

Strategies to Promote Resilience and Wellness for Head Start Staff Through a Trauma Informed Lens

New Training Opportunity Offered by 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.

The HCI will use its strategic management model and experience in working with and training Head Start agencies to support the adoption of Trauma Informed Care (TIC) principles over a one-year time period to promote resilience and wellness among Head Start staff. The HCI training model will include: (1) an 8-day training to provide content training on TIC and strategic implementation tools; (2) quality-improvement follow-up webinars; and (3) evaluation tools for Head Start agencies to monitor its progress and change. The content training will be provided by faculty experts and mental health professionals trained in trauma informed care from the UCLA David Geffen School of Medicine and the UCLA Jane and Terry Semel Institute of Neuroscience and Human Behavior, and the strategic organizational implementation strategies and quality improvement by faculty experts in leadership and management through UCLA Anderson School of Management.

Key Learning Objectives

- Head Start staff are guided to build awareness about their own experiences with trauma and how this impacts their current practice and work with children.
- Head Start staff will be supported in understanding their own triggers around children's behaviors and strategies to support themselves with awareness, reflection, and self-care, as a result of burnout and compassion fatigue.
- Head Start staff will 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.
- Head Start leadership will team together to conduct a self-assessment of their organization that will help them walk away with a strategic plan identifying current practices and next steps for building **a trauma-sensitive and responsive organization**.

Logistics

Virtual Training will take place over a 4-week period, 2 days/week, from **9am-1:30pm (PST)**. Dates are listed below:

- **March 15-16, 2023**
- **March 29-30, 2023**

- **March 22-23, 2023**
- **April 5-6, 2023**