

DREAMS: Who We Are

The New Jersey Department of Children and Families' Children's System of Care (CSOC), in collaboration with the Department of Education (NJDOE), will provide support to local education agencies (public, charter, and Renaissance schools) serving grades pre-K-12 within New Jersey school districts through the **Developing Resiliency with Engaging Approaches to Maximize Success (DREAMS) Program**.



DREAMS: When Offered

Through DREAMS, a cohort of schools will be selected to enroll annually. The initiative will offer an onboarding introduction prior to the start of the school year, and implementation will continue through the end of the school year. At the conclusion, each cohort will join with the larger DREAMS community for ongoing connection and follow up support.

DREAMS: What We Offer

The DREAMS initiative focuses on providing trauma-informed and healing centered supports that assist staff and students in building positive relationships and emotional self-regulation. The schools receive training on trauma related topics such as *Adverse Childhood Experiences and Trauma Informed Learning Environments*, *Application of Trauma Informed Practice for Educators*, and *Understanding the Impact of Toxic Stress and Developmental Trauma on Brain Organization and Functioning*, along with others. Training is also provided in the Nurtured Heart Approach® (NHA), which focuses on cultivating relationships and engagement to foster success through building individual Inner wealth™. It is a tool for shifting to a strength-based culture that nurtures each youth's unique gifts and strengths through targeted training and consultation that will help staff manage challenges and serve in building the competency and capacity of school staff to help youth reach their full potential.



For More Information on DREAMS, Contact:

NJ DCF CSOC: stacy.reh@dcf.nj.gov

NJDOE: safesupportiveschools@doe.nj.gov

For More information on the Nurtured Heart Approach®, Contact:

Nurturedheartinstitute.com [Home - Nurtured Heart Institute](#)



Using their NHA training, the NJ DCF Office of Education's Monmouth Campus bulletin board display created opportunities for staff and students to get to know their peers and to recognize the greatness of individuals in the school.

DREAMS: Why Participate

Safe, stable, and nurturing relationships have been identified as a protective factor for students, and research shows that the better emotional self-regulation a student possesses, the higher the correlation of positive academic success. DREAMS provides training in trauma informed care and healing centered practices with the Nurtured Heart Approach®, which promotes and nurtures engagement in order to identify youth and families' behavioral health needs so that they can be linked to supports and services within their school and community. DREAMS assists in helping all students to increase their educational goals by supporting their mental and social-emotional health and wellness. DREAMS can also support staff with emotional regulation and wellness strategies to prevent burnout.



NEW JERSEY DEPARTMENT OF
CHILDREN AND FAMILIES

DREAMS: How It Works

Annually, school districts can apply to participate in DREAMS and be selected based on the district's needs, commitment and county resources available. To further efforts to develop and implement trauma-informed and healing-centered practices, participating school districts can expect to receive:

Live or virtual mentoring sessions twice per month with a certified NHA trainer of the CSOC system partner mentor

NHA 6-hour introduction training for two staff of the district who will become NHA certified.

Two representatives of the district will become certified NHA trainers by participating in the 5-day Certified Training Intensive (CTI)

Enrichment and Implementation Sessions on NHA in schools and Trauma Foundational Series—Introduction to trauma and creating healing centered environments

Canvas On-Demand online training modules to support professional development