



TRIP in Schools

Trauma-Responsive Implementation and Practice

Improving mental health for students *and* staff.

Our children are experiencing increased levels of trauma, one of the driving forces in the growing mental health crisis. Early interventions are proven to have impactful results on reversing these trends.

The TRIP in Schools program trains schoolteachers and staff on how to give proper support to struggling students. These trainings also address the needs of caregivers, preventing burnout. Trainings include self-regulation techniques such as breathing exercises and body scans.

Lower staff turnover and enhanced wellness.*

80% reduction in referrals to principal's office.*

Implemented throughout 10+ elementary schools in Weld County, CO.

Reaching over 5,000 students and staff.

*After 4 years of program. Drawn from proof of concept held in Montezuma County, CO.

TRIP in Schools creates system changes to increase resiliency amongst children and support workforce well-being.