

**UCLA**

Harold and Pauline Price Center  
for Entrepreneurship & Innovation



LATEST TRAINING OPPORTUNITY OFFERED  
BY UCLA HEALTH CARE INSTITUTE

# Strategies to Promote Resilience and Wellness for Head Start Staff Through A Trauma-Informed Lens

March 15 — April 6, 2023

LIVE ONLINE

Apply By: January 20, 2023

**UCLA**

**Anderson**  
School of Management



**Health  
Care  
Institute**

# LATEST TRAINING OPPORTUNITY OFFERED BY THE UCLA HEALTH CARE INSTITUTE

The UCLA Health Care Institute's latest training will support Head Start and Early Head Start organizations in adopting principles of Trauma-Informed Care. In collaboration with faculty experts from the David Geffen School of Medicine and the UCLA Jane and Terry Semel Institute for Neuroscience and Human Behavior, this training will focus on creating a culture that promotes resilience and healing within early childhood staff. Head Start and Early Head Start organizations, by the nature of serving low-income families, are more likely to be serving children and parents who have been exposed to various distressing and disturbing life events. In addition, research has shown that a history of trauma in early childhood staff impacts their health, relationships, work and other aspects of life; thus, promoting a trauma-sensitive and responsive organization can be a key factor in recruiting and retaining your workforce.

## THE IMPACT

### THIS TRAINING WILL HELP HEAD START ORGANIZATIONS AND ITS STAFF TO DO THE FOLLOWING:

- ▶ Build awareness about their own experiences with trauma and how this impacts their current practice and work with children.
- ▶ Understand their own triggers around children's behaviors and utilize strategies to support themselves with awareness, reflection and self-care after experiencing burnout and compassion fatigue.
- ▶ Learn trauma-informed practices that support attunement and relationship-building in the workplace, with an emphasis on reflection and inquiry, parallel process and reflective supervision grounded in relationship-based practice.
- ▶ Conduct a self-assessment of their organization that will help identify current practices and next steps for building a trauma-sensitive and-responsive organization.



*The combination of wellness and strategic implementation, as well as the data to back it up, made this training unique. This was the best investment in the 27 years I've been in Head Start!*

# TRAINING MODULE OVERVIEW

THE TRAINING IS A LIVE ONLINE LEARNING JOURNEY COMPRISED OF EIGHT TRAINING DAYS DELIVERED OVER FOUR WEEKS. SESSION TOPICS INCLUDE:

- ▶ Child Trauma and Traumatic Stress during and post COVID-19.
- ▶ Introduction to Trauma-Informed Care.
- ▶ Compassion Fatigue.
- ▶ Maintaining Personal and Professional Well-Being for Head Start Staff.
- ▶ Intersectionality and Trauma.
- ▶ Stress and Coping Skills.
- ▶ Strategic Organizational Response to Trauma.
- ▶ Principles of a Trauma-Informed and Responsive Organization.
- ▶ Strategies to Promote Compassion Satisfaction and Reflective Supervision.
- ▶ Workforce Wellness.
- ▶ Self-Care to Foster Resilience at the Individual Level.
- ▶ Emotional Intelligence and Diversity.
- ▶ Inclusive Leadership.

In addition, participating Head Start grantees will be provided strategic implementation tools and multiple quality-improvement follow-up webinars over a six-month period, as well as the following assessment tools for Head Start agencies to monitor their progress and change from baseline to one year post training.

- ▶ The Professional Quality of Life (ProQOL): A 30-item self-report measure of the positive and negative aspects of caring. It has been validated to measure compassion satisfaction, burnout and compassion fatigue.
- ▶ The Agency Self-Assessment for Trauma-Informed Care: A measure of an organization's readiness to implement a trauma-informed approach. Staff responses can help identify the opportunities for program and environmental change, assist in professional development planning and inform organizational policy change.
- ▶ The Secondary Traumatic-Stress-Informed Organization Assessment: Evaluates the degree to which an organization is secondary traumatic-stress-informed and able to respond to the impact of secondary traumatic stress in the workplace.
- ▶ All participating grantees will receive an analysis of their data that can be used to inform their strategic plan to build a trauma-sensitive and -responsive organization.



*This training brought fresh, new ideas and innovative thinking and has reignited our staff's passion for their work.*

## LOGISTICS

- ▶ Virtual training will take place two days per week from 9:00 a.m. to 1:30 p.m. (Pacific Standard Time) over a four-week period on the following dates:

MARCH 15 & 16, 2023

MARCH 22 & 23, 2023

MARCH 29 & 30, 2023

APRIL 5 & 6, 2023

- ▶ The registration fee is \$6,000 per grantee (maximum six participants) and includes all learning materials and individualized pre-/post-data analysis and follow-up webinars.
- ▶ Participation of the HS/EHS director, human resources director, and health & mental health managers is highly recommended.
- ▶ Apply by January 20, 2023. Notification of participation will be sent by February 7, 2023.

[APPLY HERE](#)

## THE FACULTY

- ▶ Ariella Herman, Ph.D. – Director, UCLA Health Care Institute; Senior Lecturer, UCLA Anderson School of Management.
- ▶ Jessica Jeffrey, M.D., MBA, MPH – Assistant Clinical Professor of Psychiatry and Associate Director of Ambulatory Services, David Geffen School of Medicine; Lead Child Psychiatrist, UCLA Jane and Terry Semel Institute for Neuroscience and Human Behavior.
- ▶ Portia Jackson Preston, Dr.PH – Assistant Professor of Public Health, California State University, Fullerton.
- ▶ Moira A. Szilagyi, M.D., Ph.D., FAAP – Professor of Pediatrics, David Geffen School of Medicine; AAP President.
- ▶ Jorge Cherbosque, Ph.D. – Director, UCLA Staff and Faculty Consultation and Counseling Center.
- ▶ Robin Johnson, Ph.D. – Executive Education, UCLA Anderson School of Management.
- ▶ Dr. Mandy Davis, Ph.D., LCSW – Associate Professor of Practice at Portland State University.

## ABOUT THE UCLA HEALTH CARE INSTITUTE

For the past two decades, the UCLA Health Care Institute (HCI), housed at the UCLA Anderson School of Management, has taught a strategic, systematic approach for Head Start and Early Head Start agencies to implement successful health promotion parent-training programs. This training approach for Head Start staff specifically focuses on developing leadership skills, enhancing management capacity and implementing strategies to effectively train parents on various health promoting topics. These core areas have been the foundation of HCI's success in working effectively with Head Start agencies to promote parent-training programs in oral health, obesity prevention, child safety and managing common childhood illnesses.

FOR MORE INFORMATION ON UCLA HEALTH CARE INSTITUTE (HCI)

[WWW.ANDERSON.UCLA.EDU/PRICE/HCI](http://WWW.ANDERSON.UCLA.EDU/PRICE/HCI)