

## Resilience Strategies for Self-Care and Peer Support

The *Resilience Strategies for Educators (RSE): Techniques for Self-Care and Peer Support* training is designed to provide learning opportunity for caregivers in schools and school districts to better understand resilience strategies following emergency events.

**To schedule a training, please contact the Alabama Department of Education (ALSDE), Prevention and Support Services at 334-242-8165.**

### Alabama Train-the-Trainers by In-Service Region

Regions	Trainers
1	Dr. Gale Satchel (Educator) Mr. Dale Means (Sheriff's Office)
2	Mr. Dwight Satterfield (Educator) Mr. Proncey Robertson (Police Department)
3	Mrs. Anna Watts (Educator) Mr. Brian Smith (Sheriff's Office)
4	Dr. Erica Butler (ALSDE)
5	Mr. Dale Stripling (Educator) Mr. Jody Hodge (EMA) Mr. Major Wendell (Sheriff's Office)
6	Mrs. Elizabeth Bailey (Educator) Mrs. Dena Cook (Educator) Ms. Ayanna Long (ALSDE) Mr. Allan Robertson (Educator and A&M Volunteer Fire Department)
7	Dr. Marilyn Lewis (ALSDE)
8	Ms. Angel Garrett (Educator)
9	Mrs. Wanda Langley (ALSDE) Mr. Tony Turner (Educator)

<b>10</b>	Mr. Anthony Sampson (Educator) Ms. Patrice Davis (Educator) Ms. Larissa Dickinson (Mental Health Professional) Mrs. Denita Hill (Educator) Mr. Jeff Spaller (Sheriff's Office)
<b>11</b>	Mr. Greg DeJarnett (ALSDE) Ms. Shabrell Reynolds (Social Work Professional)