



TREC Resiliency Programs

Helping Our Parenting students Excel (HOPE) Program

The HOPE Program exists to create a child friendly and supportive environment where our teenage and adult students who are pregnant or parenting can be successful in their educational and parenting journey. We provide a personalized learning environment, which includes one on one attention, flexibility, a safe environment, connection to community resources, and work force and college and career planning.

Jobs4California Graduates (J4CG – JAG)

Jobs4 California Graduates (J4CG) is a statewide non-profit organization dedicated to preventing high school dropouts and helping secure a good job and/or go on higher education by serving young people who possess a multitude of barriers to success. The purpose of J4CG is to deliver JAG Model Services to empower “Opportunity Youth” to remain in school and attain basic employability skills through classroom and work-based learning experiences. J4CG students benefit from empirically based SEL and Department of Labor/ WIOA career readiness curricula, and supportive services including but not limited to: work-based learning, paid and unpaid internships, and access to industry partners providing PT and FT employment opportunities.

Trauma-Resilient Meditation

Our TREC Meditation resiliency program creates and supports an opportunity for students (and staff) to develop self-regulation, coping skills, and increased well-being. Well-researched and scientifically proven benefits of meditation include:

- Increased energy
- Improved well-being
- Increased blood flow and decreases heart rate
- Provided sense of calm, peace, and balance
- Enhanced self-regulation through controlled breathing
- Reduced stress and anxiety



Synthesis of Literacy, Art, and Media (SLAM)

SLAM is a project-based course that blends literature and art and media. SLAM empowers students to shed light on universal themes and build a learning community based on shared experiences and the love of poetry. Students aim to answer two essential questions: How does expressive writing illustrate and influence the world? How can your expressive writing impact your community? Students conceptualize text types, author's message/expressive intent, research methods, performance techniques and presentation skills. They also read thematic novels and participate in a performance workshop. Students apply their learning to a research project, multimedia presentation, narrative writing and spoken word performance. The course culminates in a final theatrical production and curation of a professional portfolio that includes academic and performance artifacts as evidence of learning. SLAM curriculum aligns with Common Core English. Language Arts, California Arts Standards in the Theater domain, and Career Technical Education Standards. It can be offered for English 9-12, Visual & Performing Arts or CTE credit.

Students Of Unity, Respect, Consciousness, and Energy (SOURCE)

- The goal of SOURCE is to help students better navigate the many challenges life brings through a variety of activities that increase mindfulness, gratitude, and self-regulation. Students develop a deeper sense of connection and purpose, setting intentions and achieving goals through deliberate planning and practice. In each credit students learn a number of research-based and tested methods for cultivating physical, social, and emotional well-being, providing students with resources they can use to thrive.
- SOURCE is an elective course for enhancing student well-being by building resilience, strength, connection, and purpose. The course is based upon ACEs Science and positive psychology within the Trauma-Resilient Educational Communities (TREC) Model.
- SOURCE is a 12-week, 10-credit course currently available in small-group instructional format. Online and independent study options are now available.



- Furthermore, each credit focuses on community connection, gradually building engagement through a community wellness “passion project” driven by student interest and local needs. The credits are organized around essential questions that connect the concepts to students’ lives.

Trauma-Resilient Yoga

Our TREC Trauma-Informed Yoga resilience program supports student/staff well-being under the Trauma-Resilient Educational Communities (TREC) Model, based upon ACEs Science. All Yoga offerings are taught and facilitated by certified Yoga instructors. In addition to physical yoga practice, students explore the many facets of trauma-informed yoga including positive habit building, mindfulness, intentional breathing, and self-awareness. Well-researched and scientifically proven benefits of yoga include:

- Enhances self-regulation through controlled breathing
- Reduces stress and anxiety
- Increases flexibility
- Provides a sense of calm, peace, and balance
- Increases muscle strength and tone
- Improves mindfulness (even outside of yoga practice)
- Improves respiration, energy, and vitality
- Improves cardiovascular and circulatory health
- Improves athletic performance

Note: TREC Yoga instructors are trained on Adverse Childhood Experiences (ACEs) Science (the impact of trauma on the brain and the body, the effects of toxic stress and epidemiology, epigenetics, and resilience-building) in support of your deepened understanding of transformative healing through yoga practices.