



Developmental Resilience: Professional Development Certificate Program

Hardship and adversity are unavoidable parts of life. However, youth can emerge from challenging situations stronger than before, able to navigate future hardships. PEAR's virtual certificate program features up-to-date research on youth mental health and resilience from experts at Harvard and McLean Hospital, where PEAR began.

This is an 8-hour professional development series with a certificate in Developmental Resilience issued upon completion. PEAR can work with your district to qualify this series for professional development points (PDP).

Book your PD now:
<https://bit.ly/PEAR-training>

1 Who is this program for?

School leaders, teachers, and other support staff interested in building youth resilience

2 What will participants learn?

- How to use a social emotional framework to categorize skills youth develop at different states
- To explore the use of storytelling to help students face new challenges
- De-escalation and support practices to meet youth mental health needs
- New strategies to support youth resilience

3 What topics are covered?

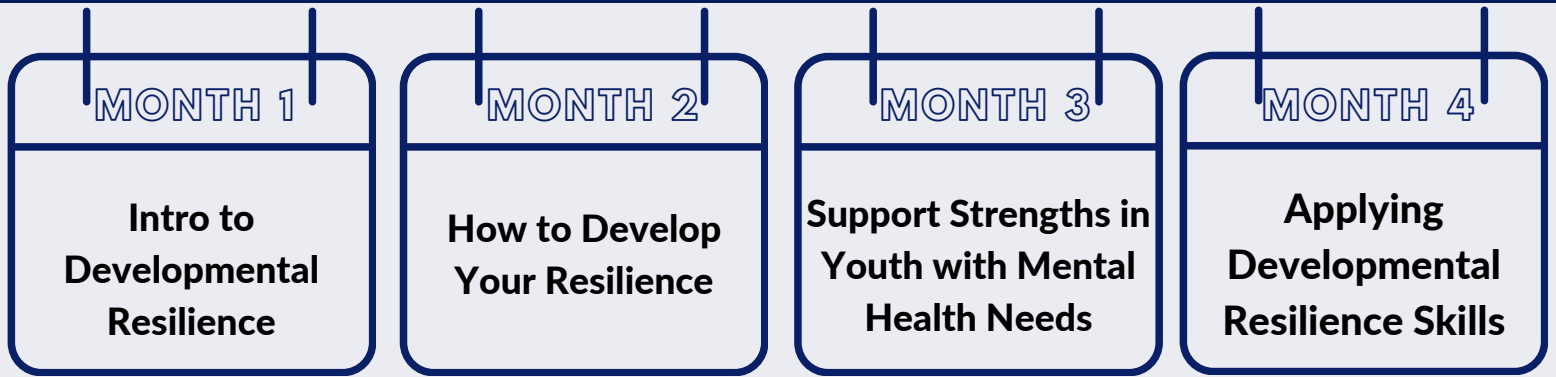
1. Introduction to Developmental Resilience
2. How to Develop Your Resilience
3. Supporting the Strengths in Youth with Mental Health Needs
4. Applying Developmental Resilience Skills to Work with All Students

4 What does the program cost?

- **4 Virtual Sessions:** \$8,000 (\$2,000 per session)
- **1, 6-hour In-Person Session:** \$10,000
- *Contact PEAR for larger group and whole school/program pricing and discounts.*

Sample

PD CALENDAR



The PEAR team will work with you to determine the optimal schedule and delivery format for this professional development series to meet your school or program's needs.

SESSION	LEARNING OBJECTIVES
Intro to Developmental Resilience	<ul style="list-style-type: none">• Build an understanding of key terminology related to mental health and resilience• Discuss the impacts of the past few years• Categorize skills that youth develop at different stages using the Clover Model
How to Develop Your Resilience	<ul style="list-style-type: none">• Reflect on and examine their own experiences of growing through adversity• Use storytelling to help themselves and their students face new challenges
Support Strengths in Youth with Mental Health Needs	<ul style="list-style-type: none">• Practice identifying and meeting students' mental health needs by naming de-escalation and support practices within their spheres of influence and control• Explain when and how to utilize resources at their school/programs when students need extra support
Applying Developmental Resilience Skills	<ul style="list-style-type: none">• Name and learn new strategies that support students in building their resilience• Practice applying those strategies to meet the needs of youth with different experiences and at different developmental stages.



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