



Michigan Educator RESOURCE & SUPPORT GUIDE

Objective: To equip educators with effective, trauma informed, relationship based, neuroscience aligned, neurodiversity affirming, collaborative tools to meet the needs of their students to keep themselves and their students safe at school.

Crisis Prevention: Lives in the Balance – Collaborative and Proactive Solutions (CPS) Model

“Kids with concerning behaviors aren’t lacking motivation, they’re lacking skills, especially those related to flexibility, adaptability, emotion regulation, frustration tolerance, and problem solving. They aren’t attention seeking, manipulative, coercive, or unmotivated. They don’t need more time-outs, detentions, suspensions, expulsions, paddling, restraints, seclusions, or police referrals. Those interventions just push them out and away. They do need adults who know how to collaborate with them on solving problems that are causing their concerning behaviors.” - Dr. Ross Greene

Guided tour of the CPS model: <https://livesinthebalance.org/educators-schools/>

Free paperwork to support the CPS model: <https://livesinthebalance.org/cps-materials-paperwork/>

75 minutes training video in collaboration with the Maine Department of Education: <https://vimeo.com/817618226>

Crisis Intervention: Ukeru Systems – Building a culture of comfort vs. control

“When someone that you’re working with is struggling, when they’re at their worst, you want to be at your best. And really you want to do everything that you can to support them, to be trauma informed, and to help them through that situation” – Kim Sanders, President <https://www.ukerusystems.com/>

webinars: <https://www.ukerusystems.com/resources/webinars/>

School Culture & Educator Support: Opportunity Thrive

“Opportunity Thrive’s mission is to create thriving individuals who can influence the world in greater ways. Our focus is on building resilient and emotionally regulated educators who can enter the classroom and impact students in really powerful ways because they, themselves, are whole and healthy and can then bring that into their classroom spaces.” – Rebekah Schipper, Executive Director <https://www.opportunitythrive.org/>

Stress Reduction & Management: Mindfulness Based Stress Reduction (MBSR) – 8 week course

Ali Turfe is based in Ann Arbor and offers this FREE, virtual course for everybody who is interested in engaging in a practice that will increase presence, awareness, and connectivity to reduce stress in the workplace and daily living.

This training is free to take and has the option of earning 30 SCECHs for a \$25 fee, 30 CEHs for a \$30 fee, 2.95 ASHA CEUs

website: <https://www.aliturfe.com/>

training events: <https://www.aliturfe.com/training-events.html>

More Resources: Michigan Advocates to End Seclusion & Restraint: <https://www.endsar-mi.org/a-better-way>

Dr. Lori Desautles – Applied Educational Neuroscience: <https://www.youtube.com/watch?v=6QduhXp6N04>

Dr. Bruce Perry - Neurosequential Model for Education: <https://www.youtube.com/watch?v=YuTiys39twc>

Matthew Portell – Trauma Informed Educator’s Network: <https://www.tienetwork.org/tienetworkcast>

