

Getting to Know Culture

A cultural competency training that can span from Arabic families, Latino families, South Asian families and other cultures that may be prominent in your community. This training will help you understand family dynamics, specific rituals and communications styles often prominent in the specific culture.

Motivating the Unmotivated Student

This training focuses on two main theories behind motivating students in the classroom: Social and Emotional Learning and the Learner Centered vs. Teacher Centered Classroom.



Substance Trends in NJ and What You Can Do

In this training, you will learn the current drug trends in New Jersey including what they are and their effects. Further, you will become more familiar with the signs of substance use, community resources and treatment options.

The Impact of Integrating a Mindfulness Based Program in Schools

Research shows incorporating more movement into classroom activities can be good for students' cognitive development, behavior and health. Throughout this training you will learn how to use space more effectively and the benefits of getting students to move within that space.

Schools That Participated

Science High in Newark

Arts High in Newark

Belmont Runyon School in Newark

Spencer Miller School in Newark

Phillips Academy in Newark

North Star Academy in Newark

Sayreville Public Schools

Edison Public Schools

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RUTGERS HEALTH

University Behavioral
Health Care

School & Community Based Programs



Professional Development Training

Nurtured Heart Approach

The Nurtured Heart Approach® (NHA) consists of a set of strategies that assists children in further developing their self-regulation and has been found effective with children of all ages. It focuses on transforming the way children perceive themselves, their caregivers and the world around them.



I'm Stressed!

I'm Stressed is an interactive training approach where a needs assessment is completed with your students on the average amount of time they spend sleeping, completing homework, other things they do after school, what they need to feel comfortable and what they see as the school role to assist them.

Attachment, Regulation and Competency (ARC)

ARC is a framework for intervention with youth and families who have experienced multiple and/or prolonged traumatic stress.



Let's Get Our Students Moving

Research shows incorporating more movement into classroom activities can be good for students' cognitive development, behavior and health. Throughout this training you will learn how to use space more effectively and the benefits of getting students to move within that space.

Mindfulness

Mindfulness is the basic human ability of being fully present, being aware of where we are and what we're doing and not overly reactive or overwhelmed by what's going on around us. During this training you will learn to be mindful and facilitate mindful activities with staff or your students.



Assessing at Risk Youth and What You Need to Know

Each year there is a growing number of students who show signs of stress, anxiety and depression. What can you do? What should you do? A former certified screener helps walk you through the process. You will learn about the entire process from beginning to end, as well as possible pitfalls that may arise, and how to potentially avoid them.

How to Overcome!

Trauma can occur as a result of violence, abuse, neglect, loss and other emotionally harmful experiences. Throughout this training different types of research will be presented with regards to the impact trauma has on us. By the end, you will have a better understanding of how to be resilient and how to foster it in someone else.

The Power of De-escalation

Crisis de-escalation begins with listening and understanding. During this training, escalation will be defined and discussed to understand early warning signs vs. imminent danger signs.

Question, Persuade, Refer (QPR)

According to the Surgeon General's National Strategy for Suicide Prevention (2001), a gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide. As a QPR-trained gatekeeper, you will learn to recognize the warning signs of suicide, know how to offer hope and know how to get help and save a life.



Yoga for All!

The word 'yoga' actually means union. It is a practice that connects the body, mind, and spirit through different body postures, meditation and controlled breathing.