



Relational Mentor Training and Community of Practice

Kitsap Strong and XParenting are seeking interested individuals (natural supports in the lives of our youth/children) to participate in a two-day virtual training and subsequent Community of Practice (CoP). This experience is designed to empower participants with the skills and confidence to help children cope with the stress of the COVID-19 pandemic and social isolation. We believe every person can flourish when they have the support of caring and competent adults. Excellent candidates for this FREE training opportunity include any/all “caring adults” who have relationships with children and are natural **mentors** (formal or informal) - youth leaders, coaches, scout leaders, faith & activity leaders, aunties/uncles, neighbors, and grandparents.

Kitsap Strong is a community of leaders, representing more than 100 organizations, working to prevent and overcome childhood trauma by building a culture of empathy, equity, and connection. Since 2015, Kitsap Strong has been building a community movement to promote trauma-informed care in organizations, convening Collaborative Learning Academies (CLAs) with leadership teams from over 100 schools and organizations across our community. We believe the next logical step is to expand our skill building opportunities and trauma-informed capacity development for caring adults in Kitsap.

XParenting is an organization originally run for parents, by parents, and has grown in scope to focus on empowering caring adults to be the “community of support” that every child and parent needs. XParenting is led by Tif Sudela-Junker, the adoptive mother of two children who experienced early trauma and has dedicated her life to learning and teaching the skills to help children flourish. The organization has a long track-record of working directly with children who have suffered early-life trauma and their parents. Tif has extensive knowledge of trauma, neuroscience, and is an exceptional trainer with a practical, scenario-based approach to coaching that encourages participants to develop new skills. Through this opportunity participants will be able to participate in an intensive 2-day virtual RISE Training (Relational Integrative Supportive Experiences), an engaging and interactive, skill building opportunity.

The RISE Relational Mentor Training curriculum is an innovative approach, utilizing the best available research on neuroscience, trauma-informed care, resiliency, the science of hope, adult-learning, capacity/skill-building, and behavioral interventions.

This free opportunity begins with an intensive training (RISE Relational Mentor Training) led by XParenting, followed by a 9-month Community of Practice (COP) facilitated by Kitsap Strong and XParenting, to reinforce the skills learned in the training, expand the learning as needed, and to form connection with other caring adults in the region. The RISE Relational Mentor Training is an experiential, neuroscience, and scenario/story-based curriculum that provides rich opportunities for mentors to learn new skills through practice, modeling, and coaching. Participants who complete the full 8-hour RISE training will receive a customized “regulation kit,” full of developmentally appropriate resources for both the caring adult (mentor) and



youth/child(ren) they support to reinforce the self/co-regulation skills developed through the training experience.

Section 1: Certification Requirements for RISE Training Certification

Selected applicants will:

- Participate in a two-day (four hours each) virtual training event
- Participate in the Community of Practice throughout the rest of 2021
 - Anticipated time commitment = 18 hours (2 hour - monthly meetings)

Please complete the application via [Google Forms](#) link.

If you have difficulty filling out the application form, please contact:

Marlaina Simmons, Networks Coordinator
(360) 536-3394
Email: marlaina.simmons@kitsapstrong.org

If you have questions please call (206) 949-7018 or send an email to Kody Russell at kody.russell@kitsapstrong.org.

Thank you for your interest in RISE Relational Mentor Training and Community of Practice, we look forward to hearing from you.

Applicant Selection Process:

Initial review of applications will begin February 1, and applicants selected for the first cohort will receive notification by February 8th.