

Developing Resiliency with Engaging Approaches to Maximize Success

DREAMS

Meet & Greet





NurturedHeart

The Nurtured Heart Approach® (NHA) is more than just a parenting or educator behavior management strategy.

It is a philosophy for creating healthy relationships with the people in your life.

NHA consists of a set of strategies that assists children in further developing their self-regulation and has been found effective with children of all ages. It focuses on transforming the way children perceive themselves, their caregivers and the world around them.

Children learn to understand that they will receive endless amounts of praise, energy, recognition, and reward through the positive behavior they display and this supports children to build a positive portfolio of themselves, which we call “Inner Wealth™”

Practical Results of NHA



NurturedHeart

- Increased caregiver effectiveness and satisfaction
- Improved teacher job satisfaction and retention
- Decreased incidence and severity of disruptive behavior
- Decreased school office referrals and expulsions
- Increased test scores and curriculum advancement
- Decreased disruption of foster care placements
- Progress in child social-emotional development

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- Initiative between CSOC/DOE/System Partners/Schools/UBHC
- Provides trauma-informed & NHA foundation for participating schools/districts
- Focuses on providing training, resources and support to increase knowledge of trauma and the NHA

DREAMS Expectations

- Champion Team Meetings – at least once monthly, in-person or virtual
- Create a vision and goal for NHA implementation
- Develop strategies for infusing NHA into the school/district culture
- Establish shared understanding and knowledge of trauma informed and healing centered practices in the classrooms
- 6-hour training in October is a pre-requisite for the two tentative districts Certified Trainers (CT) but anyone on the champion team can attend.
- Certified Trainer Intensive (CTI) for the two district CTs only
- Provide training and information to other teachers, staff, caregivers, etc.

Highlights from the
“overall positive
outcomes,” reported
in the 2024 end-of-
year survey because
of DREAMS:

End-of-year feedback surveys 2024, were distributed to districts with a 28% return rate. 90.9% of district respondents rated the mentoring process as a 5 out of 5. 9.1% rated 4 of 5.

- *“We are now using a common language and it is very helpful.”*
- *“Staff has complimented on the approach and how they have used it in their day-to-day life. Students have responded well with the approach as well.”*
- *“I think you have built capacity at (our district) for leadership with Nurtured Heart and a trauma-informed school setting.”*
- *“Has assisted staff in how to address students.”*

Highlights from the
“overall positive
outcomes,” reported
in the 2024 end-of-
year survey because
of DREAMS:

- *“Our DREAMS Program reinforced much of what we currently do and so the outcomes we were looking for were to train new staff and validate the methods currently used.”*
- *“I feel more confident, and my style of communication has improved with parents and students during counseling our CST meetings.”*
- *“A positive outcome that I observed is that our children are very surprised to be seen for the good things they do. They are used to getting attention for their poor behavior.”*