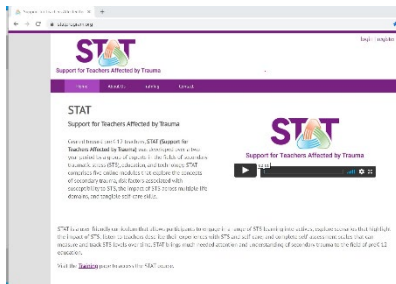


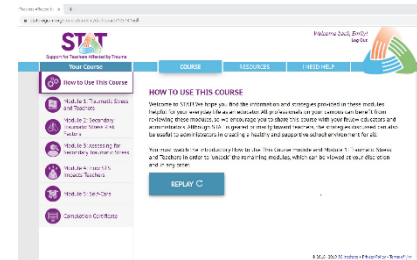


Support for Teachers Affected by Trauma

Support for Teachers Affected by Trauma, or STAT, is a program geared to pre-K through grade 12 teachers bringing attention to secondary trauma. STAT uses easy to navigate technology, short videos, and interactive exercises to present information through five modules. The program is free to all users and does not require credentials to register; because of this it can be used by all school staff, classified and non-classified, or volunteers. The self-guided program allows for modules to be viewed more than once. A certificate of completion ensures compliance. The modules take about 15-20 minutes to complete and may be used as a component of professional development or shared during a staff meeting.



To begin, go to <http://statprogram.org/> to see a short video overview before clicking “Register” in the top right-hand corner.



Once registered, users will be prompted to click on the “Training” tab on the top task bar below the logo; follow through to complete a short survey before being directed to the course dashboard.

Watch “How to Use This Course” before beginning Module 1 “Traumatic Stress and Teachers,” both are required to unlock the remaining modules. Modules follow the same format: brief video lessons, journaling, and interactive exercises. Module 2 “Secondary Traumatic Stress Risk Factors” provides users with a “Personal Risk Factor Report” after completion and directs users to organizational assessments to assist your organization in becoming more STS aware. These can be found under the “Resources” tab on the task bar in the dashboard. Module 3 “Assessing for Secondary Traumatic Stress” leads users through the “MySTAT Level Questionnaire” and provides a “MySTAT Level Report” after completion. Module 4 “How STS Impacts Teachers” helps users differentiate between stress, burnout, and STS. In Module 5 “Self-Care,” users create a personalized self-care plan using the SMART goals model. Information shared by the user through journaling or screenings are user password protected so STAT is a completely confidential program. Once finished, a “Completion Certificate” is available for user download.