



HEART-STRONG International's
**Trauma-Informed
Certification Programs:
Information for School
Leaders and Administrators**

Comprehensive 4-month and 8-month professional training programs for peer parent and teacher leaders to become specialists, coaches, and trainers for families and school-based professionals.



The HEART-STRONG Model: Growth for Staff and Students



The HSI Trauma-Informed Specialist Certification and the Advanced Certification Program for Parent Coaches and Educational Trainers provides an excellent pathway for building relationships that lead to better communication, a positive school climate, and students who feel safe, seen, and successful at school.

As a Principal, Superintendent, or other School Leader, you want to be fiscally responsible while also bringing the best quality of training to your staff so that you can see positive results in your students' academic, social, and emotional growth.

Key Benefits of training HSI Educational Trainers:

- **Train peer-to-peer teacher and parent mentors** to build effective strategies that promote social and emotional growth in classrooms and families.
- **Build teachers' skills to support each other** to resiliency and positive problem-solving skills rather than giving up when things get hard.
- **Promote safety in the school building** by providing strategies for even the most dysregulated, out-of-control students who don't respond to typical incentive systems.
- **Build rapport and a positive school climate** through evidence-based approaches that lead to more peace, calm, and connection.
- **Create ongoing, in-house training opportunities** that don't require flying in a nationally-known expert; thereby saving money and building ongoing collaboration and professional rapport in the building

Funding Resources:

Title I



Title I, Part A

The largest source of federal funding to schools is from Title I, providing over \$16 billion to schools that serve a high number or high percentage of children from low-income families to ensure that these children are able to meet challenging state academic standards.

How HSI Aligns To Title I, Part A

- HSI's mission to equip every student with the skills, habits, and mindsets to cope with life's challenges is implemented in school-wide to prevent and address problem behavior and provide early intervention services.
- HSI supports Title I teachers by providing training, resources, and educational content for social-emotional learning that complement CASEL standards

Title I, Part D.

The goal of Title I, Part D is preventing at-risk youth from dropping out of school and to help children and youth returning from correctional facilities or institutions for neglected or delinquent children and youth with a support system to ensure their continued education and the involvement of their families and communities. The US Department of Education funds \$48 million toward this initiative.

How HSI Aligns To Title I, Part D

- HSI's curriculum is designed to meet children and youth where they are to build healthy habits, skills, and mindsets; the fundamental building blocks needed to achieve the goals of Title I Part D for at-risk youth.
- HSI supports Title I Part D teachers and staff by providing training, resources, and educational content for social-emotional learning that follows CASEL guidance.
- HSI's Educational Trainers and Parent Coaches provide the families of at-risk youth with a safe, supportive guidance in best teaching and parenting practices that also support their own mental well-being. HSI's coaches are real teachers and real parents - but also people who build trust and connect with their peers to lead meaningful discussions and provide much needed mentorship.
- The HEART-STRONG Model does not just focus on the social and emotional health of children and youth; HSI builds the social and emotional competencies of families and faculty as well. By supporting these key figures in a youth's life, we are able to strengthen each youth's support system.

Funding Resources:

TITLE II



Title II.

Title II is focused on preparing, training, and recruiting high quality teachers and principals. With a focus on increasing student academic achievement through strategies such as improving teacher quality, Title II funds professional development activities that are sustained, intensive, collaborative, job-embedded, data-driven, and classroom-focused.

How HSI Aligns To Title II

HSI's Educational Trainers are equipped to teach the skills and strategies that will reduce educator burnout, teaching educators to care for their own mental well-being.

HSI supports teachers and staff by providing training, resources, and educational content for social-emotional learning practices that complement CASEL's school-wide SEL implementation guidance. Further, our HSI trainers and coaches collaborate with schools and districts to customize SEL programming to address specific mental health and professional development needs.

HSI understands the demands and time constraints of educators. As a result, professional development training is comprehensive, yet efficient, asynchronous, and is delivered either in-person or online by trained peer trainers, making for a flexible and effective training experience.

HSI provides a highly supportive and individualized training for teachers so that they can easily and successfully implement trauma-informed practices with confidence.



Funding Resources: TITLE IV



Title IV.

Title IV is a block grant that provides over \$1 billion in funding to school safety, well-rounded education, and educational technology initiatives. Under the CARES Act, these funds can now be used to fund any of these three priorities: providing students with a well-rounded education, maintaining student health and safety, and purchasing and implementing education technology and systems.

How HSI Aligns To Title IV

HSI teaches educators how to build a safety plan for even the most challenging students and builds in brain-body regulation to prevent aggressive behavior and de-escalate dysregulated students, making the classroom and school a safer place for everyone. With topics such as empathy, compassion, and building mental flexibility, HSI brings well-rounded, education training in a way that is applicable both in and out of the classroom.



Funding Resources:

IDEA



Individuals with Disabilities Education Act (IDEA).

The Individuals with Disabilities Education Act (IDEA) is the federal law ensuring students with disabilities receive a free and appropriate public education. IDEA governs how states and public agencies provide early intervention, special education and related services to eligible infants, toddlers, children, and youth with disabilities. Second only in size to Title I funds, school districts receive IDEA funds to help pay for the cost of providing services and education to children with disabilities.

How HSI Aligns To IDEA

HSI's flexible tools and strategies can be implemented in an inclusive learning environment. Each HSI Educational Trainer assesses the needs of schools in order to ensure each classroom's specific challenges are addressed and supported.

Our HSI programs and strategies build inclusive, tolerant learning communities grounded in culturally responsive content and equitable learning activities.



Funding Resources:

ESSER I, II, III



ESSER I, II, III

In response to COVID-19, the U.S. Congress passed the CARES Act, CRRSA Act and ARP Act providing almost \$200 billion in emergency education funding, channeled for public schools mainly through the Elementary and Secondary School Emergency Relief Fund (ESSER Fund). State awards for the ESSER Funds, rounds I, II and III, are in the same proportion that each state receives under Title I, Part A.

How HEART-STRONG International Aligns To ESSER I, II, III

HSI's training for Educational Trainers supports the social, emotional, and mental health of the entire school ecosystem in a Tier I approach to aid in the school-wide recovery and development following the pandemic.

HSI specifically addresses school connectedness, and the loss of such due to COVID-19. HSI provides Interactive training-the-trainer programs via Zoom, not only to help teacher leaders effectively reach vulnerable students, but also to help them support teachers to care for their own mental well-being which may have been affected due to the pandemic.

Further, HSI's comprehensive approach supports educators as they navigate students' social, emotional, and mental health concerns and setbacks due to the pandemic.



What makes the HEART-STRONG™ Advanced Program: Certified Parent Coach & Educational Trainer Program unique?

COMPREHENSIVE: This is the only Parent Coach and Educational Trainer Certification program specifically designed to support parents of children with trauma. The methods are applicable to all children and are especially effective to support those with behavior and/or learning challenges.

WE GO THERE: The training includes modules on working with highly explosive, aggressive children - something that other programs usually avoid discussing.

EFFECTIVE: The HEART-STRONG™ Model is a proven, effective method of supporting children to move from chaos to compassion, connection and communication while teaching collaborative skills to support executive function.

EXPERTISE: Program Director and instructor Sandi Lerman is a Certified Professional Coach, has an MA in Education, has taught Trauma-Informed Practices at the graduate university level, has been working with parents and families for over 20 years as an educator, family liaison, and parent educator/coach, and has been in business since 2014. She knows how to help parents and educators and also knows how to teach.

PRACTICAL: Many programs are heavy on theory but don't offer in-the-trenches, practical solutions. This program offers both.



Core Curriculum: Trauma-Informed Specialist Certification

At the heart of this certification program is a comprehensive training in trauma-informed child and caregiver growth and healing based on the HEART-STRONG Model: Spiraling Stages of Growth™.

Trauma-Informed Specialist Program

The core training includes pre-recorded audio lessons, video lessons, and PDF handouts, as well as live group training sessions via Zoom. Training Modules include:

- **Foundations:** Impact of Trauma, Self-Care and Compassion, Growth and Healing
- **Transformation:** Behavior & Discipline, Social-Emotional Support, Regulation, Executive Function
- **Impact:** Diversity, Equity, Inclusion, Mental Health, Adult Teamwork, Paradigm Shifts
- **SEL, EF, and Trauma-Informed Leadership:** SEL - More than Just a Content Area, Executive Function - Learning How to Learn, Paradigm Shifts and Trauma-Informed Leadership

Advanced Curriculum: Certified Parent Coach & Educational Trainer

Neuroscience-Based Theory Blended with Practical Applications and Tools

Each module of learning blends a conceptual understanding of neuroscience and trauma-informed practices with practical tools, skills and strategies to best care for, nurture, and support children and their caregivers and teachers to reach their highest level of growth, healing, and resilience.

Certified Parent Coach Curriculum:

- HEART-STRONG Coaching
- EAGLE-Eye Assessment
- Session Frames and Action Plans
- Parent Coaching Live Practice Sessions
- Parent Coaching Practicum
- Instructor Feedback Sessions

Certified Educational Trainer Curriculum:

- Best Practices for Adult Learning
- Professional Development Models
- Supporting Teachers: Coaching and Mentoring
- Supporting Students - IEP's and 504's
- Educational Trainer Portfolio
- Training Practicum Presentation
- Instructor Feedback Sessions

Accredited Graduate Credits for HSI Certification Programs



Graduates of our Trauma-Informed Specialist Certification or the Advanced Certification: Certified Parent Coach and Educational Trainer, are eligible to apply for Graduate Credits from the University of the Pacific through Courses4Teachers.

They qualify for up to 4 graduate-level professional development units/credits (60 training hours) for each program.

- **Trauma Informed Specialist:**
4 Semester Credit Units
- **Certified Parent Coach and Educational Trainer:**
4 Semester Credit Units



The HSI program helps you bring your vision to life and to be a light for parents, teachers, and children in this world.

The HEART-STRONG International Trauma-Informed Certification Programs will give you the solid guidance, well-researched plan, and confident, clear direction you need to serve in the way you've been dreaming of.

The Certification Programs run on a small group format to allow for high level mentorship and outstanding personal support blended with a rigorous training curriculum.

To secure your seat for the next training session, enroll today.



- Training and Certification Programs in Trauma-Informed Parenting and Teaching
- Live Group Training and Discussion Sessions.
- Proven framework for Growth, Healing, and Success.
- Advanced Coaching, Trainer and Business Training.
- Certificate of Completion Upon Successful Graduation
- Extraordinary Opportunities to Create Impact and Income
- STEP ONE: Enroll in the Trauma-Informed Specialist Certification Program (Core Training Program)

**Core Training: 4 months
Trauma-Informed Specialist Certification**

\$2997

[Enroll to Secure Your Seat Now!](#)

*payment plan available upon enrollment

**Advanced Training: 4 months - by application only
Certified Parent Coach & Educational Trainer**

\$3997

Information for Advanced Certification Program:

Successful completion of the Core Training: Trauma-Informed Specialist Certification is a required prerequisite for the Advanced Certification: Parent Coach & Educational Trainer.

For more information or to apply, [click here to schedule a Zoom call](#) with Sandi.

Contact Us!

If you'd like learn more about HSI's Trauma-Informed Certification Programs for Parent and Teacher Leaders, or if you have questions you'd like us to answer- click through below and contact us!

We are committed to extraordinary student care...and that begins with our prospective students as they discern if this program is a right fit for them!

Contact Us Now!



HSI Founder and Program Director

Sandi Lerman



Sandi Lerman, MA Ed, (she/her) is the proud Mama Bear of a young adult who was adopted at age 10. She is founder of HEART-STRONG International, providing parent and teacher training, coaching and support for parents and teachers of children with childhood adversity leading to anxiety and developmental trauma.

Sandi brings her optimism and creativity to the task of parenting and teaching and knows from experience that even the worst situation can be transformed with the right mindset and commitment to building loving, connected family relationships.

An educator with over 20 years of classroom teaching experience in K-12 and adult education settings, Sandi has professional credentials in English language arts, English as a Second Language/ESOL, foreign language, and interpreting. She is certified in Mental Health First Aid Instruction, QPR Suicide Prevention Instruction and has been trained in a variety of Mind-Body Therapy practices.

Sandi has been an educational leader in a variety of schools and organizations, has coordinated K-12 and adult language and literacy programs, as well as statewide parent education and support programs. She has also taught in an online MA Ed. program in Trauma and Resilience in the School Settings.

Sandi is trilingual (English, Spanish, and American Sign Language), and started her career as a teacher working in Scotland and Mexico. She loves building bridges of understanding between people of diverse backgrounds, cultures, and perspectives.

