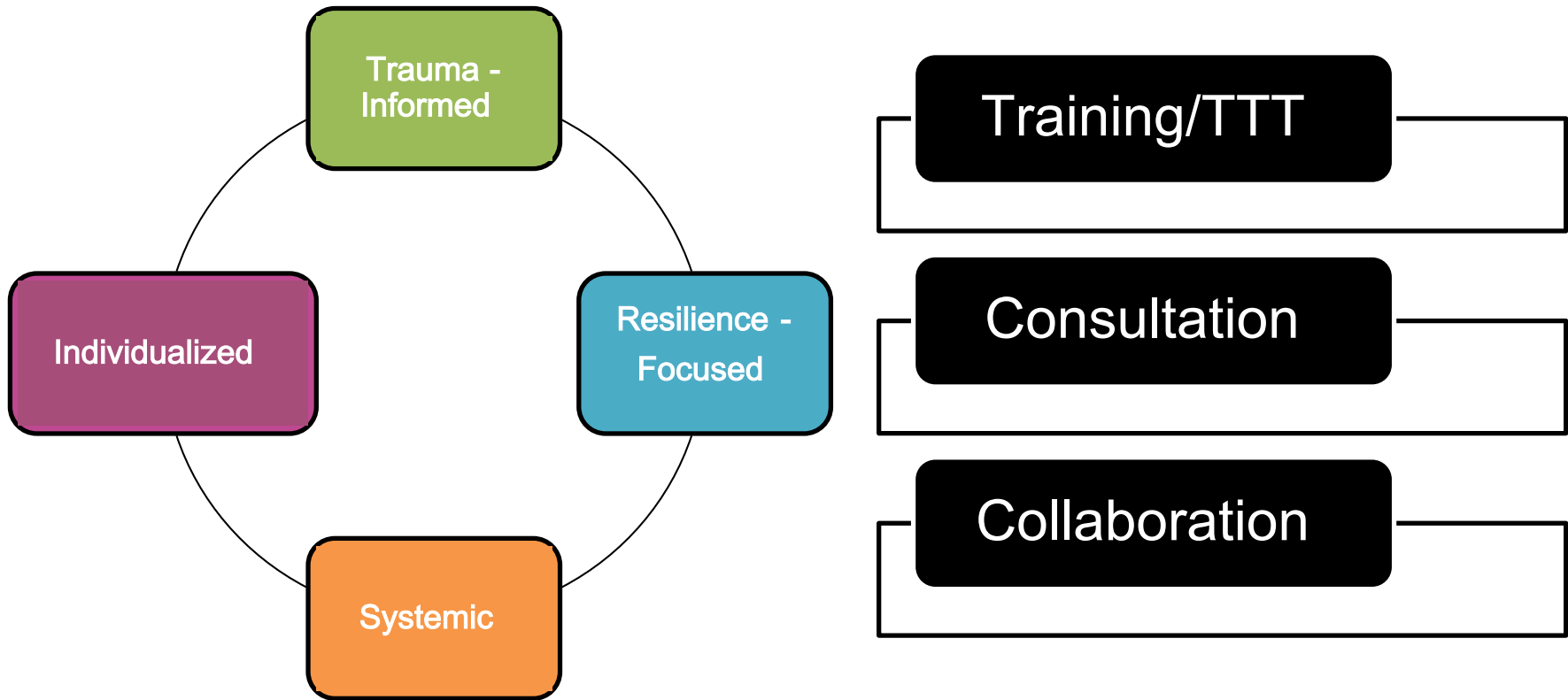
of adults in CT reported  
symptoms of anxiety or  
depression

%

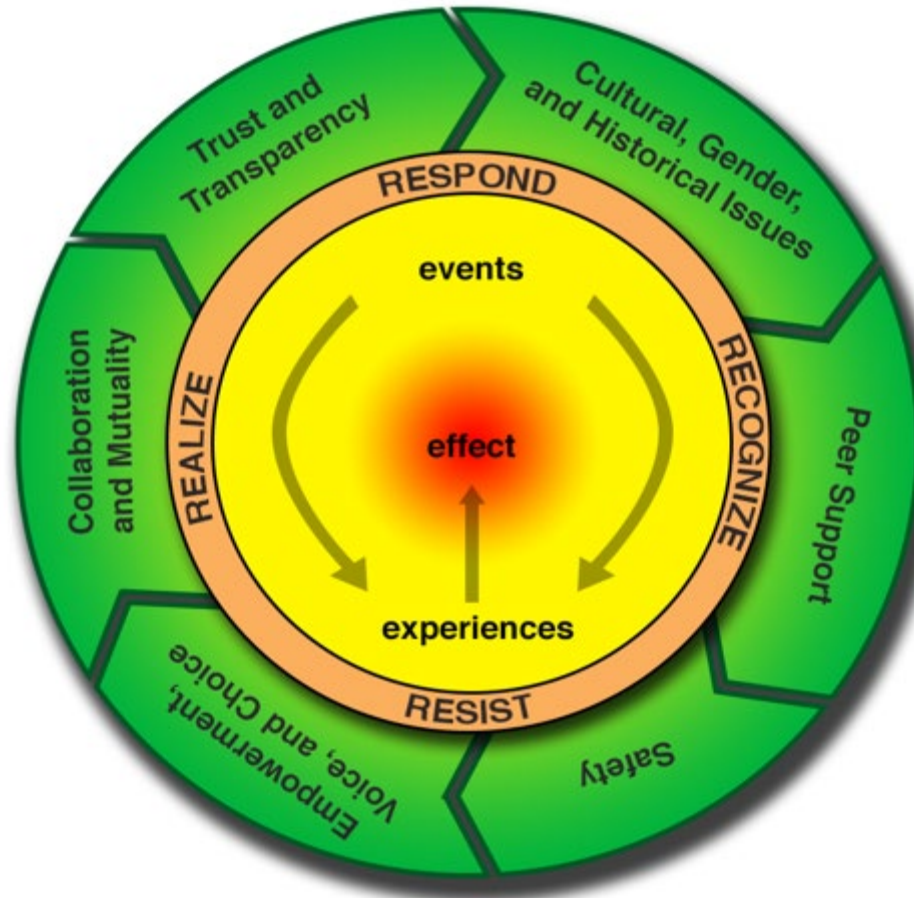


of youth in CT aged 12 -17 who  
have depression did not  
receive any care last year

# The UPLIFT Training Program



# UPLIFT Guiding Framework



**Foundations of  
Trauma-Informed Care**

**Compassionate  
Leadership: Paving the  
Way for TI Schools**

**Train-  
the-  
Trainer  
(TTT)**

**Staff & System Wellness:  
You Can't Have One  
Without the Other**

**TIC in Practice  
Series**

Safety

Cultural  
Humility

Trust &  
Transparency

Collaboration  
&  
Mutuality

Peer Support

Empowerment,  
Voice &  
Choice



**How did we do?**

What did the  
115+  
students  
that  
participated  
in Focus  
Groups  
think?

**95% of participants** felt the information shared was relevant and useful to their lives

**95% of participants** see value in their school becoming trauma -informed

# Participating School Districts/Partners

*To date, we have forged **partnerships with 25 public school districts/RESCs** in our work. Additionally, **52 schools/departments** have engaged with UPLIFT across the state.*

*American Federation of Teachers (AFT)	Granby Public Schools	Region 15 (Middlebury/Southbury)
ACES	Greenwich Public Schools	Shelton Public Schools
Ansonia Public Schools	Lebanon Public Schools	Simsbury Public Schools
CES	LEARN	South Windsor Public Schools
Clinton Public Schools	Monroe Public Schools	Trumbull Public Schools
CREC	Montville Public Schools	*Western Connecticut State University
EDAdvance	Naugatuck Public Schools	Weston Public Schools
Enfield Public Schools	New Canaan Public Schools	Westport Public Schools
Fairfield Public Schools	New Haven Public Schools	Winchester Public Schools

*\*Non-public school district*



# UPLIFT Trainings in FY24

Module	How Many Sessions?	# Participants
Foundations	48	2013
Cultural Humility	5	162
Safety	3	69
Peer Support	2	82
SSW	5	148
Compassionate Leadership	1	20
TTT	2	27
Other	15	629
UPLIFT INTRO	14	175
DISTRICT SPECIFIC INTRO	13	113
<b>TOTAL</b>	<b>108</b>	<b>3444</b>

\*ad-hoc or scheduled Group/consultation not included; totals take into account if a module was split into more than 1 session.

Total  
Participants to  
Date  
**4311**

Trainings By Region (All modules)	How Many ?	# Participants (including other)
RESC ALLIANCE	12	638
ACES	17	757
CES	37	939
CREC	25	449
EASTCONN	2	78
EdAdvance	6	233
LEARN	9	350

# FY 2024 Trainee Demographics

Role	N = 580
General education teacher	180
Mental Health Professional	108
Other	67
Special Education teacher	45
Support staff	97
School -Based Admin.	30
Related service provider	44
Student	9

Placement/Level	N = 578
PreK/Elementary	158
Middle	176
High/Transition	118
Districtwide/Multi -level	116
Other or N/A	10

N = 516	Yes	No	Prefer not to answer
Disability Status	6%	90%	4%

Female	Male	Non-binary/ conforming	Prefer not to answer
389	113	2	12

RACE	American Indian/Alaska Native	0%
	Asian	0%
	Black, or African American	12%
	Multiracial	3%
	Prefer not to respond	5%
	Hispanic, or Latino	7%
	White	71%

*\*Certain populations were suppressed due to small numbers; total population may not equal 100%*

# Training and Trainer Feedback

	% Strongly Agree
The concepts covered in this session are relevant to my work.	93%
I could apply the concepts from this session in my daily work immediately.	89%
The presenter(s) were respectful of my views and opinions.	94%
The activities and materials provided supported my understanding of the concepts.	90%

# Feedback Highlights from Trainees

*“Very informative. I'd like to explore response strategies and how ALL teachers can be trained to respond to students, not just specialists.”*

*“This training was very informative. It really makes me think as a teacher. I appreciate the time and knowledge that was shared. The presenters did a great job first giving background knowledge and setting the stage with the why. “*

*“The is a relevant topic for our district, school, teachers and students. There were key components that were beneficial. The trauma glasses was interesting and something that could easily be applied in my school and classroom. “*

*“Info was highly relevant and valuable. This will work well with our current school climate work. One question always remains about discipline and what we can do differently and when to preserve the learning environment seems like the only option left. Thank you!”*

*“I personally appreciated the information on brain research. I also appreciated the simple hands on activity with the 3 values. It was quick but very effective in giving adults a glimpse of what trauma and lack of control may feel like for some of our kids.”*

# Current Priorities for UPLIFT

## Training Accessibility

**Offer Statewide UPLIFT training and TTT opportunities for individuals that do not have district support for full implementation.**

## Data Systems & QI

**Evaluate & refine data collection and analysis protocols, Quarterly & Annual Reporting structure, TIC -IA, TIC-BE, SMART Action Plans, and team -specific reports.**

## Sustainability

**Secure adequate funding to ensure that UPLIFT remains accessible and can expand equitably throughout CT**

Thank you  
for your  
time!

Questions? Comments?



[Uplift Trauma Informed Care](#)  
[| RESC Alliance](#)

# Contact Your RESC Trauma Coordinator to Learn More

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