



DISCOVER WHAT THE OFFICE OF RESILIENCE OFFERS



TRUST

New Jersey's Office of Resilience (OOR) in the Department of Children and Families has made the Trauma Responsive Understanding Self-Assessment Tool (TRUST 2.0) available to organizations across the state to help them identify practical ways to promote inclusive, healing-centered practices in the workplace through improved physical spaces, staff training, staff wellness, internal communications, and customer relations. This FREE tool is made possible through a partnership with Coordinated Care Services, Inc. You can learn more about TRUST 2.0 and register your organizations here: [Resources - TRUST 2.0/TRUST-S](#)

COACHING

Upon completion of the TRUST/TRUST-S Survey, organizations will be given access to a results report, which includes general interpretation, recommendations, and links to resources, based on results. In-state organizations may then receive a 1-hour, FREE, consultation session with the OOR. The coaching session provides organizations the opportunity to

review their results with individualized support. Quarterly coaching sessions or program consultation can also be requested.

- For the 1-hour coaching: Organizations/schools can contact the OOR to request this results review session. Once the organization/school shares the survey results with the OOR, a guided reflection document will be provided to facilitate the review. OOR will schedule the session with the organizations/schools as the first step in further promoting progress and change-making.
- For quarterly coaching: Organizations/schools that wish to receive more coaching will be contacted directly. Quarterly coaching sessions will be scheduled to check in on the organization's/school's progress, which will include individualized coaching around actionable action items and change making.

TRAINING

FOUNDATIONS OF TRAUMA, RESILIENCE AND HEALING-CENTERED CULTURES TRAINING

Developed by the OOR, this 8- hour training covers trauma-informed principles, concepts of resilience, trauma-informed approaches, and introduction to healing-centered cultures. The prevalence and effects of trauma on children and adults will be explored. The training will also discuss the impact of Positive and Adverse Childhood Experiences (PACES) and how Positive Childhood Experiences (PCEs) can help to mitigate the impact and promote healthier outcomes for families. Participants will be introduced to trauma-informed approach principles and implementation domains, as presented by the Substance Abuse Mental Health Services Administration (SAMHSA) and a model for creating healing centered cultures. The training is designed to be facilitated in two 4-hour modules. It is recommended for the training to be held over a minimum of two sessions to allow participants time to process the content and explore practical applications of the materials presented.

INDIVIDUAL CERTIFICATION

OFFICE OF RESILIENCE - MONTCLAIR UNIVERSITY HEALING-CENTERED APPROACHES CERTIFICATE PROGRAM

Spring 2025, Montclair University launched an exciting academic certificate program: From Trauma to Healing: Healing-Centered Approaches to Trauma in Families and Communities. This online, 12-week certification, offers a comprehensive exploration of healing-centered approaches to address trauma in families and communities, with an overall context of social justice. The OOR is awarding community scholarships for individuals wishing to attend. Additional courses will be scheduled. Information about the course and scholarships is [located here](#). Course registration can [be found here](#).



Ready to learn more about any of these opportunities? Reach out to the OOR at dcf.officeofresilience@dcf.nj.gov

