



STATE OF NEW JERSEY

DEPARTMENT OF EDUCATION

A Memo from the New Jersey Department of Education

Date: August 3, 2022
To: Local Educational Agency Leads
Route To: Principals, Directors of Counseling, Directors of Student Services
From: Kathy Ehling, Assistant Commissioner
Division of Educational Services
Register By: August 22, 2022

Opportunity for Trauma-Informed and Healing-Centered Supports Training

As part of Governor Murphy's "Strengthening Youth Mental Health" initiative, the New Jersey Department of Education (NJDOE), in collaboration with the New Jersey Department of Children and Families (NJDCF), invites district and school leadership to learn about an exciting opportunity for school districts to participate in the 2022-2023 DREAMS Program (Developing Resiliency with Engaging Approaches to Maximize Success). Throughout New Jersey, helping youth and educators manage anxiety and stress has been identified as a high priority need. This program aims to promote healthy and healing school environments and will provide educators with resources and supports to aid in both their job satisfaction and in building classrooms conducive to student learning.

Participating DREAMS districts will:

- Receive training in:
 - The Nurtured Heart Approach (NHA). NHA is a method for creating a supportive and positive school culture that prioritizes the building of healthy relationships, recognizes every students' greatness, and promotes the development of self-regulation strategies for both staff and students.
 - A Trauma Foundational Series.
- Have online access to related resources and training materials.
- Identify two staff members from your school district to become NHA certified trainers.
- Be connected to the NHA Community through an NHA mentor who will aid in the implementation planning of NHA within the school/district.

All school districts are eligible to participate in this program. As a partnership between the NJDOE and NJDCF, this program and all associated trainings and professional development will be at **no cost** to districts. However, there are a limited number of school district spaces available.

Key steps/actions

In order to be considered for admission into the DREAMS Program, a school or district administrator must participate in an orientation webinar on either [August 17](#) from 1:00-3:00 p.m. or [August 24](#) from 10:00 a.m. - 12:00 p.m. Please [register](#) for one of the sessions as soon as possible to confirm your interest in participating in the program.

Contact information

Should you have additional questions, please contact the Office of Student Support Services via SafeSupportiveSchools@doe.nj.gov.

c: Members, State Board of Education
Angelica Allen-McMillan, Acting Commissioner of Education
NJDOE Staff
Statewide Parent Advocacy Network
Garden State Coalition of Schools
NJ LEE Group