

THE ROAD TO HEALTHY COMMUNITIES

## MASTER TRAINER PROGRAM

*apply today*



## ACEs & Resiliency Fellowship

### PROGRAM

Our Master Trainer program builds groups of local experts who are prepared to return to their communities knowledgeable about Adverse Childhood Experiences (ACEs) and resilience science. Learning and sharing these concepts have already resulted in positive changes in several states. Now it's North Dakota's chance to benefit from a program designed to improve health and wellbeing across the lifespan.

### REGISTRATION

Click [here](#) for your application, due on April 14, 2017. Tuition costs of \$1500, in addition to lodging and per diem, covered by the Innovation Grant awarded to PCAND.

### LOCATION

Fargo Clubhouse Hotel  
4400 15th Avenue S, Fargo, ND 58103  
Regency Room 1

### DATES

May 9-10th, Tuesday and Wednesday  
Ace Interface Training with Dr. Anda and Laura Porter

### QUESTIONS

Kimm Sickler, Innovation Project Coordinator  
Prevent Child Abuse North Dakota  
pp-ks@outlook.com 701-223-9052 or email [sandrat@pcand.org](mailto:sandrat@pcand.org)



**PREVENT CHILD ABUSE NORTH DAKOTA**

**PHONE: 701.223.9052**

**WWW.PCAND.ORG**

# PREVENT CHILD ABUSE NORTH DAKOTA

## Adverse Childhood Experiences (ACEs) and Resilience Training Program

### Application for Training Cohort I

Thank you for your interest in becoming a North Dakota ACEs and Resilience Trainer. This opportunity grows out of collaboration between ACE Interface and Prevent Child Abuse North Dakota (PCAND).

Many entities across the state are learning about the ACE Study and beginning to understand its implications for policy and practice. Drawing on lessons from the Washington Family Policy Council and the experience of Minnesota's first cohort of ACEs and Resilience Trainers, we aim to develop a network of speakers, trainers, and coaches to build community capacity to address challenging social and health issues using trauma-informed approaches.

As part of this program, members of the training cohort will gain an understanding of the key concepts of the ACEs and Resilience curriculum, facilitate community conversations as presenters of the content, and model community change through deep dialogue with cohort and community members.

We encourage you to see the ACEs and Resilience Trainer certification as one of many specializations needed to create comprehensive social change around trauma-informed care. Our goal is to work with existing systems for community education and engagement to create environments where all children thrive. We ask you to join us as we continue to build this emerging initiative.

The specific commitments required for becoming an ACEs and Resilience Trainer include participation in all aspects of the ACEs and Resilience Training package. These components include:

1. A pre-training assessment and reading provided background materials
2. Participating in 2 two-day training retreats with fellow cohort members
3. Presenting ACEs and Resilience content on at least three occasions (including once with a co-presenter)
4. Supporting program quality by participating in our evaluation processes
5. Focusing on Community of Practice during the training, i.e., taking time to explore curriculum, understanding shared values, best practices, vision for the future, etc.

Please note: current plans are to hold the first two-day training retreat on May 9 & 10, 2017. We're excited about launching this innovative training and look forward to hearing from you.

# PREVENT CHILD ABUSE NORTH DAKOTA

## Adverse Childhood Experiences (ACEs) and Resilience Training Program

### Prerequisites, Role, and Commitment for ACEs and Resilience Trainers

#### Prerequisites for ACEs and Resilience Trainers

- Demonstrated ability to train or teach adults and youth
- Basic skills using PowerPoint, laptop, and a projector
- Demonstrated ability to effectively reach into a community or audience of strategic importance
- Demonstrated self-awareness, social awareness, and emotional management skills
- Commitment to ACEs and Resilience Trainer agreement (details below)

#### Description of Role and Responsibilities

- Understand core concepts of ACEs and Resilience curriculum
- Facilitate dialogues so that this information is integrated at the values level
- Help identify, recruit, and train speakers in ACEs and Resilience content
- Be able to adapt to audience as appropriate

#### ACEs and Resilience Trainer Agreement

- Agree to complete a pre-training assessment and read background material provided
- Agree to participate in 2 two-day training retreats with fellow cohort members
- Agree to present ACEs and Resilience content on 3 occasions, one of which is with a co-presenter
- Agree to participate in a Community of Practice throughout the training process
- Agree to participate in quality assurance measures including program evaluation processes

PLEASE FILL OUT ATTACHED FORM AND RETURN IT BY E-MAIL OR U.S. MAIL TO:

Kimm Sickler  
Innovation Project Coordinator  
Prevent Child Abuse North Dakota (PCAND)  
418 E Broadway Ave #70  
Bismarck, ND 58501  
701-223-9052  
pp-ks@outlook.com

**DUE DATE: PLEASE RETURN BY FRIDAY, APRIL 14, 2017**

We are asking for a quick turn-around time as we would like to finalize participants by April 21”



# PREVENT CHILD ABUSE NORTH DAKOTA

## Adverse Childhood Experiences (ACEs) and Resilience Training Program

### Application for ACEs and Resilience Training Program Continued

4. Your role as an ACEs and Resilience Trainer will require a time commitment-how would you combine this with your current schedule?

5. Please provide an example of how you have successfully adapted training materials/format to a specific audience.

6. Please indicate your connection to networks and/or communities and how you might encourage them to learn more about ACEs, resilience, and trauma-informed care.

7. Talking about trauma can trigger difficult emotions for trainers and the audience. Reflect on strategies you would use to manage powerful emotions and your method for responding to emotions of others.

8. Please provide any additional information that might be helpful in evaluating your application.

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