

TRAUMA **informed**

TI Intensive Schedule

*Facilitated by Boys & Girls Clubs of the Newark
November 5th-November 7th, 2024
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 many opportunities to share with and learn from other Clubs, practice applying trauma-informed skills, develop action plans, and more.

Day One Nov 5th, 2024		
Nov 5th, 2024 8:00AM - 9:00 AM	Registration & Breakfast	Registration
9:00 AM - 9:45AM	Welcome & Opening	
10:00 AM - 10:35 AM	Trauma-Informed Club Overview Participants will be able to... <ul style="list-style-type: none">• 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.	

<p>10:45 AM – 12:00 PM</p>	<p>Knowledge Deepening</p> <p>Participants will be able to...</p> <ul style="list-style-type: none"> • 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. 	
<p>LUNCH PROVIDED (12pm-1pm)</p>		
<p>1:00 PM – 3:00 PM</p>	<p>Current conditions are not the rule.</p> <p>Participants will be able to...</p> <ul style="list-style-type: none"> • Recognize the value of a “Yes, and...” approach to CQI. • Recognize the importance of thoughtful data collection and data-driven dialogue. • Link CQI practices to the seven elements of becoming a trauma-informed Club. • Understand how to build CQI into existing organizational structure. <p>Identify an improvement opportunity at their own Club and create an action plan.</p>	
<p>3:15 PM – 4:15 PM</p>	<p>What is Working & What is Not?</p> <ul style="list-style-type: none"> • 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.).	
4:20 PM-5:00 PM	Closing & Share Out	
Join us for Our Welcome Dinner 5PM-7:30PM		

Day Two
Nov 6th, 2024

8:30 AM- 9: 00 AM	Breakfast	
9:00 AM – 9:10 AM	Opening & Welcome	
9:15 AM – 10:30 AM	<p>Optimal Staff Experience</p> <p>Participants will be able to...</p> <ul style="list-style-type: none"> • Share practices and strategies with other Clubs. • Learn BGCA’s trauma-informed supervision toolkit. • Understand how Optimal Club Experience and Optimal Staff Experience are linked. <p>Create a trauma-informed supervision plan.</p>	
10:40 AM- 11:40 AM	<p>Staff really care about me.</p> <p>Participants will be able to...</p> <ul style="list-style-type: none"> • Differentiate Tier 1, 2, 3 supports. • Recognize the need and understand strategies for Tier 1 supports. <p>Connect Tier 1 supports the trauma-informed elements.</p>	
11:40 AM- 12:10 PM	<p>What is Working & What is Not?</p> <ul style="list-style-type: none"> • 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.). 	
LUNCH PROVIDED (12:15pm-1:20pm)		
1:30 PM – 2:45 PM	<p>We are all learning: Culture of Learning</p> <p>Participants will be able to...</p> <ul style="list-style-type: none"> • Describe practices that help promote a culture of learning. 	

	<ul style="list-style-type: none"> • 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. 	
2:50 PM – 3:50 PM	<p>Build solutions.</p> <p>Participants will be able to...</p> <ul style="list-style-type: none"> • 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. 	
3:55 PM- 4:45 PM	<p>End of Day Small Group</p> <ul style="list-style-type: none"> • Participants will join small groups formed by club size to discuss the application of the seven key elements of a trauma-informed club. 	
4:40 PM – 5:00 PM	Closing & Share Out	

Day Three
Nov 7th, 2024

8:30 AM-9:00 AM	Breakfast	
9:00 AM – 9:15 AM	Opening & Welcome	
9:20 AM-10:35 AM	Behavior communicates needs. Participants will be able to... <ul style="list-style-type: none">• Identify ways to recognize youth and family needs and provide additional support and resources.• Use strength-based language in Club settings.• Improve practices related to suicide risk assessment and child protective services reports.• Adopt resources and tools that promote positive youth behavior.	
10:40 AM - 11: 55 AM	Stories of hope, not trauma. Participants will be able to... <ul style="list-style-type: none">• 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.	
LUNCH PROVIDED (12 PM- 1PM)		
1:00 PM – 2:00 PM	Honing and Embedding the Trauma-Informed Lens Participants will be able to...	

	<ul style="list-style-type: none"> 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. 	
2:00 PM – 2:45 PM	Organizational Reflection & Application Planning	
3:00 PM – 3:45 PM	Organizational Planning Share-Outs	
3:45 PM – 4:15 PM	Closing <ul style="list-style-type: none"> Trauma intensive wrap-up & closing 	

Training Location:

1 Avon Ave, Newark, NJ, 07108

Please be aware that this schedule is a working document. While the session topics listed here will remain consistent, minor adjustments may be necessary to the daily order to ensure the optimal learning experience for all participants. We appreciate your understanding and flexibility in this matter.