

REACH
Communities of Practice (CoP)
Spring 2023 Brochure

Join educators statewide to Learn, Share and Grow in your school's trauma-responsive practices.

The Resilience Education to Advance Community Healing (REACH) Statewide Initiative is supported by Elementary and Secondary School Emergency Relief Funds (ESSER II) from the Office of Elementary and Secondary Education at the U.S. Department of Education. For more information, please visit oese.ed.gov. Additional support has been provided by Grand Victoria Foundation and other philanthropic partners.

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REACH Communities of Practice

Join educators statewide to learn, share and grow in your school's trauma-responsive practices

WHAT IS A REACH COMMUNITY OF PRACTICE?

A REACH Community of Practice (CoP) is a group of school community members from across the state who share a common interest in a topic ***related to trauma-responsive practices in schools*** and come together regularly to fulfill individual and group goals related to trauma-responsive practices. CoP facilitators support members in applying knowledge and insights gained through participation directly to their school community.

WHAT A REACH COP IS NOT?

A CoP is not a class, training, series of trainings, professional learning community, nor an opportunity for a passive learning experience. Learning happens through shared exchanges of knowledge, information and activities. ***Learn-Share-Grow*** is the core of REACH CoPs, and facilitators encourage and make space for the shared learning process among members.

WHAT WILL MEMBERS OF A REACH COP GAIN?

Members will learn from each other, have an opportunity to develop themselves personally and professionally, hone their professional practice and intentionally develop knowledge and/or skills to apply to their school's development of trauma-responsive policies, practices and procedures. Members will gain new colleagues and a sense of belonging in a community that fosters trust, collaboration and connection. Collective learning and collective action leads to creating environments of collective care.

REACH CoPs actively engage through regular live, virtual gatherings and the use of the REACH Learning and Resource Hub. Sessions range from 90–120 minutes and, depending on the topic, meet four to six times per semester.

CoP topics align with one or more domains of the Trauma Responsive Schools Implementation Assessment (TRS-IA) and include topics, such as:

- Whole school safety planning
- Classroom-based strategies
- Staff self care

Participation in CoPs is voluntary and facilitated through an application process. To learn about offerings available this upcoming school year, please view the REACH CoP brochure and apply. PEL Hours and CEUs are available.

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Hear from Participants to Learn About Their Experiences

Video: REACH Community of Practice: Join Us!

Ann & Robert H. Lurie Children's Hospital of Chicago
Center for Childhood Resilience

Any questions? Please contact REACH@luriechildrens.org.

REACH
Communities of Practice (CoPs)

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Register for a CoP

Interested in participating? **Click here** to complete a brief online application.
Applications are due by **January 30, 2023 at 5:00pm.**

REACH CoPs will run from February through May 2023. Minimally, CoPs will meet every three weeks for 90-120 minutes. All CoP offerings are virtual and can support up to 30 participants. CoP offerings support professional development, committee work, and school/district strategic planning related to trauma-responsive programming.

Participants will be notified of acceptance and enrollment by **February 6, 2023**. REACH school team designated leads will receive a list of all participants from their school. Participant orientation will take place on **February 9, 2023 from 3:45-4:45pm**. Orientation session link & additional information will be shared via email on February 6, 2023.

Who can participate?

*Spring 2023 CoPs are free and open to all REACH schools who have completed the TRS-IA or schools who have also submitted their action plans on or before December 30, 2022.

- Any school community member of a school participating in REACH should apply for a CoP that supports their learning.
- Completion of the *Introduction to Trauma* module on the REACH Learning and Resource Hub is encouraged prior to the start of the CoP sessions.

In the event a CoP offering reaches the maximum number of participants, a waitlist will be developed. Applicants will then be determined on a first come, first served basis.

*Note: School community members who are currently not in a participating REACH school may apply, however; priority will be given to REACH school members.

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Whole School Trauma Programming

Better Together: Bringing Together Social and Emotional Learning and Restorative Justice Education Practices to Strengthen School Communities

In the wake of the pandemic, school communities are more important than ever before. Schools that center strong relationships can contribute to addressing the trauma, mental health issues, and academic impacts of the past few years. In this CoP, we will explore the complementary frameworks of Social and Emotional Learning (SEL) and Restorative Justice Education Practices (RJEP), putting them to use in cultivating safe and brave spaces that strengthen relationships with students and colleagues. We will build our capacities to address the challenges we face today by (1) reflecting on the ways we relate to ourselves, our students and each other, in and outside of the classroom, (2) developing skills that more deeply integrate SEL and RJEP practices into our work, and (3) creating actionable plans that comprehensively support REACH efforts.

Intended Participants: administrators, educators, school staff, parents, caregivers, community stakeholders

Where: Virtual

When: Mondays from 4:00 pm - 5:30 pm on February 13, March 6, March 27, April 17, May 8, May 22

Trauma-Informed School Climate

The Trauma-Informed School Climate Community of Practice provides intentional social and emotional support by using evidence-based practices to address trauma, neglect, and exposure to violence. This CoP aims to build a general understanding of the components that ultimately prepare the school community members with the necessary systems, practices, and partners to (1) increase mental health awareness across the full school community, (2) diagnose root causes of undesirable behaviors for students, (3) while creating a less-punitive menu of trauma-informed interventions that offers a restorative approach to discipline for implementation.

Intended Participants: staff, parents, educators, administrators, support personnel

Where: Virtual

When: Wednesdays from 3:45 pm - 5:15 pm on February 15, March 8, March 29, April 19, May 10

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Whole School Trauma Programming

Trauma, Racism, & Equity: A Foundational Approach
This Community of Practice will explore foundational concepts of understanding the language of race and racism by seeking to reflect on our values and experiences as well as increase our knowledge and skills related to trauma, racism, and equity (TRE). We will explore and discuss issues within our schools and learn strategies to improve school and broader policies related to TRE. Co-creating our space and sharing the facilitator role throughout the process allows us to build a network of allies. Examining how systemic oppression manifests on the individual, interpersonal, institutional, and structural levels, this CoP is designed to foster a sense of joint commitment to racial equity work and healing.

Intended Participants: regional superintendent & directors, district & building level administrators, aspiring administrators
Where: Virtual
When: Wednesdays from 4:30 pm - 6:00 pm February 15, March 15, April 12, May 10, May 31

Creating Supportive and Inclusive Schools for LGBTQIA+ Youth
Increasing numbers of students in Illinois schools are letting us know they are gay, transgender, and(or) gender nonconforming. Plentiful research tells us that LGBTQIA+ youth face adverse social, emotional, and academic outcomes at higher rates than their straight and gender-conforming peers. In response, the laws that protect and support LGBTQIA+ students have been rapidly changing and we are left racing to catch up. In this CoP, we will reflect on creating school environments that can protect LGBTQIA+ youth from traumatic experiences and support them to thrive. Together, we will consider the power of (1) developing a common language (LGBT...ABCs), (2) understanding the current legal landscape, and (3) exploring research-based best practices. Come learn together about the many ways you can support LGBTQIA+ students in your REACH efforts and action plans.

Intended Participants: administrators, educators and school staff, parents/caregivers, community stakeholders
Where: Virtual
When: Wednesdays from 4:30 pm - 6:00 pm on February 15, March 8, March 29, April 12, May 3, May 24

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Whole School Trauma Programming

Amplifying Youth Voice: Supporting Youth Advocacy in Social Emotional Learning (2 Options!)
Every day, adults make decisions on behalf of young people, often without their input. Parents, teachers, counselors, legislators, and doctors – we all do it. Authentic youth participation is empowering and decisions made with meaningful youth input are often more effective, relevant, and sustainable than without. By (1) considering the ways that trauma and negative experiences impact student engagement, agency, and learning, and (2) reflecting on our own social and emotional skills, we can come to view youth as experts in their lived experiences, equipped to address issues and solve problems. Learn about the ways you can amplify youth voice and participation in your REACH efforts and plan for action.

Option 1: ONLINE
Intended Participants: administrators, educators and school staff, parents/caregivers, community stakeholders
Where: Virtual
When: Thursdays from 4:00 pm - 5:30 pm on February 16, March 9, March 30, April 20, May 11, June 1

Option 2: IN-PERSON
Intended Participants: administrators, educators and school staff, parents/caregivers, community stakeholders
Where: South Cook Intermediate Service Center, 253 West Joe Orr Road, Chicago Heights
When: Thursdays from 4:30 pm - 6:30 pm on February 23, March 16, April 6, April 27, May 18

Kindred Communities of Praxis: A Creative Healing-Centered Approach to Trauma-Informed Spaces
In these interactive sessions the Kindred CoP's will engage participants in peer learning, data-driven discussions, courageous explorations, implementation and capacity building around trauma, racial equity, healing, wellness, restorative practices, MTSS, and school climate. The Kindred model engages educators in holistic education, focusing on the wellbeing of students, educators, and communities. These CoP sessions are designed to weave theory and practice with arts integration, creative healing-centered and trauma-informed evidence based practices.

Intended Participants: staff, educators, administrators, support personnel
Where: Virtual
When: Thursdays from 4:00 pm - 6:00 pm on February 16, February 23, March 9, April 13, May 11, June 1

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Staff Self Care

Social and Emotional Learning, It's Not Just for Kids

This Community of Practice offers a space to explore how we apply social and emotional learning skills to ourselves to more effectively teach and nurture students. Areas of engagement will include (but are not limited to): examining the relationship between adult SEL and self-care; developing new strategies to enhance adult SEL competencies as defined by the Collaborative for Academic Social and Emotional Learning (CASEL); understanding the role of adult SEL in implementing trauma-responsive practices; and learning how to integrate an equity lens into our SEL practice.

Intended Participants: staff, educators, administrators, support personnel
Where: Virtual
When: Tuesdays from 4:00 pm - 5:30 pm on February 21, March 14, April 4, April 25, May 16

Empowering Responsive Wellness in Schools

This Community of Practice offers a space for participants to explore, reflect on and enhance individual wellness, appreciate how your energy levels and management of those levels are interdependent, and discover how your connection to the whole school system affects your wellness. Participants will engage in discussions and activities supporting organizational and staff wellness to promote a culture of collective care.

Intended Participants: staff, educators, administrators, support personnel
Where: Virtual
When: Mondays from 3:45 pm -5:15 pm on February 20, March 20, April 3, April 17, May 8

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Staff Self Care

The Honey, Education and Love (H.E.A.L.) Un-academy

The H.E.A.L. Un-academy is a collaboration between FLY (First Love Yourself) Radical Therapy and school based communities members to learn about radical wellness education and practice. This 4-part CoP will use the First Love Yourself (FLY) Radical Therapy model of care. This includes methods to maintain self-love while building a community of wellness and consists of learning about communicating emotions, body awareness, ecological system pushes or pulls, and spirit or intuition.

Intended Participants: staff, parents, educators, administrators, support personnel
Where: Virtual
When: Tuesdays from 4:00 - 6:00 pm February 28, March 28, April 25, May 16, May 30

You Can't Pour From an Empty Cup (2 Options!)

This Community of Practice provides a space for staff to explore their own relationship with self-care and reflect on their individual wellness goals. We will discuss the ways that school systems are also connected to our ability to care for ourselves and discuss how to build a culture that removes the burden of care from simply being on the individual, to being a collective effort.

Option 1: ONLINE
Intended Participants: educators, school staff, parents, caregivers, community stakeholders
Where: Virtual
When: Tuesdays from 4:00 pm - 6:00 pm on February 21, March 7, March 28, April 25, May 16, May 30

Option 2: HYBRID (First & Last Session in person, remaining sessions virtual)
Intended Participants: educators, school staff, parents, caregivers, community stakeholders
Where: Gateway Center, 1 Gateway Dr, Collinsville (first & last session only), remaining sessions are virtual
When: Mondays: February 13: *In-person* 9:00 am - 3:00 pm (opens at 8:30 am), March 6: 4:30 - 5:30 pm (virtual), April 3: 4:30 - 5:30 pm (virtual), May 1: 4:30 - 5:30 pm (virtual), May 22: *In-person* 9:00 am - 3:00 pm (opens at 8:30 am)

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Whole School Prevention Planning

School Climate Improvement
This Community of Practice will discuss the elements of supportive relationships: engagement, safety, cultural competence, cultural responsiveness, and high expectations. Participants of this CoP will build improved structures and policies for their school that respond to the needs of their school population.

Intended Participants: educators, school staff, parents, caregivers, community stakeholders
Where: Virtual
When: Wednesdays from 4:00 pm - 6:00 pm March 22, April 5, April 19, May 3, May 17, May 31

Community Context

Home - School Connection: Cultivating a Partnership with Caregivers
This Community of Practice will explore ways to connect and engage families and the community as a whole in better understanding the impact of trauma and the ways in which schools and community partners can come together to support students.

Intended Participants: administrators, educators and school staff, parents/caregivers, community stakeholders
Where: Virtual
When: Wednesdays from 4:00 pm - 5:30 pm on February 15, March 8, April 5, April 26, May 24

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Classroom-Based Strategies

Cultivating Trauma-Informed Classroom-Based Strategies
This Community of Practice offers a space for participants to explore, reflect on and enhance knowledge of classroom management and implementing trauma informed practice strategies into the classroom. Participants will engage in sharing resources and strategies that work and learn new ideas from others. Cultural considerations of trauma-informed classrooms will also be discussed.

Intended Participants: staff, teachers, administrators, support personnel
Where: Virtual
When: Tuesdays from 3:45 pm - 5:15 pm on February 21, March 21, April 4, April 18, May 9

Mindfulness at Work: Classroom-Based Strategies to Increase Student Wellness
This Community of Practice will review existing methods for increasing mindfulness and wellness in the classroom (cooling down your classroom, pop checks, and class catalyst) and participants will co-create structures and routines for effectively implementing these resources.

Intended Participants: educators, school staff, parents, caregivers, community stakeholders
Where: Virtual
When: Thursdays from 4:00 pm - 6:00 pm on February 23, March 16, March 30, April 20, May 4, May 25

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Whole School Safety Planning

Building Safe Schools
This Community of Practice will create a framework to develop policy for prevention, intervention and response, build programming to support students and the school environment and cultivate community partnerships. Participants will use school data to drive decision making and identify areas for accountability to students and families.

Intended Participants: educators, school staff, parents, caregivers, community stakeholders
Where: Virtual
When: Thursdays from 4:00 - 6:00 pm on February 16, March 2, March 23, April 6, April 27, May 11

Bullying Prevention and Intervention Approaches that Work
Despite the attention we give it, bullying and aggression persist in our schools. In this CoP, we will explore a comprehensive approach to bullying prevention and intervention that works at individual and systemic levels. Grounded in social, emotional, and trauma-informed approaches, and guided by lessons learned from the Illinois Communities Aligning for School Transformation (CAST) project, we will explore questions such as the following and why they matter: (1) What are the differences between bullying and peer conflict? (2) How can bias and stereotyping impact bullying behaviors? (3) What is the relationship between bullying and discipline? (4) How can leveraging school-specific norms and the influence of the peer group address bullying school wide? Reflecting together, we will identify actionable solutions that enhance your REACH efforts.

Intended Participants: administrators, educators and school staff, parents/caregivers, community stakeholders
Where: Virtual
When: Mondays from 4:00 pm - 5:30 pm on February 20, March 14, April 3, April 24, May 15, June 5

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Additional Information

To learn more before registering, you can attend our virtual office hours. We will be available to answer any questions you may have about REACH CoPs during two separate January sessions.

January 10, 2023 from 9:00 AM - 10:00 AM
Click here for Zoom link

January 17, 2023 from 3:45 PM - 4:45 PM
Click here for Zoom link

Any questions? Please contact REACH@luriechildrens.org.

Our Partners

Welcome and thank you to our partnering organizations for supporting the expansion and facilitation of our CoP offerings.

PRAXIS INSTITUTE

CATALYST FOR EDUCATIONAL CHANGE

FLY RADICAL THERAPY

PSVIL Prevent School Violence Illinois

MINDFUL PRACTICES

Partnership For Resilience

Ann & Robert H. Lurie Children's Hospital of Chicago Center for Childhood Resilience

Stress & Trauma Treatment Center, Inc.

AFFIRMING VOICES

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