



THE CHAOS GUARD™

Our present climate can push us outside of our window of tolerance. Students and staff may struggle meeting growing expectations with less support. Burnout is rampant. Help them lift the weight. Disrupt pressure and improve adaptability, resilience, and influence. Equip your community to stand out despite adverse conditions and achieve higher productivity. **It's not hopeless. There's a way to get it done.**

TRAUMA-INFORMED CARE PRACTICE STANDARDS

(ADAPTED FROM SAMHSA & INFORMED BY JERSEY PSYCHOLOGY & WELLBEING SERVICE)

To stay in and widen the window of tolerance—increasing adaptability, flexibility, and independence at times of stress and crisis and in the height of emotion—individuals must realize the personal widespread impact of trauma; understand potential paths for healing; recognize the signs and symptoms of others; and respond by willingly integrating knowledge about trauma into their daily life practices and relationships.

LEARNING TARGETS

1. Given I understand trauma-informed care practice standards, I develop high emotional intelligence in life and work.
2. Given I'm empowered with a simple behavior change protocol, I apply cognitive-behavioral change processes, engage in personal counseling or mental skills coaching, and implement and sustain strategies for continued development.
3. Given I'm vulnerably honest, I prioritize and develop critical areas for personal growth.

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SKILLS PROGRESSION

*From low to high rigor and depth of knowledge (DoK)

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| <ol style="list-style-type: none"> 1. I execute or repeat basic skills or procedures (e.g., follow step-by-step directions or pattern) to develop high emotional intelligence in life and work. 2. I create an infographic or visual to show connections or to summarize key ideas (e.g., cause-effect, increasing adaptability, impacts of trauma, signs and symptoms) from trauma-informed care practice standards. | <ol style="list-style-type: none"> 3. I empower a simple behavior change protocol (e.g., THE HB-X™) using cognitive-behavioral change processes and vulnerable honesty to prioritize and develop critical areas for personal growth. 4. I apply understanding in a novel way, engage in personal counseling or mental skills coaching, and implement and sustain strategies for continued development. |
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LEARNING MODULES

- **Module One: Build Your Strength**
- **Module Two: Personalize Your Path**
- **Module Three: Grow and Preserve Health**

Time: Half day of your choosing or customize based on your time availability

Maximum number of participants: 33

Format: Workshop, direct instruction, interactive discussion, multimedia, virtual option

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