

TBRI

FOUNDATION FOR HOPE

TBRI is an attachment based, trauma informed intervention that is designed to meet the complex needs of vulnerable children. Offered at **NO COST** to the family!

Foundation For Hope (FFH) is a collaborative project between Foundation for Youth of Bartholomew County, Johnson County Court Services, HopeAlight, and Department of Child Services Region 14.

THE **HEARTBEAT** OF TBRI IS **CONNECTION!**



APR
25-27,
2025

JUN
27-29,
2025

SEPT
26-28,
2025



**COLUMBUS YOUTH
CAMP (CYC)**
12454 W. YOUTH CAMP RD.
COLUMBUS, IN 47201

SCAN HERE

TO REGISTER FOR TBRI OR GO TO
FOUNDATIONFORYOUTH.COM/TBRI



For more information call (317) 431-2307
or email lori@foundationforyouth.com



WHAT TO EXPECT

PRE-CAMP

- Caregivers will watch the video “**Trust-based Parenting**”
- Read Chapter 4 of **The Connected Parent** book.
- Complete application paperwork with your referral provider

DURING CAMP

SUPPORTS:

- **TRAINING:** Caregivers will attend a TWO-DAY TBRI Caregiver Training presented by HopeAlight.
- **TECHNOLOGY:** A laptop and comfortable, private space will be provided for each caregiver unit to attend virtual TRAINING.
- **BUDDIES:** Youth will be assigned a one-on-one buddy to assist them in navigating camp

ACTIVITIES:

- **GROUP ACTIVITIES:** Teach youth how to regulate behavior using respectful interaction
- **ART AND MINDEFUL MOVEMENT:** Explore how to meet their own sensory needs, find value in asking for what they need, and other valuable life skills needed to reduce trauma-responsive behaviors.

POST CAMP

- Caregivers will attend three one-hour **consultation** sessions with their TBRI trainer from HopeAlight.
- The family will return to camp four to six weeks following foundation for hope camp to participate in a daylong Hope Family **Connection Camp Day**.

PRINCIPLES OF TBRI

- **EMPOWERING:** This TBRI Principle will be met by providing nutrition, hydration, movement, and transitions for all camp staff and participants.
- **NUTRITION:** Breakfast, lunch and snack breaks, each day.
- **MOVEMENT:** Scheduled group activities and opportunity for free play or movement with their buddy. Adults will be given breaks to move and explore the camp environment.
- **TRANSITIONS:** Enable you to plan and prepare for what is going to happen and expected of you.
- **CONNECTING:** We create an environment where children CAN use their **voice**, their **needs** are being met, and **connections** with caregivers are being made, all to create a **safe** space for them to learn, grow and laugh.
- **CORRECTING:** We provide one-on-one **buddies** who are trauma informed and TBRI Caregiver trained. Should a behavior progress, each FFH camp will be staffed by TBRI Practitioners who are highly trained and skilled to **deescalate** trauma-responsive behaviors. **Behavior regulation** will be handled with **connection** over correction as a foundational model.