# RESC Alliance

CONNECTICUT ALLIANCE OF REGIONAL EDUCATION SERVICE CENTERS

## KNOW THE STATS

Nationally, **63% of children** have faced some form of adverse childhood experience (ACE)

Nationally, **20-25% of youth** from low-income backgrounds experience 4+ ACEs

**40% of adults** in CT reported symptoms of anxiety or depression

**49% of youth in CT** aged 12-17 who have depression did not receive any care in 2020. Of the **51%** receiving care for depression, **70%** are receiving that support at school

## CHILDREN AFFECTED BY TRAUMA ARE FAR MORE LIKELY TO EXPERIENCE:

Learning difficulties

Mental health concerns

Lower grades and graduation rates

Increased suspensions and expulsions

Increased involvement with child welfare and juvenile justice systems

Long-term health problems

Decreased life expectancy

# UPLIFT: A TRAUMA-INFORMED CARE TRAINING PROGRAM FOR SCHOOLS

*Effective July 1, 2022, the CT General Assembly passed legislation requiring Regional Educational Service Centers (RESCs) to develop a statewide training program to support public school educators address trauma.*

## UPLIFT VISION

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** 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 RESC Alliance Regional Trauma Coordinators will provide training, technical assistance, and consultation to public school districts at **NO COST**.

**The training program includes four modules:**

- Trauma-Informed Care (101)
- Trauma-Informed Care Leadership Orientation
- Staff and System Wellness
- Trauma-Informed Care in Practice (6 Part) Series

## HOW TO GET INVOLVED

1 **Contact your local RESC Trauma Coordinator**
**Visit** rescalliance.org/uplift to get more information about this training program or to set up presentation for your school

2 **Want to learn more about UPLIFT?**
Scan the QR Code **to complete our Interest Form**

***Learn more at rescalliance.org***