

## Program Snapshots for Mitigating the Impact of Trauma in Schools RFA

**Program Name:** Transformative Life Skills & Dynamic Mindfulness

**Website:** [www.niroga.org](http://www.niroga.org)

**Program Focus:** Mindfulness

**Program Description:** Dynamic Mindfulness (DMind) integrates mindful movement for managing stress held in our bodies, breath regulation techniques for emotion regulation, and centering practices for focused attention and engagement. In a 6-hour training, educators learn how to use brief DMind practices for self-care and personal sustainability, and student self-regulation and positive classroom climate. The program transforms school culture and classroom climate and has been shown to improve academic performance and social-emotional learning (SEL), increase attendance and reduce suspensions, while enhancing staff well-being and preventing teacher burnout. Curriculum consists of 48 scripted lesson plans in four separate units of 12 lessons. Weekly lessons are divided into three 20-minute sessions.

**Grade Range:** K-12

**Languages available:** English, with some bilingual curriculum supports, e.g., Mood Regulation Poster and Activity Card Deck

Implementation	Required Optional	Description	Participants	Cost
<b>Live On-line Training</b>	Required	6-Hour DMind Baseline Training includes opportunities to learn and practice Dynamic Mindfulness both personally and professionally. participants will be trained to deliver our Dynamic Mindfulness curriculum for (a) their own self-care and stress resilience and (b) the emotional regulation and learning readiness of their student. A training workbook is provided for each participant in the training.	This training is available for a minimum 25 /Maximum 50. The training group may include participants from different school levels.	\$350 per participant
<b>Coaching</b>	Required	One hour coaching and mentoring sessions open to all participants in the 6-hour live on- line training.	8 sessions	\$2000 total
<b>Curricular Supports</b>	Required	Curricular supports include: 1 DMind Curriculum manual (\$35) 1 DMind Curriculum Lesson Summaries for K-12 (\$30) 1 Workbook for Assimilation and Application (\$30) <a href="http://www.niroga.org/pages/dmind-store">www.niroga.org/pages/dmind-store</a>	One set for each participant in the training	\$95 per participant + 25% shipping/handling

<b>Video Library</b>	Required	The video library contains over 300 2-min to 15- minute practice videos and provides multimedia implementation support for staff for classroom use and more. The cost is an annual site license cost for full access to the curriculum video library for all staff. The Dynamic Mindfulness (DMind) Video Library is divided into units with 12 lessons in each of the following 4 units: Stress Resilience, Self- Awareness, Emotional Regulation, Healthy Relationships.	Maximum 50	\$3,000 for full year access
<b>Administrator Training</b>	Optional- Schools may include this in the budget with the required program.	Niroga Institute offers a 90-minute Administrator DMind Training and monthly or quarterly 60-minute Administrator Coaching sessions (post-training follow-up support).	Costs for Administrator Training: \$125/person per 90-minute training. Cost for Administrator Coaching sessions: \$250/session.	
<b>Other curricular supports</b>	<b>Optional-</b> Schools may include this in the budget with the required program.	K-2 curriculum for younger children (\$10/item) 1 In-power kit for creating a mindful space (\$50) Mood Regulation Poster (\$20) In-power mobile app (\$60 a year/per subscriber) Bilingual DMind Activity Cards (\$25) Chime for focused attention (\$20)	Cost per item	+ 25% shipping/handling
<b>Student Peer Leaders</b> (SPLs) - to receive training, coaching and curricular support over a year	<b>Optional</b> - Schools may include this in the budget with the required program.	Selected Student Peer Leaders (SPLs) are given additional support to deepen their personal DMind practice, and for leading DMind sessions in class, peer mediation conversations, restorative justice circles, and more. Student peer leaders become keepers of school culture and climate, and they make invaluable contributions by teaching DMind to their peers, as well as bringing DMind home to their families and sharing in their communities.	Up to 25 Student Peer Leaders at a total \$15,000. See additional information to calculate costs for less than 25 Student Peer Leaders.	*6-hour Training \$8,750 (\$350/person x 25) *Coaching \$2,000 (\$250/session x 8 sessions conducted bi-weekly in one semester) *Curricular Supports \$4,250 (\$170/person x 25) (InPower Kit, Poster, K-12 Lesson Summary, InPower app). includes shipping

<b>Family Engagement</b> - training, coaching and curricular support for a year	<b>Optional</b> - Schools may include this in the budget with the required program.	Parents will be provided Dynamic Mindfulness training, coaching and additional supports to help build communities of DMind practice at home and become DMind advocates in the PTA	Up to 25 parents/guardians/ community members	*6-hour Training \$8,750 (\$350/person x 25) *Coaching \$2,000 (\$250/session x 8 sessions conducted monthly over a school year) *Curricular Supports \$4,250 (\$170/person x 25) (InPower Kit, Poster, K-12 Lesson Summary, InPower app); includes shipping
---	---	---	---	--

**Family Communication:** DMind provides schools with the following information to share with families:

- A brief description of DMind explaining how DMind practices are universal. DMind will work with schools to address questions that may arise.
- Brief DMind practices on 2-sided 1-pagers (English/Spanish), that can be sent home with students to share with families, to help build communities of practice at home

**Research base/Evidence of Effectiveness:**

- [Review of the Evidence on, and Fundamental Questions About, Efforts to Improve Executive Functions, Including Working Memory](#)
- [Effectiveness of a School-Based Yoga Program on Adolescent Mental Health and School Performance](#)
- [Effectiveness of a School-Based Yoga Program on Adolescent Mental Health, Stress Coping Strategies, and Attitudes Toward Violence](#)

**Equity/ Diversity incorporation:** Niroga Institute recognizes that (a) underserved communities have disproportionately higher stress and trauma, and (b) teachers serving schools in underserved communities are burning out faster due to compassion fatigue. Hence, Niroga brings stress resilience and trauma healing practices to these communities with disproportionately greater intensity, to help level the playing field and ensure education equity and diversity.

**Additional info:** It has been designated as an SEL- Supportive Program by CASEL.

**Contact Information:** Niroga Institute | Center for Mindful Stress Resilience | Office 510-451-3004 | Bidyut “BK” Bose; Executive Director; [transform@niroga.org](mailto:transform@niroga.org)

**Program Name:** Mindful Schools

**Website:** [www.mindfulschools.org](http://www.mindfulschools.org)

**Program Focus:** Mindfulness

**Program Description:** Mindful Schools builds the capacity of schools to create equitable and joyful learning environments that center collective well-being. We provide an accessible, job-embedded pathway to prioritize community care. Our team of educators works to empower our school partners to build upon their collective strengths and existing initiatives to achieve their community's vision of equity and wellness. We do this by partnering with school leaders to engage interest amongst staff to embark on school- and district-wide implementation through courses that teach the development of personal mindfulness practices and provide training and curricula for how to teach mindfulness to K-12 youth, workshops, retreats, professional development sessions, and coaching and consulting on best practices for schoolwide implementation.

**Grade Range:** K-12

**Languages available:** English

Implementation	Required /Optional	Description	Participants/Cost	Additional Info
<p><b>EDUCATOR WELLNESS PACKAGE</b> - For schools looking to provide professional development that supports staff with practices that nurture individual and schoolwide well-being</p>	<p>Schools are required to choose the "package" that best fits their needs.</p>	<p>This package includes the following components:</p> <ul style="list-style-type: none"> <li>• Professional Development: Intro to Mindfulness Practice for Educator Well- Being: 60-90 minute live event designed to engage all staff</li> <li>• 101: Mindfulness Foundations - Virtual Facilitated Course - open to a smaller subset of participants. (core team identified by the school)</li> <li>• PD: Mindful Communication in the Classroom</li> <li>• PD: Self Compassion and Resilience</li> </ul> <p>Program Management</p>	<p><b>\$10,000</b></p> <p>*Professional Development (PD) Sessions are open to all staff in the school.</p> <p>*The 101 course is open to a smaller subset of participants (core team)</p> <p>-</p> <p><b>Minimum 6</b> <b>Maximum 10</b></p>	<p>Video Case (3 min) <a href="#">Healing Connection, and Equity in Schools</a></p> <p><b>Link to description of the program components:</b> <a href="https://www.mindfulschools.org/nyomh/">https://www.mindfulschools.org/nyomh/</a></p>
<p><b>SCHOOL STARTER PACKAGE</b> - For schools introducing mindfulness to an initial core team who can then champion for wider adoption and implementation. This can work for a single school or a district looking to provide this package to several schools.</p>	<p>Schools are required to choose the "package" that best fits their needs.</p>	<p>This package includes the following components:</p> <ul style="list-style-type: none"> <li>• Professional Development: Intro to Mindfulness Practice for Educator Well- Being: 60-90 minute live event designed to engage all staff</li> <li>*Professional Development Sessions are open to all staff.</li> <li>• 101: Mindfulness Foundations - Virtual Facilitated Course</li> <li>• 201: Mindfulness in the Classroom - Virtual Facilitated Course w/ K-12 Curriculum</li> <li>• Program Management</li> </ul> <p><b>Link to description of the above</b></p>	<p><b>For \$15,500</b></p> <p>*The 101 course is open to a smaller subset of participants (core team)- <b>Minimum 10</b> <b>Maximum 20</b></p> <p>*The 201 course is for a smaller subset of 101 completers: <b>Minimum 4</b> <b>Maximum 7</b></p> <p><b>For \$21,000</b> expanded number of participants</p> <p>*101 course:</p>	<p>Video Case (4 min) <a href="#">The Power of Educators Practicing Mindfulness Together</a></p>

		<p><b>program components:</b>  <a href="https://www.mindfulschools.org/nyomh/">https://www.mindfulschools.org/nyomh/</a></p>	<p><b>Minimum 21</b>  <b>Maximum 40</b>  *201 course:  <b>Minimum 7</b>  <b>Maximum 14</b></p>	
<p><b>BUILDING A CULTURE PACKAGE -</b>  For schools that want to create a healing centered community utilizing mindfulness to support trauma-sensitive and social emotional wellness practices</p>	<p>Schools are required to choose the "package" that best fits their needs.</p>	<p>This package includes the following components:</p> <ul style="list-style-type: none"> <li>• Consulting: up to 8 hours to include meeting w/ leadership to bridge mindfulness with other initiatives and support whole school implementation (e.g., Equity, Implicit Bias, SEL / PBIS / MTSS, Restorative Practices, Peer-to- Peer Youth Health Programs)</li> <li>• 5 Professional Development Sessions: Intro to Mindfulness Practice for Educator Well-Being + 4 Trauma &amp; SEL sessions to be chosen from Mindful Schools PD options. *Professional Development Sessions are open to all staff.</li> <li>• 101: Mindfulness Foundations - Virtual Facilitated Course</li> <li>• 201: Mindfulness in the Classroom - Virtual Facilitated Course w/ K-12 Curriculum. Program Management</li> </ul>	<p><b>\$45,000</b>  *The 101 course is open to a smaller subset of participants (core team)  -  <b>Minimum 10</b>  <b>Maximum 30</b></p> <p>*The 201 course is for a smaller subset of 101 completers:  <b>Minimum 4</b>  <b>Maximum 7</b></p>	<p><b>Video Case (1:30)</b>  <a href="#">How Mindful Schools Supports My Community</a></p> <p><b>Video Case (2 min)</b>  <a href="#">A Middle School's Mindfulness Program</a></p> <p><b>Link to description of the program components:</b>  <a href="https://www.mindfulschools.org/nyomh/">https://www.mindfulschools.org/nyomh/</a></p>
<p><b>DISTRICT STARTER PACKAGE -</b>  For districts of 10 or more schools who need high-level consulting for district-wide implementation of trauma-sensitive and social emotional wellness practices that will contribute to the creation of mindful, healing-centered school communities</p>	<p>Schools are required to choose the "package" that best fits their needs.</p>	<p>This package includes the following components:</p> <ul style="list-style-type: none"> <li>• Consulting: up to 10 hours to include meeting w/ leadership to bridge mindfulness with other initiatives and support whole school implementation (e.g., Equity, Implicit Bias, SEL / MTSS, Restorative Practices, Peer-to-Peer Youth Health Programs)</li> <li>• Communities of Practice: All Staff Intro to Mindfulness + up to nine (9) 60-90 minute offerings that may include Professional Development Sessions, workshops, and/or instructional coaching</li> <li>• 101: Mindfulness Foundations - Virtual Facilitated Course</li> <li>• 201: Mindfulness in the Classroom - Virtual Facilitated Course w/ K-12 Curriculum Program Management</li> </ul>	<p><b>\$95,000</b>  *Professional Development Sessions are open to all staff. *</p> <p>*The 101 course is open to a smaller subset of participants (core team)  -  <b>Minimum 50</b>  <b>Maximum 100</b></p> <p>*The 201 course is for a smaller subset of 101 completers:  <b>Minimum 14</b>  <b>Maximum 34</b></p>	<p>Video Case (3:30)  <a href="#">Paterson Public Schools District Testimonials</a></p> <p><b>Link to description of the program components:</b>  <a href="https://www.mindfulschools.org/nyomh/">https://www.mindfulschools.org/nyomh/</a></p>

**Family Communication:** [Sample Letters to Parents](#) (one accompanies each lesson in the K-5 Curriculum)

**Research base/ Evidence of Effectiveness:**

- [Research on Mindfulness](#)
- [Mindful Schools Research Summary](#)

**Equity/ Diversity incorporation:** [Mindful Schools approach to Equity](#)

**Additional Info:**

- [Sample Curriculum K – 5 Lesson 1](#)
- [Sample Curriculum 6 – 12 Lesson 2](#)
- [Mindful Schools Program Catalog](#)

**Contact Information:** Argos Gonzalez (he/him), Head of Instruction, [argos@mindfulschools.org](mailto:argos@mindfulschools.org) Ray Bolton (he/him) School Support Specialist, [ray@mindfulschools.org](mailto:ray@mindfulschools.org) Martha Brown (she/her), Senior Director, People & Operations, [martha@mindfulschools.org](mailto:martha@mindfulschools.org)

**Program Name:** MindUP for Life

**Website:** [www.mindup.org](http://www.mindup.org)

**Program Focus:** Mindfulness

**Program Description:** Offered by the Goldie Hawn Foundation, provides a lesson-based approach to SEL. MindUP for Schools is an evidence-based program that is grounded in neuroscience, mindful awareness, positive psychology and social -emotional learning. It has been shown to increase pro-social actions, decrease aggressive behaviors, and improve academic achievement especially in math and language arts.

**Grade Range:** PreK-8 + High School Adaptation

**Languages available:** English/Spanish (Teacher's curriculum available in these languages)

Implementation	Required/Optional	Description	Participants	Cost	Additional Info
<b>Mind Up for Educators</b>	Required*	This training is designed for adults working in education. It introduces participants to the research and science around well-being and mindful teaching through the lens of MindUP's four pillars.	1 school (up to 30 teachers)	\$2,500	-Virtual training session (90minutes) -One coaching and mentoring session (60minutes) - 30 Online memberships which include access to: Digital curriculum & lesson plans; Classroom materials, resources & activities; Supplemental courses & resources to support educators, families, & administrators; Brain Break Resource Center <a href="https://mindup.org/membership/">https://mindup.org/membership/</a>
<b>Mind Up Complete</b>	This option may be <b>substituted</b> for the required MindUP for Educators	This hybrid mode provides a deep focus on building community and understanding the brain. The remaining training can be completed online and self-paced.	1 school (10-30 teachers)	\$3,000	-Two virtual live training sessions (90 minutes & 60 minutes) -Self-paced training to unlock the remaining 3 units of the curriculum -Two coaching and mentoring sessions (60minutes) -Online memberships for 30 people
<b>Additional memberships</b>	This component is <b>optional</b> . Schools may choose to	Online memberships include access to: -Digital curriculum & lesson plans; -Classroom materials,		\$50 per person per year	

	include this in their budget with the required program.	resources & activities; -Supplemental courses & resources to support educators, families, & administrators; -Brain Break Resource Center			
<b>Additional Training</b>	This component is <b>optional</b> . Schools may choose to include this in their budget with the required program.	MindUP facilitators are available for customized training sessions. A menu of 60-minute training sessions that you can select based on the needs of your school, district, or organization.	1 school (up to 30 teachers)	\$500 per training session	Customized Training Session Topic options: -Building Community with an Equity Lens -Trauma Informed learning environments -Mindful Awareness through our senses -Perspective Taking, Optimism & Emotions -Gratitude & Acts of Kindness -Parent and Family Workshop
<b>*Train-the-Trainer</b>	This component is <b>optional</b> . Schools may choose to include this in their budget with the required program.	For sustainability, a school may opt to send staff to a certification course for experienced MindUP educators to become a certified trainer for their school/district <a href="https://mindup.org/trainin-g-opportunities/">https://mindup.org/trainin-g-opportunities/</a>	At least 1 trainer	\$1500 per person	The train the trainer includes virtual training workshops, course work, assessment, training demonstration, and mentorship conference calls to support and assess program integration. It also includes a MindUP online membership (one-year subscription for each participant)

**Family Engagement /Family Communication:** MindUP for Families - This is a dedicated place on the MindUP online platform to support you and your families with resources, tools and solutions to develop mental fitness. MindUP for Families provides you access to unique learning opportunities, activities and resources that help you create a calm and connected home as well as enhance the well-being of the whole family. We provide a free parent companion course at [home.mindup.org](http://home.mindup.org) for all parents of students in the MindUP program. These materials can be accessed with an on-line membership.

**Evidence of Effectiveness:** [Research Studies | MindUP | The Goldie Hawn Foundation](#)

**Equity/Diversity incorporation:** MindUP for Educators & Schools: Building Community with an Equity Lens (course available on the MindUP platform) This course is designed to support educators' understanding of equity in their classrooms. This series of modules focuses on classroom community, the importance of culturally responsive teaching, the value of creating safe spaces for students in learning environments, and how to identify elements of bias and encourage student voice. The Foundational Lesson in all grade bands of the MindUP Curriculum focus on creating a safe classroom space.

**Additional Info:** MindUP is a CASEL SElect Program - The designation indicates that a program is



evidence-based; well-designed and classroom-based program that systematically promotes students' social and emotional competence, provides opportunities for practice, and offers multi-year programming; and delivers high-quality training and other implementation support.

**Contact Information:** Joelle Schonberg, Operations Manager, [jschonberg@mindup.org](mailto:jschonberg@mindup.org), and Jessica Steffes, Customer Experience & Membership Manager, [jsteffes@mindup.org](mailto:jsteffes@mindup.org)  
MindUP for Life 220 26th St Ste 203 Santa Monica, CA 90402-250 MindUP.org 1-262-510-5551.

**Program Name:** Olweus Bullying Prevention Program

**Website:** <https://olweus.sites.clemson.edu/about.php>

**Program Focus:** Bullying Prevention

**Program Description:** The Olweus Bullying Prevention Program (OBPP) (pronounced Ol-VAY-us) is a comprehensive approach that includes schoolwide, classroom, individual, and community components. The program is focused on long-term change that creates a safe and positive school climate. It is designed and evaluated for use in elementary, middle, junior high and high schools (K-12). The program’s goals are to reduce and prevent bullying problems among school children and to improve peer relations at school. The program has been found to reduce bullying among students, improve the social climate of classrooms, and reduce related antisocial behaviors, such as vandalism and truancy.

**Grade Range:** K-12

**Languages available:** English, Spanish

Implementation	Required/Optional	Description	Participants	Cost	Additional Info
<b>Olweus Coach Training</b>	Required	Attend the Olweus Coach Training (schedule is October 10-12, 2023) which prepares professionals to train and support a school with implementation of the Olweus Bullying Prevention Program (OBPP). Olweus Coaches provide training and ongoing coaching for the school’s Bullying Prevention Coordinating Committee which is the leadership team that spearheads the bullying prevention efforts within each school. Olweus Coaches work only within their own school or district. <a href="https://olweus.sites.clemson.edu/coach-training.php">https://olweus.sites.clemson.edu/coach-training.php</a>  Includes: -22 hours of training -Consultation with an Olweus Mentor for 12 months -One digital set of Olweus Coach Training materials -Access to training and coaching resources to use with a school -Program Materials	Recommended minimum 1 Coach per each school building but may train more based on the school size.	\$3925 per person becoming a trainer who will then train the identified school team	Program Materials: A specialized 15-month Hazelden on Demand Subscription for your school that includes access to: -OBPP Schoolwide Guide -OBPP Teacher Guide -Class Meeting and Individual Interventions Videos -2 administrations of the Olweus Bullying Questionnaire
<b>Bullying Prevention Coordinating</b>		The Olweus Coach Trainer will provide a 12-hour training for members of the Bullying	Identified team for each school		The staff who complete

<b>Committee (BPCC) training</b>		Prevention Coordinating Committee (BPCC). Trainings are conducted by the <b>Trained Olweus Coach trainer</b> . The BPCC meets at least monthly during the first year of implementation. Coaches provide supportive consultation monthly to the BPCC following the committee training.	(Minimum 8, Maximum 12)		the required Olweus Coach training will be responsible for providing this training to the identified team leading the bullying prevention efforts.
<b>Program Materials</b>	Required	<b>Olweus Bullying Questionnaire (OBQ)</b> - Each student grades 3-12. <b>OBPP Schoolwide Guide</b> - For Bullying Prevention Coordinating Committee members. <b>OBPP Teacher Guide</b> - For classroom teachers and identified staff members.	15 month subscription to program materials in an electronic format for one school are included in the cost of tuition for the Coach Training. Additional optional resources are mentioned below.		
<b>Additional Resources for Sustainability</b>	This is <b>optional</b> may be included in the budget with the required program.	An additional 3-year subscription of core materials once the 15-month initial subscription period expires.		3-year Core Subscription: <b>1-4 schools</b> - \$1700/ per school <b>5-9 schools</b> - \$1500/ per school <b>10+ schools-</b> \$1100/per school	Core Subscription includes OBPP Schoolwide Guide, Teacher Guide, and Olweus Bullying Questionnaire.
<b>Additional Resources for Sustainability</b>	This is <b>optional</b>	3-year supplemental online materials subscription including		3-Year Supplem	Supplemental Subscription

	may be included in the budget with the required program	class meeting resources for teacher use. Supplemental materials are <u>not</u> included in the 15 month initial subscription.		ental Subscription, \$900/per school	includes: Class Meetings That Matter, More Class Meetings That Matter, Class Meetings and Individual Interventions Video, Bullying Introductory Video for Students, Teachers, and Parents, OBPP Community Youth Organization Guide.
<b>Additional Resources for Sustainability</b>	This is <b>optional</b> may be included in the budget with the required program		For Trained Coaches, <b>On Demand Class Meetings That Matter</b> Grades K-5, 6-8, & 9-12	Trained Coaches may access this content for \$100.	<a href="#">Class Meetings that Matter K-5</a> <a href="#">Class Meetings that Matter 6-8</a> <a href="#">Class Meetings that Matter 9-12</a>

**Sustaining Olweus Efforts:** Schools may renew the electronic subscription for OBPP program materials every 3 years (includes the OBQ). Sustainability involves continued implementation of all the OBPP program elements. The Olweus Coach and/or BPCC members provide training each year for new school administrators, educators, staff, and parents. <https://www.hazelden.org/store/publicpage/hazelden-on-demand>

**Family Engagement/ Communication:** The comprehensive components of the OBPP include resources that encourage parental involvement from the planning stages through implementation. Families need to hear that the school is concerned, aware, and actively working to stop the bullying. They are an integral part of school-wide efforts, classroom activities, and in individual bullying situations involving their child. Family meetings and ongoing communication strengthen home-school connection while building support for program implementation.

**Evidence of Effectiveness:** <https://olweus.sites.clemson.edu/effectiveness.php>

**Equity/ Diversity incorporation:** The OBPP philosophy is one of ensuring basic human rights for all

students. The concepts of empathy, tolerance, respecting differences, and promoting acceptance are taught through age-appropriate discussions and activities during class meetings.

**Additional Information:**

- Why the OBPP Works
- OBPP Digital Information Packet
- OBPP and SEL Crosswalk
- OBPP and PBIS Common Elements

**Contact Information:**

Jane Riese [jriese@clermson.edu](mailto:jriese@clermson.edu)

Jan Urbanski [jurbans@clermson.edu](mailto:jurbans@clermson.edu)

\*For all questions related to materials costs, including the cost of obtaining the Supplemental Subscription at the start of the specialized 15-month core subscription that accompanies the Coach Training, contact the Jack Hartman, Hazelden [JGHartman@hazeldenbettyford.org](mailto:JGHartman@hazeldenbettyford.org) 1 (651) 213-4661.

**Program Name:** Second Step

**Website:** <https://www.secondstep.org/>

**Program Focus:** Social Emotional Learning, Child Protection, and Bullying Prevention

**Program Description:** Second Step® programs, developed by Committee for Children (<https://www.cfchildren.org>), gives teachers an easy-to-implement, engaging way to teach social-emotional skills and concepts. Second Step programs are designed to help children thrive and be more successful in school— ultimately setting them up to be thoughtful and productive adults.

The professional learning for K–12 educators is designed to build trust, help manage stress, explore equity and belonging, and cultivate resilience and efficacy. The Second Step Elementary and Middle School digital programs are web based, allowing for scalability across schools and districts, consistency from classroom to classroom, and the flexibility to teach it remotely or in person. The Bullying Prevention Unit has age-appropriate lessons for elementary classrooms (Kindergarten– Grade 5). As students master these crucial skills, educators and school staff learn to recognize and respond appropriately when they observe bullying or receive a bullying report, all while gaining insight into teaching the unit to children.

**Grade Range:** K - 5 Bullying Unit (kit), K-5 SEL (kit/digital) 6-8 SEL (digital) SEL for Adults (K-12 educators digital)

**Languages Available:** Digital: English and Spanish. The classroom kits are in English but have some Spanish materials online.

Implementation	Required/Optional	Description	Cost	Additional Info
<b>SEL K-8 Educator trainings and Curriculum</b>	Required	<p>Every Second Step program includes training and support materials to ensure you get off to a great start and get the most out of our research-based social-emotional learning (SEL) curricula.</p> <p>The Second Step Elementary curriculum now offers two options: the web-based and teacher-facilitated digital program and our print-based classroom kits supplemented by online resources.</p> <p>The Second Step Middle School program (6- 8) is a web-based curriculum that is responsive to the needs of today’s classrooms, with weekly lessons, engaging content, and nearly 200 advisory activities. All digital licenses give access to the full K-8 program.</p>	<p><a href="#">Pricing is dependent upon how many schools, size of schools and number of years. Click for pricing detail.</a></p>	<p><a href="https://www.secondstep.org/elementary-school-curriculum">https://www.secondstep.org/elementary-school-curriculum</a></p> <p><a href="https://www.secondstep.org/middle-school-curriculum">https://www.secondstep.org/middle-school-curriculum</a></p>

<b>SEL for Adults</b>	Required	The SEL for Adults program is a foundational program for educators to work on their own SEL skills. The program includes four units per module, each with a Kickoff Meeting for all staff (60 minutes), four to eight independent micro-learnings (60–90 minutes total), and a small-group meeting (30 minutes).	<a href="#">Pricing is dependent upon how many schools, size of schools and number of years. Click for pricing detail.</a>	<a href="#">Social-Emotional Learning for Adults   SEL for Adults   Second Step</a>
<b>Bullying Prevention Unit</b>	Required	Building on the fundamentals of the Second Step social-emotional learning (SEL) programs, the Bullying Prevention Unit includes age-appropriate lessons for elementary classrooms (Kindergarten– Grade 5) students how to recognize, report, and refuse bullying while educators and school staff learn to recognize and respond appropriately.	<a href="#">Pricing is dependent upon how many schools, size of schools and number of years. Click for pricing detail.</a>	<a href="#">Bullying Prevention Unit   Second Step</a>

**Family Engagement/ Family Communication:**

The following resources and materials for communicating with families in each grade K-8 digital:

- Program Overview Family Letter: A letter sent home to provide families an overview of the program.
- Weekly family communications for each lesson: These communications provide a summary of what their child is learning that week, as well as an activity or discussion question related to the learning objective of that lesson.
- Family Open House Presentation and Flyer to introduce Second Step Digital to families at the beginning of the school year and to keep them engaged all year long
  - All available in the top 12 languages spoken in the US (English, Spanish, Arabic, Traditional Chinese, Simplified Chinese, Haitian Creole, Hmong, Korean, Russian, Somali, Tagalog, and Vietnamese.).
- Home Links: Send this one-page unit overview home at the start of each unit to introduce the concepts and skills being taught. Home Links offer ideas that families and caregivers can use to reinforce their child’s learning and support their practice beyond the classroom.
- ParenTeenConnect.org is a free resource for parents that provides expert advice and practical tools for dealing with real parent-teen issues
- Family Facing Webpage with links to lesson samples, resources, and research <https://www.secondstep.org/families>

**Research base/ Evidence of Effectiveness:**

- Review of Research- Second Step Elementary Digital Program
- Review of Research- Bullying Prevention Unit
- <https://www.secondstep.org/research>
- Review of Research- Second Step Middle School

**Equity/ Diversity incorporation:** Second Step programs are culturally responsive and offer diverse

visuals in the images, media, and stories found throughout the curricula. Second Step lessons and activities align with the CASEL transformative SEL framework to further support diversity, equity and inclusion and help students be an active part of their learning environment, by specifically:

- Promoting and affirming identity development
- Elevating school connectedness and belonging
- Cultivating a sense of community

Learning for Justice, a respected leader in the field of anti-racism and anti-bias work, has designed a robust set of free lessons with direct instruction on identity, diversity, justice, and action that complement and enhance SEL skills. We've also curated a set of lessons from Learning for Justice that are aligned to Second Step Elementary and Second Step Middle School programs. These lessons are aligned by Second Step unit, lesson, and grade, as well as CASEL competencies and social justice domains. We recommend teaching these lessons in tandem with Second Step. We have curated a list of educational resources for educators to use in their teaching practice that can be found at: [https:// www.secondstep.org/anti-racism-and-anti-bias-resources](https://www.secondstep.org/anti-racism-and-anti-bias-resources).

Diversity, Equity, and Inclusion | Committee for Children ([cfchildren.org](http://cfchildren.org))

**Additional Info and Alignments:** Additional resources are available for purchase:

<https://cfccdn.blob.core.windows.net/static/pdf/purchasing-options/second-step-order-form.pdf>

Second Step® programs align with other programs including: CASEL, MTSS, RTI, and PBIS, Restorative Practices in Schools, Trauma-Informed Practices in Schools, Common Core Academic Standards,

<https://www.secondstep.org/alignment-charts>

Elementary and Second Step Middle School are designated as SElect Programs by CASEL.

**Contact Information:**

Jackie Mahedy | Senior Education Partnerships Manager

800-634-4449, ext. 6556

P. 206-438-6556

[jmahedy@cfchildren.org](mailto:jmahedy@cfchildren.org)



**Program Name:** Trauma, Illness, & Grief (TIG) - Prevention, Intervention, Recovery

**Website:** <https://tigconsortium.org/training/>

**Program Focus:** Trauma-responsive prevention, intervention, and crisis recovery

**Program Description:** TIG is a comprehensive training and crisis response network for K-12 education. The innovative TIG program model prepares school-based professionals to meet the holistic needs of students in response to grief, trauma, illness, violence and death in a school setting. School-based professionals are equipped with common language, practices, and evidence-based crisis response skills, resources, and ongoing technical support. TIG strengthens and grows a school or district's internal capacity to effectively plan and respond during times of crisis to support recovery and resiliency for students and staff. TIG's model of prevention, intervention and recovery helps minimize risk for crisis and promotes healthy recovery strategies in the event of a traumatic incident.

**Grade Range:** School Districts K-12 Staff/Leadership

**Languages available:** English

Implementation	Description	Participants	Cost	Additional Info
<b>Full TIG Program</b>	The TIG Program includes: *Training - a 7 module, spiraling curriculum. *It includes all facilitation and coordination prior to the training as well as training delivery. * TIG "to go" bags including lanyards and all training supplies. *Access to the digital library of curated resources, templates, handouts and more.	Up to 50 per cohort (A cohort is comprised of a minimum of two staff from each school building.)	\$25,000 per cohort (virtual)	The training is a virtual training, which is generally spread out over a semester to alleviate burden on staff time/capacity. The seven modules are covered in six 3.5-hour sessions and two full days. The seven modules are: *Grief & Loss at School *From Trauma to Healing *Suicide Risk and Intervention in Youth and Adolescents *Chronic and Acute Illness *Threat Assessment & Management *TIG Implementation & Crisis Response *Critical Incident Stress Management (CISM)

**Family Communication:** This training is delivered by educators, for educators of all roles. Authentic family voice is a value that is promoted throughout the series and opportunities to involve family and student voice are highlighted through the content. This series is focused on supporting educators to transform individual practice, building procedure, and board policy in ways that improve the ability to collaborate and partner with families around student needs.

**Research base/ Evidence of Effectiveness:** TIG Core Curriculum is evidence-informed, best practice oriented. Content is informed by the following fields: Trauma and trauma-responsive practices, resilience development, positive youth development, principles of high-quality instruction, positive school climate and culture, equity, suicide prevention, and coping/stress management. The two modules addressing Threat

Assessment and Management: The Virginia Model of Threat Assessment and Critical Incident Stress Management (CISM) Group Crisis Response Skills have a specific evidence-base. CISM is the only crisis intervention model designated by SAMHSA as an evidence-based practice. The module is provided through approved instructors of the International Critical Incident Stress Foundation (ICISF.org) only.

**Equity/ Diversity incorporation:** All content areas are informed by an equity lens. Specific inequities related to prevalence, disparate outcomes, and intervention strategies for members of marginalized populations are highlighted. Participants are supported in their efforts to evaluate district specific data to identify meaningful strategies for improvement.

**Additional Info:** School districts may have the option to join a network of districts trained in TIG. Creating a combined training experience with other districts in your region can support these efforts if TIG is new to an area. CCSI TIG staff can assist in identifying the nearest active region, or support steps to establish a network in your area.

**Contact Information:**

Amy Scheel-Jones -Director, Trauma-Responsive Care & TIG Coordinated Care Services, Inc.  
1099 Jay St, Bldg J, Rochester, NY 14611  
O: (585) 749-0336 [ascheel-jones@ccsi.org](mailto:ascheel-jones@ccsi.org)