

Resilient Futures

MISSION: TO FOSTER EQUITABLE, SAFE AND RESILIENT COMMUNITIES FOR ALL YOUTH.

OUR WORK

RESILIENT FUTURES UNDERSTANDS THAT MANY OF THE BEHAVIORAL SYMPTOMS SEEN IN YOUTH ARE A DIRECT RESULT OF COPING WITH TRAUMATIC EXPERIENCES. TOGETHER, WE CAN SHIFT THE LENS FROM "*WHAT IS WRONG WITH YOU?*" TO "*WHAT HAS HAPPENED TO YOU?*"

* *Resilient Futures* provides trainings and direct support to schools and youth serving agencies to implement trauma-informed practices.

* In the fall of 2018 *Resilient Futures* led 20 trainings on trauma-informed practices to over 350 educators reaching 600 children in early education, 800 elementary age children, 2,000 middle school age children and over 60 teacher candidates. Trainings for teachers were delivered in Spanish as requested.

* In partnership with the Denver Foundation's Common Sense Discipline cohort, *Resilient Futures* collaborates with 11 community partners to end the school-to-prison pipeline.

* *Resilient Futures*, in partnership with Metro State University School of Education, launched an initiative to imbed trauma-informed teacher practices into teacher training programs.

WE DEFINE RESILIENCE AS THE CAPACITY TO GROW AND THRIVE, WITH STRENGTH AND TENACITY, IN THE FACE OF TRAUMA AND OPPRESSION FOR BOTH INDIVIDUALS AND COMMUNITIES. WE BELIEVE THAT THIS RESILIENCE CAN BE DEVELOPED AND FOSTERED AMONGST ALL.

"Trauma-Informed HEARTS training is imperative in my opinion for all educators at every level of education."

- Middle School Teacher

WHY TRAUMA-INFORMED?

An Overview of Our Services

Unaddressed trauma is a public health crisis. The Council for a Strong America reported that in Colorado, by the age of 17, over half of all children have experienced one traumatic event and over 30% have experienced two traumatic events. When schools understand the impact of trauma on a child's behavior, development, social emotional skills, and readiness for learning, they can actively work to address these needs, build resilience, and promote student success. The work of *Resilient Futures* is largely aimed at fostering culture change through building capacity of school personnel to integrate trauma-informed practices.

Resilient Futures helps support schools and youth serving agencies in implementing a trauma-informed framework. Our executive team, consisting of Dr. Megan Brennan, Dr. Eleonora Cahill and Dr. Laura McArthur have extensive experience working within schools specifically leading the growth of HEARTS (Healthy Environments and Response to Trauma in Schools) implementation across the Denver metro area. *Resilient Futures* is able to provide a range of services from full-scale implementation to staff trainings for schools and youth serving agencies. Please contact us to help guide your transformation in becoming trauma-informed.

PARTNERSHIPS:

Denver Great Kids Head Start - Aurora Public Schools - Cherry Creek Public Schools - Denver Public Schools - Kaiser Integrated Arts Program - Kaiser Thriving Schools - Jefferson County Public Schools - Metro State University - National Mental Health Innovation Center - The Denver Foundation's Common Sense Discipline Cohort

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NEWS

Resilient Futures in collaboration with the UCSF HEARTS team led the Raising Resilience conference providing over 100 educators the opportunity to learn about the urgency of creating trauma-informed schools not only to meet the needs of the students, but to meet the needs of teachers and ALL school staff.

We invite you to read an article by US News that discusses providing mental health help to students. Dr. Laura McArthur provides valuable insight into the importance of trauma-informed schools:

https://health.usnews.com/health-care/patient-advice/articles/2018-10-03/extending-mental-health-help-to-vulnerable-kids?src=usn_fb

Your gift can help us continue to transform
communities impacted by trauma:

<https://mtyc.co/l38a5g>

