



Trauma Sensitive Schools (TSS) Module Length

Thank you for your interest in supporting your schools to become Trauma Sensitive! Length of the modules vary based on the amount of time spent on readings and working through the many implementation tools. Below you will see the minimum estimated length of time for simply viewing each module. To fully complete each module, which would include readings and work on implementation tools, one may spend 2-4 times the minimum estimated length.

The learning system is broken into Universal and Tier II and III modules. For each module set, you will find:

Foundations – These modules are meant to be viewed *first and in order*. They set the stage for the important prerequisite knowledge and skills needed before engaging in other individual strategies.

Strategies and Practices – These modules provide concrete ways to use the trauma-informed lens for various aspects of practice including social and emotional learning, self-regulation, relationship building and cognitive problem-solving. These modules can be viewed in any order, though we recommend the listed order.

Systems & Policy Approaches – Finally, these modules focus on the systems and policy changes that are necessary to fully implement and sustain a TSS. They support areas such as school-wide behavior supports, discipline, and family engagement.

For questions about this information, please contact dpisspw@dpi.wi.gov.

| Universal Level | Length |
|---|---------------|
| Getting Started | 50-55 minutes |
| Prevalence and Impact of Trauma | 15-20 minutes |
| Neuroscience | 35-40 minutes |
| Self-Care | 25-30 minutes |
| Trauma Sensitive Schools | 25-30 minutes |
| Trauma Sensitive Lens for Strategies | 25-30 minutes |
| Trauma Sensitive Environments | 25-30 minutes |
| Social and Emotional Learning (SEL) | 20-25 minutes |
| Emotional and Physical Regulation | 30-35 minutes |
| Building Relationships | 20-25 minutes |
| Cognitive Problem Solving | 20-25 minutes |
| Trauma Sensitive School-Wide Behavior Support | 50-55 minutes |
| Trauma Sensitive School-Wide Discipline | 30-35 minutes |
| Engaging Parents as Partners | 35-40 minutes |
| Trauma Sensitive Academic Support | 35-40 minutes |
| Disclosures and Confidentiality | 30-40 minutes |

| Tiers II/III Supports | Length |
|---|----------------|
| Readiness for Tiers II/III | 25-30 minutes |
| Compassion Resilience | 45-40 minutes |
| Building Relationships Despite Challenges | 40-45 minutes |
| Emotional & Physical Regulation Part 1 | 40-45 minutes |
| Emotional & Physical Regulation Part 2 | 15-20 minutes |
| Cognitive Problem Solving | 20-25 minutes |
| Academic Intervention at Tier II/III | 25-30 minutes |
| Trauma Informed De-escalation | 40-45 minutes |
| Person Centered Planning | 35-50 minutes |
| Screening & Assessment | 25-20 minutes |
| Tier II/III Discipline | 30-35 minutes |
| Family Partnerships | In development |