



TREC Holistic Framework

TREC is a holistic framework grounded in Positive and Adverse Childhood Experiences (PACES) Science that combines the principles, practices of essential models.

Social-Emotional Learning (SEL) Models and Resiliency

TREC integrates aspects of SEL models to cultivate crucial social and emotional skills in individuals, encompassing self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. These skills, vital not only for children but also for adults, are instrumental in fostering resilience, navigating adversity, and nurturing positive relationships.

Public Health Models

TREC seamlessly incorporates public health approaches to combat population-level health disparities and advance health equity. We educate on and tackle social determinants of health, advocating for policy reforms, and actively participates in community-based interventions to enhance health outcomes across all demographics.

Trauma-Informed Models

TREC incorporates trauma-informed principles to establish safe, supportive, and empowering environments for individuals who have experienced trauma. We prioritize understanding the impact of trauma, fostering trusted relationships, and promoting healing and resilience. Additionally, TREC creates cultures of trust and belonging among staff, emphasizing the significance of both self-care and collective care.

Socio-Ecological Models

TREC utilizes socio-ecological frameworks, supported by collective impact initiatives, to understand the multifaceted determinants of health encompassing social, economic, and environmental factors. These frameworks recognize that health outcomes are shaped by various levels of influence, from individual behaviors to community contexts, organizational structures, and public policies.

Restorative Justice Models

TREC integrates restorative justice principles to address harm, conflict, and wrongdoing within educational and community contexts, prioritizing relationship repair, harm healing, accountability, and dialogue among all stakeholders. In our Trauma-Resilient Professional certification, participants acquire skills and practices for implementing talking circles and other restorative justice methods.