



**Iowa ACEs 360 provides research, tools, and a network to empower individuals, organizations, and communities to take informed actions that help create the conditions for individuals to heal from trauma and thrive. Learn more about our coalition and find additional resources at [www.iowaaces360.org](http://www.iowaaces360.org)**

# Promoting Healing Environments in Schools

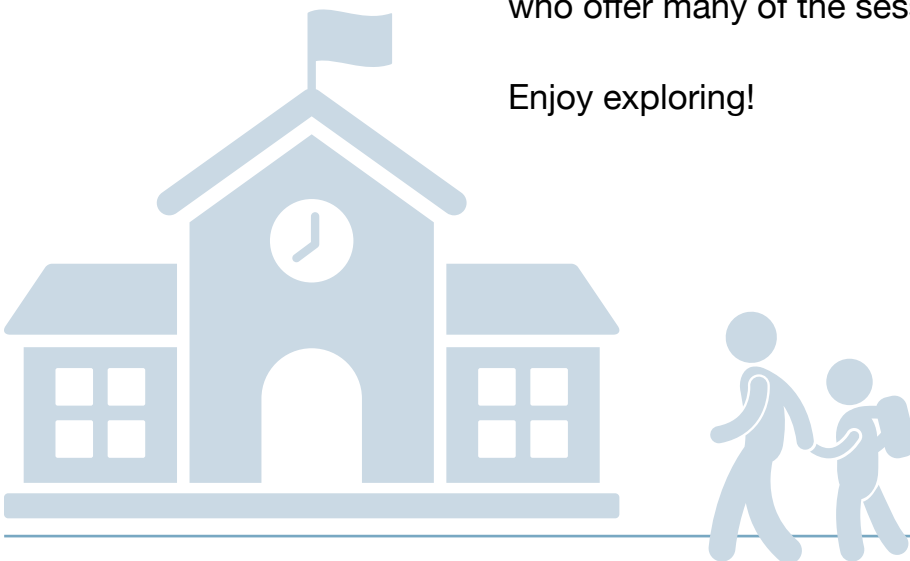
## Menu of trainings related to ACEs and how to respond

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Taking intentional steps to foster healing environments in schools can improve well-being for students, staff, families, and communities. The journey starts by gaining an understanding of how trauma can impact behaviors, health, and learning. Knowing about adverse childhood experiences (ACEs) and toxic stress can then inspire strategies that promote relationships, safety, support, and engagement within classrooms and across school districts.

This menu provides training options for professionals working within education. Options move from learning about trauma to how to respond. We also share training available on specific topics. Iowa ACEs 360 thanks our coalition members and partners who offer many of the sessions featured here.

Enjoy exploring!





# Tier 1

## Back to the Basics

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Whether you are new to the ACEs conversation or a seasoned pro at talking about the research, these trainings can help you build a firm foundation in understanding childhood trauma, the impact of toxic stress, and how to respond within a school setting.

### **ADVERSE CHILDHOOD EXPERIENCES: FROM TOXIC ENVIRONMENTAL STRESSES TO SUCCESS**

AEA Learning | virtual, self-guided | CEU 0.1 | free for AEA members

Developed with Iowa ACEs 360, this module meets Iowa's guidance for school personnel to receive annual training on ACEs and toxic stress. This training provides an overview of the research, how stress impacts children's development and behaviors in a classroom, strategies that can promote resilience in school settings, and opportunities for creating trauma-informed education systems. Find the course when you log into the AEA Learning System: [training.aealearningonline.org](https://training.aealearningonline.org)

### **SUICIDE PREVENTION & POSTVENTION**

AEA Learning | virtual, self-guided | CEU 0.1 | free for AEA members

This module meets Iowa's guidance for school personnel to receive annual training on prevention and postvention of suicide. Find the course when you log into the AEA Learning System: [training.aealearningonline.org](https://training.aealearningonline.org)

### **OVERVIEW OF ACES IN IOWA**

Iowa ACEs 360 | virtual, self-guided | 1 hour | free

This online course shares Iowa research on ACEs and how trauma can impact health and well-being. You'll also reflect on factors that contribute to ACEs and explore ways to promote healing and resilience. Sign up at [iowaaces360.org/aces-training](https://iowaaces360.org/aces-training) or contact Iowa ACEs 360 for in-person training and train-the-trainer options.

### **TRAUMA-INFORMED CARE**

Orchard Place Trauma-Informed Care Project | virtual and in-person options | time and cost varies

Trainings focus on understanding, recognizing, and responding to the effects of all types of trauma through trauma-informed care. The approach emphasizes physical, psychological, and emotional safety for both consumers and providers and helps survivors rebuild a sense of control and empowerment. The Project hosts an annual conference in June and in-person trainings upon request. For options, contact Gladys Alvarez: [galvarez@orchardplace.org](mailto:galvarez@orchardplace.org)

### **SUICIDE PREVENTION**

Please Pass the Love | virtual and in-person options | 1 hour | free in Iowa (mileage and travel not included)

This evidence-based training meets Iowa's guidance for school personnel to receive annual training on suicide prevention. It focuses on the signs that a student might be thinking about suicide, steps you can take for prevention, and what to do if a student indicates they are thinking about suicide. Learn more: [pleasepassthelove.org/programs/school-training](https://pleasepassthelove.org/programs/school-training)

### **TRAUMA-RESPONSIVE TEACHING**

Please Pass the Love | virtual and in-person options | 1 hour | free in Iowa (mileage and travel not included)

This evidence-based training discusses teaching through a trauma-responsive lens. It will demonstrate how trauma impacts the brain, how trauma shows up in the classrooms, practical ideas for teaching with a responsive-lens, and give resources for educators. Learn more: [pleasepassthelove.org/programs/school-training](https://pleasepassthelove.org/programs/school-training)



# Tier 2

## Diving Deeper into ACEs Response

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With a foundational understanding of ACEs and toxic stress, you can dive deeper into the science of brain development and the impact of secondary traumatic stress on professionals. Trainings also explore the context in which trauma occurs and how to respond in ways that promote trusting relationships and healing environments for students and adults.

### **UNDERSTANDING THE INVISIBLE BACKPACK FROM TRAUMA AND HOW TO RESPOND**

Iowa ACEs 360 | virtual or in-person options | time and cost varies

This customizable training focuses on how to apply trauma-informed practices and identify champions for leading trauma-informed approaches within schools. It also covers concepts related to secondary traumatic stress and burnout and how schools can promote healing and well-being for adults serving kids. Request training: [iowaaces360.org/aces-training](http://iowaaces360.org/aces-training)

### **CHILD DEVELOPMENT: TRAUMA AND RESILIENCE IN THE EARLY YEARS**

AEA Learning | virtual, self-guided | CEU 0.1 | free for AEA members

This training discusses the impact of toxic environmental stresses and ACEs on children's early development. Find the course when you log into the AEA Learning System: [training.aealearningonline.org](http://training.aealearningonline.org)

### **J.E.D.I. (JUSTICE. EQUITY. DIVERSITY. INCLUSION.)**

ArtForce Iowa | in-person | time and cost varies

Through art, this training supports cultural transformation in practices, institutions, and broader social systems to foster healing and well-being for all members of a community. For options, contact Christine Her: [christine@artforceiowa.org](mailto:christine@artforceiowa.org)

### **CONNECTIONS MATTER**

Prevent Child Abuse Iowa | in-person | cost and time varies

This interactive, discussion-based workshop covers the importance of trauma-informed practices in mitigating negative physical and mental health outcomes by teaching how to build relationships and resilience. Learn more: [connectionsmatter.com/training](http://connectionsmatter.com/training)

### **SCHOOL MENTAL HEALTH ACADEMY**

Please Pass the Love | virtual, self-guided | cost associated

Please Pass the Love offers courses for certification and to support staff. Topics include mental health literacy, understanding and implementing racial and diversity inclusivity, and restructuring schools to minimize trauma for students and staff. Learn more: [pleasepassthelove.org/programs/take-a-class](http://pleasepassthelove.org/programs/take-a-class)

### **HEALING-CENTERED ENGAGEMENT**

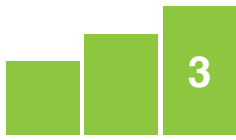
Flourish Agenda | online, self-guided | cost associated

Healing-Centered Engagement (HCE) is a non-clinical, strengths-based approach that advances a holistic view of healing and re-centers culture and identity as a central feature in personal well-being. This certification process helps those working with youth explore ways to more effectively reach and impact youth of color. Learn more: [flourishagenda.com](http://flourishagenda.com)

### **LEMONADE FOR LIFE**

Iowa ACEs 360 | virtual or in-person options | one day | cost associated

This engaging training experience helps professionals gain skills and knowledge to support families who have experienced ACEs build hope and resilience. Learn more: [lemonadeforlife.com](http://lemonadeforlife.com)



# Tier 3

## Zeroing in on ACEs-Related Topics

Trainings can help you understand specific areas related to trauma and how to respond through various roles throughout a school district.

### TEA TRAY TIDBITS: Expanding on ACEs

Here are resources to continue learning and to connect with national conversations:

The National Child Traumatic Stress Network offers resources on child trauma, including guides for schools. Explore the library at [nctsn.org/resources](https://nctsn.org/resources).

SAMHSA provides resources specifically for educators, parents, and children. Visit the resource center at [samhsa.gov](https://samhsa.gov) and search by target audience.

The CARMA Chronicles by Flourish Agenda shares stories, ideas, and examples of how to implement healing-centered principles. View episodes at [flourishagenda.com/podcast](https://flourishagenda.com/podcast).

PACES Connection offers information and connections among those implementing trauma-informed and resilience-building practices based on ACEs science. Visit [pacesconnection.com](https://pacesconnection.com) and search by communities.

### TRAUMA-INFORMED SUPERVISION

Iowa ACEs 360 | virtual, self-guided | free

This 1-2 hour course is designed for supervisors to reflect on their experiences in leading teams and to identify trauma-informed strategies that can support themselves and their staff with difficult work. Access the course: [iowaaces360.org/aces-training](https://iowaaces360.org/aces-training)

### TRAINING FOR HEALTH CARE PROVIDERS (PARTS 1 & 2)

Iowa ACEs 360 | virtual, self-guided | free

These two courses are designed for any professional in health care. Part 1 highlights the ACEs research, how toxic stress can impact healthy development, and the components children and families need to thrive. Part 2 covers how you can implement relationships-based, trauma-informed care. Access the courses: [iowaaces360.org/aces-training](https://iowaaces360.org/aces-training)

### SESAME STREET IN COMMUNITIES RESOURCES

Iowa Alliance for Healthy Kids | in-person or virtual | 45 min.-1 hour | free

Abby's Ambassadors offer trainings on topics, including Sesame Street in Communities Overview, Resilience, and Exploring Emotions. Each training explains the topic and lets participants explore free resources on the SSIC.org website that can help young children develop social-emotional skills. For options, contact: [communications@aces360.org](mailto:communications@aces360.org)

### SEXUAL ABUSE 101

Prevent Child Abuse Iowa | in-person | time and cost varies

This workshop covers child sexual abuse information, including possible risk factors, concerns to watch for, reporting procedures, and an in-depth look at victims, offenders, and the victim-perpetrator relationship. For options, contact Martha Comfort: [mcomfort@pcaiowa.org](mailto:mcomfort@pcaiowa.org)

### STEWARDS OF CHILDREN

Prevent Child Abuse Iowa | in-person | two hours | cost associated

Using the 5 Steps to Protecting Our Children™ as a framework, Stewards of Children® is a two-hour training that teaches adults practical actions to prevent child sexual abuse and how to intervene if abuse is suspected. For options, contact Martha Comfort: [mcomfort@pcaiowa.org](mailto:mcomfort@pcaiowa.org)

### TECHNICOOL

Prevent Child Abuse Iowa | in-person | time and cost varies

This workshop teaches adults the digital risks for children and ways to keep children and youth safe in digital environments, as well as effective strategies for supporting children exhibiting concerning digital behaviors. For options, contact Martha Comfort: [mcomfort@pcaiowa.org](mailto:mcomfort@pcaiowa.org)