



HOPE 4 THE WOUNDED

ENCOURAGE - EQUIP - EMPOWER



TRAUMA-INFORMED WELLNESS 4
STUDENTS, EDUCATORS, & COMMUNITIES

School Consulting/Collaboration Options Comprehensive Trauma-Informed & Wellness Plan based on the H.O.P.E. Curriculum

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Excellence in Education Award, Author, Researcher, Practitioner

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Certified Health & Wellness Coach, Author, Advocate

Vision

***Leadership Work Session** (Include administrators, counselors, school psychologist, curriculum, building leadership team members, and/or other identified leaders within school or district)

Goals/Objectives: Examine current systems in place and determine potential modifications or additions. Create a vision for implementing a sustainable plan utilizing the H.O.P.E. Curriculum with measurable outcomes.

Equipping/Training

***Reaching the Wounded Student** (Foundational training utilizing the H.O.P.E. Curriculum)

***7 Ways to Transform the Lives of Wounded Students** (Extended research and strategies)

***Site visits** for support, consultation, and up to 2 hours of additional training

Goals/Objectives: Increase understanding and awareness of the effects of trauma on relationships, behaviors, esteem, and learning. Discuss strategies that can be implemented immediately; begin the process of identifying unique strategies suitable for your culture as well as any personal and/or workplace challenge points.

Empowerment

***Adults: Create healthy workplace cultures & focus on personal wellness** through team building and self-care strategies (Session Title: **Supporting the Wounded Educator: A Trauma-Informed Journey Toward Personal & Professional Wellness**)

Goals/Objectives: Having a trauma-informed culture should be inclusive of the needs of the professionals serving youth every day. Fundamentally redesigning our workplaces to be positive, thriving communities is essential to overall wellness.

***Student Wellness Initiatives:** Our students are headed to adulthood! We believe it's important for students to have a vocabulary for their personal wellness to assist with self-advocacy as well as self-efficacy now versus later. We offer interactive sessions with students grades 7-12 in small groups to establish this important conversation and promote ownership in contributing to a healthy school culture.

Community Collaboration & Sustainability

***Develop focus group** consisting of school and community representation & identify community resources and potential partnerships for school and family support.

***Provide parent training event & community-based training event** with identified partners.

Goals/Objectives: Focus group assists with keeping the vision at the forefront and communication with stakeholders. Developing partnerships creates positive community engagement and involvement.

Scheduling, Pricing, & Modifications

All training can be modified or amended to meet your specific needs. The timeline for training can be arranged over a one to three year+ span, depending on your desire. Pricing can be negotiated based on proximity and final contracted days.



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Introduction/Overview of the H.O.P.E. Curriculum

Educational environments have the power to be transformational spaces where learning, healthy relationships, self-efficacy, overall wellness, and vision for oneself evolve. These environments should be HOPE-centered:

H - Hope (we all need to believe or trust that something good is possible; it's what makes education & our jobs relevant)

O - Outlook/Vision (we need to create spaces where students and adults feel safe enough to go beyond survival mode to seeing the possibilities and thriving)

P - Purpose (living in purpose, on purpose connects us to this world in a positive way, and again, makes education and our professional capacities relevant)

E - Empathy (creating empathic connections with one another and providing opportunities for all students makes for a healthy foundation of any school and community)

The H.O.P.E. Curriculum is based on Dr. Joe's practical experiences as an educator and school administrator in residential, correctional, and traditional education settings for 30+ years as well as his ongoing research and publications*. This curriculum is also developed through the personal lens of being adoptive parents. The Hendershotts are dedicated advocates for children of trauma as well as the professionals who are stepping into their stories to provide HOPE every single day. As such, they believe in providing a framework that supports the trauma-informed and wellness needs of children and professionals, alike.

The goal of the H.O.P.E. Curriculum is to provide organizations with doable, practical, meaningful strategies for integrating trauma-informed and wellness practices into the fabric of everyday life. It is NOT intended to be a rigid, step-by-step guide with no latitude for individual strengths, resources, and schedules. Rather, we support creativity and autonomy so that every educator/child advocacy professional feels encouraged, equipped, and empowered to meet the unique, everchanging needs of their students and themselves.

***Book References:** *Reaching the Wounded Student* (Hendershott, J., 2008), *7 Ways to Transform the Lives of Wounded Students* (Hendershott, J., 2016), *Supporting the Wounded Educator: A Trauma-Sensitive Approach to Self-Care* (Hendershott & Hendershott, 2020)

In our commitment to real and relevance, this curriculum was developed through a combination of professional experiences as well as the invaluable contributions from educators currently in the field, all backed by research. Special thanks to Kaelee McCausland, who holds an M.Ed. in Curriculum and Instruction and currently teaches third grade, for helping us "connect all the dots!"