

Training Is How the Work Becomes Real.

The assessment tells you where you are. Training is how you move forward. These resources build shared language, skills, and culture—so every person in your organization can show up differently for the people you serve.



Build a Common Language

Trauma-informed practice only works when everyone—from leadership to frontline staff—shares the same framework for understanding people's experiences



Protect Your Workforce

Trained staff recognize secondary traumatic stress, set healthy limits, and support each other—reducing burnout and improving retention across your team



Strengthen How You Serve

Populations facing housing instability, substance use, mental health challenges, and poverty carry significant trauma. Training helps staff respond with skill and compassion

Training is not a one-time event—it's an ongoing investment. Organizations moving through the trauma-informed continuum choose trainings that match **where they are now** and the **populations they serve**. The trainings on the back of this page are free or low-cost options available to organizations like yours.

HOW TO USE THIS MENU

1

Start with the Basics

All staff should receive foundational training in ACEs and trauma impact before diving into specialized content

2

Match Training to Population

Select specialized trainings based on who you serve—youth, people in recovery, first responders, or families in crisis

3

Build Leadership Capacity

Supervisors need additional training so they can model and sustain trauma-informed practices across the whole team

4

Repeat and Refresh

Plan for annual refreshers and new staff onboarding. Culture is built through repetition and ongoing community of practice

Audience Tags Used on Back:

All Staff

Youth-Serving

Supervisors & Leaders

Behavioral Health

First Responders



Training doesn't just change what staff know—it changes what they notice, how they respond, and what becomes possible for the people in their care.

RESILIENT COASTAL GEORGIA · TRAUMA-INFORMED SYSTEMS CHANGE

QUESTIONS TO GUIDE YOUR SELECTION



Who are the people we serve, and what experiences do they carry?

Consider histories of trauma, substance use, housing instability, domestic violence, involvement with the justice system, or mental health challenges



What do our staff need to feel safe and supported in their own work?

Secondary traumatic stress and compassion fatigue affect every role—from frontline workers to supervisors. Workforce wellbeing is not optional



Where is our organization on the trauma-informed continuum?

Starting at Level 1 (Trauma Aware)? Or ready to deepen practice at Level 3? The right training meets your team where they actually are

Trauma-Informed Training Menu

Free & low-cost options for Georgia organizations · Listed by topic and audience



Audience Key:

All Staff

Youth-Serving

Supervisors & Leaders

Behavioral Health

First Responders



ACEs & Trauma Foundations All Staff

Introduces the science of Adverse Childhood Experiences, how trauma affects the brain and body, and what a trauma-informed response looks like. The essential starting point for every team member—including board members and volunteers.

🕒 1–3 hrs · Self-paced online \$ Free traumafreeworld.org · samhsa.gov



Community Resiliency Model (CRM)® All Staff Youth-Serving

Six wellness skills that help individuals stabilize their nervous systems during and after stress or trauma. Designed to be passed along—staff who learn CRM can teach the same skills to clients and community members. Certified CRM facilitators available locally.

🕒 1–3 hrs; Half-day workshop; multi-day Teacher Training available \$ No to low cost; free iChill app mediationsavannah.com · thegiga.org



QPR Gatekeeper Training — Suicide Prevention All Staff First Responders

Question, Persuade, Refer. The most widely taught suicide prevention training in the world. Anyone can learn to recognize warning signs, have a direct conversation, and connect someone at risk to the help they need. Available free in Georgia through certified trainers.

🕒 1.5 hrs \$ Free in Georgia preventsuicidega.org/training · mhageorgia.org



Mental Health First Aid (MHFA) All Staff First Responders

A five-step action plan for responding to mental health and substance use crises. Covers depression, anxiety, psychosis, and suicidal ideation. Adult, Youth, and Teen versions available. Earns continuing education credits including POST credits for first responders.

🕒 8 hrs (1 day) \$ Free to low cost via MHA Georgia mhageorgia.org · mentalhealthfirstaid.org



Darkness to Light: Stewards of Children® Youth-Serving

Evidence-based child sexual abuse prevention training for adults who work or volunteer with children. Teaches how to prevent, recognize, and respond responsibly. Widely used by nonprofits, faith communities, and youth-serving organizations across Georgia.

🕒 2.5 hrs · Online or in person \$ ~\$25–30/person (often subsidized locally) d2l.org



Seeking Safety Behavioral Health

Evidence-based curriculum for individuals with co-occurring trauma and substance use. Covers 25 coping skill topics. Widely used by behavioral health, housing, and recovery organizations. Facilitator training available; client workbooks low cost.

🕒 Client sessions 45–90 min each \$ Low cost materials seekingsafety.org



Resilience Enhancement and Leadership Model (REALM) Supervisors & Leaders First Responders

Teaches personal, interpersonal, and organizational resilience skills for leaders and frontline workers. Helps supervisors and first responders build capacity to manage stress, support their teams, and sustain effective practice in high-demand environments.

🕒 2–4 hrs · Virtual options available \$ Free to low cost Contact Mediation Center for local and virtual options



Positivity & Relaxation Training (PART) — Mind Body Medicine All Staff Supervisors & Leaders

Benson-Henry Institute evidence-based program teaching the relaxation response and stress resilience skills to counter chronic stress and secondary trauma. RCG has the only certified PART facilitator in Georgia—available for organizational trainings and cohorts.

🕒 8-week cohort or condensed formats \$ Contact RCG for pricing flywheelresilience.com · resilientcoastalga.org

This list is a starting point—not an exhaustive menu.

The right training depends on **who your staff are, what roles they hold, and who your organization serves**. A housing nonprofit, a behavioral health agency, and a youth-serving organization may all need different trainings—even at the same stage of the trauma-informed journey. Resilient Coastal Georgia can help you think through what makes the most sense for your team, your mission, and the populations you work with. **Reach out to start that conversation.**