

# Utah Valley Trauma Sensitivity Initiative

June  
2015  
Listserv



**Family Support  
& TREATMENT CENTER**  
*home of hope and healing*

Crisis Respite Nursery  
Therapy  
Parenting Program  
Prevention Education  
Adoption Respite

## Additional Resources

*Wish you had an intervention to help your traumatized students?*

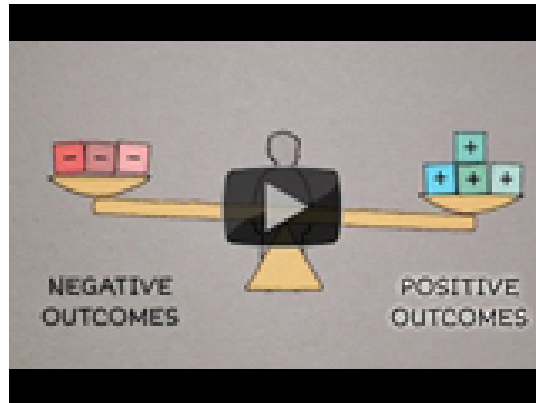
Consider the [CBITS](#) program for clinicians, or [SSET](#) for educators.

*Have you ever wondered what ACEs are like in Utah?*

[Click here](#) to learn.

## Educational Video

The Science of Resilience  
*Center on the Developing Child*



## Did you know?

**ACEs are NOT destiny!**

*[Read about the study](#) that shows how one trauma-sensitive school taught resilience to its students and overcame the stigma of negative outcomes for youth affected by ACEs.*

## News

- The University of Utah recently released a report on the effects of suspension and expulsion on students. Check out [From Fingerprint to Fingerprints: The School-to-Prison Pipeline in Utah](#).

- The Trauma Sensitivity Initiative will be represented at the [One Vision, One Voice conference](#) for school counselors and alternative/adult educators. this month.

## Stress Sensitivity Class

June 16<sup>th</sup> at 6pm-8pm

*Call to enroll!*



**Does your child struggle to calm down after they've been riled up?**

*Regulating ourselves through breathing exercises helps to control emotions and actions. [Practice these techniques](#) with your child when they're calm, and then apply them when they're upset.*