Our Mission: To Promote Equitable, Safe and Resilient Communities for all Youth
Dear Community Supporters:

As we write this letter, we stand at a precipice, looking back to the successes of our 2019 year while finding ourselves in unprecedented times of crisis. Our world has been shaken by the COVID-19 pandemic. During this global crisis, we recognize that everyone is experiencing some level of stress and trauma. Everyone is being tasked to show up in their roles as educators, parents, and human beings in challenging new ways. In addition to the COVID-19 pandemic, the pandemic of racism in our country has been magnified. As we mourn the deaths of Ahmaud Aubrey, Breonna Taylor, George Floyd, and so many others, we must acknowledge the increasing racial hostility in the climate of the United States.

Since the founding of Resilient Futures in 2018, our work to foster resilience, to promote trauma informed communities, has felt critical. Today, it feels more urgent than ever: it is imperative that educators and leaders work to increase their own knowledge and understanding of the ways in which these experiences of racial trauma impact how children are showing up to learn in school and early childhood communities. In a time when nothing about the 2020-21 school year is certain, we are faced with one overwhelming truth: training educators and school leaders in trauma-informed, culturally responsive practices has never been more important. Resilient Futures is committed to addressing these issues.

Success can be measured in statistics, in the numbers of students served, in the numbers of educators served, in the number of trainings or consultations delivered. It can also be measured in the words of the individuals we have served:

An early childhood educator stating that "having trauma informed practices at the core of what we do helps us to connect with families who are struggling under the current state of societal trauma, helping us to meet them in the anxiety or fear and interact in ways to form connections and support."

A Latinx woman approaching us at the end of a community training saying "in my 65 years on this earth I have never truly understood my own internalized oppression and how it has impacted my career as an educator until just now..."

An African American educator commenting after a healing space for people of color, "For the first time in weeks I feel like I can finally breathe."

We, at Resilient Futures, are committed to continuing to meet the urgent needs of the communities we serve in trauma-informed, equitable ways. We will continue to centralize the voices of Black, Indigenous People of Color. We will continue to serve the most vulnerable of our communities, our children and youth. We thank you for your support and partnership, which enables us to continue to do this important work.

With Gratitude,

Eleonora Cahill, Megan Brennan, & Laura McArthur, Executive Team
At Resilient Futures, 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.

Early Childhood Programs
Resilient Futures recognizes the significant impact that trauma has on early childhood development. Our Early Childhood Focused program provides a whole-school approach to address stress and trauma, to promote staff and teacher wellness, and create opportunities for Early Childhood Learning environments to respond with compassion and understanding to their students. Resilient Futures also provides the Strengthening Family Coping Resources Peer-to-Peer (SFCR-P2P) program, which is aimed at building resilience among families from a science-driven, strengths-based, and inclusive, perspective.

School-Based Programs
Resilient Futures implements the evidence-informed HEARTS (Healthy Environment and Response to Trauma in Schools) framework that is an equity-focused, whole school/childhood center approach to promote success and resilience for trauma-impacted youth that was developed in 2008 at the University of California, San Francisco (UCSF) by Joyce Dorado, Ph.D., and Miriam Martinez. Resilient Futures staff provide school-wide trainings, consultation, staff wellness support, and organization/system consultation to promote trauma-informed culturally responsive school communities.

Pre-Service Educators
Resilient Futures staff train alongside community educators from our partner schools who have trained extensively in the HEARTS model to provide foundational training to pre-service educators regarding the impact of trauma on students, with a particular focus around the ways in which trauma impacts a child's emotional and behavioral functioning, as well as their academic readiness to learn. Race-based equity is a strong lens in these workshops, as is building resilience for students and new educators alike.
OUR IMPACT IN 2019

Early Childhood Initiative
Resilient Futures expanded our focus on early childhood education, working directly with sites in Denver and Aurora, as well as rural communities statewide, through training and consultation on trauma-informed practices. Our services reached more than 980 children in early childhood education.

School-Based Programs
In 2019 Resilient Futures conducted 139 trainings to elementary and middle school faculty at schools throughout the Greater Denver area, training 1129 educators and reaching 2448 elementary-age students and over 2000 middle school youth.

Pre-Service Educators
In partnership with Metro State University School of Education, Resilient Futures works to embed trauma-informed teacher practices into teacher training programs. Last year, more than 170 teacher candidates and 35 faculty members attended trainings. Teacher candidates work as student teachers and licensed teachers, which means over 150 classrooms had trauma-informed teachers across early childhood education, elementary, middle, and high school with the potential to reach over 4,000 students.

Community-Based Trainings
Resilient Futures provided trainings to area non-profit organizations and Faith-based communities throughout the greater Denver area and across the state training over 250 individuals.

100% of participants in the HEARTS training believe it is good for teachers and schools.

"I have observed changes in myself with the way I approach situations, changes in staff wanting to become more involved with the wellness of the school, and changes with administrators wanting to assure a trauma-informed and culturally responsive climate is taking place."
- Early Childhood Educator

As a result of the HEARTS program, “Students are more aware of others’ feelings and how their own actions affect others. Students have been standing up and sticking up for each other more often.”
- Elementary School Educator

"This training is powerful for teachers to lead with empathy and understanding."
- Pre-Service Educator

"Over the two years the SED program has received HEARTS support, I gained new strategies to try with specific students, I learned different ways to approach difficult situations, I gathered resources I didn’t even know existed to help regulate my students and the staff, I had a place to bounce my craziest ideas off of, and most of all, the students gained a richer programming rooted in trauma-informed practices."
- Middle School SED Teacher
Metropolitan State University Denver School of Education, Resilient Futures, and the National Mental Health Innovation Center (NMHIC) expanded the partnership developed in the summer of 2018 to build the capacity of teacher candidates in trauma-informed teaching practices using the HEARTS (Healthy Environments and Response to Trauma in Schools) framework.

The continued focus of our partnership was providing foundational training to teacher candidates and faculty to understand the potential impact of trauma on students' behavior and academic performance, skills to foster resilience, knowledge about secondary trauma and the importance of personal wellness, and the intersection of equity work with trauma-informed practices. Program evaluation data was analyzed and used to inform the training series for the 2019-2020 school year.

In addition to offering a new series of trainings to teacher candidates and faculty, Resilient Futures collaborated with Early Childhood Education faculty to pilot the integration of trauma-informed teaching practices during the fall semester.

"I wish this was a part of every profession's training."

"I believe I gained much needed knowledge and professional development. I thought it was very helpful, and will have a big impact on my future students."
COMMUNITY PARTNERS

- Anti-Defamation League
- Aurora Public Schools
- Cherry Creek Schools
- Denver Great Kids HeadStart
- Denver Public Schools
- Family Star Montessori School
- Glowmundo
- HEARTS, University of California, San Francisco
- Jefferson County Public Schools
- Kaiser Permanente Thriving Schools
- Lake County School District
- Metropolitan State University of Denver
- Mile High Early Learning
- National Mental Health Innovation Center
- PassageWorks Institute
- RISE Colorado
- The Conflict Center
- The Denver Foundation
- Transformative Leadership for Change
- University of Kansas
- Vega Collegiate Academy
- Western Interstate Commission for Higher Education
FINANCIAL OVERVIEW

**REVENUE**

$373,865

**EXPENSES**

$361,487

**NET INCOME**

$12,378

For the 2019 year, Resilient Futures operated under the fiscal sponsorship of PassageWorks Institute for Q1. The above represents income/expenses from 4.1.2019-12.31.2019.
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THANK YOU!

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RESILIENT FUTURES STANDS WITH BLACK LIVES MATTER

Resilient Futures was created by a cross-racial team of women, rooted in anti-racist practices. Please see our recent statement of continued commitment to this work.

Black Lives Matter.
Resilient Futures unequivocally stands against the brutal murders of George Floyd, Breonna Taylor, Ahmaud Arbery, and the many Black people who have been tragically murdered. We denounce the perpetual impacts of structural racism and systemic oppression, including the historical and ongoing impact of police brutality on the Black community.

Black Students Matter.
As a trauma-informed and anti-racist organization, Resilient Futures raises our voice in unison with those across the nation that are demanding an end to the School-to-Prison Pipeline. Resilient Futures is rooted in anti-racist practices since our founding. Our mission is to foster equitable, safe and resilient communities for all youth. This cannot happen without equity, safety, and resilience for Black youth.

Black Lives Matter.
As an organization led by a cross-racial team of women, we honor the strengths of Black youth, Black families, and Black educators. We are committed to continuing to centralize anti-racist practices in the training and consultation we provide, and we will continually strive to strengthen the communities with whom we work.
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Please contact us for more information about the extensive services we offer.

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