

RESTORATIVE SOLUTIONS

Training & Technical Assistance in Restorative Practices

Restorative Practices is a social technology that utilizes strategies of inclusiveness, accountability and group decision making to build and maintain healthy communities, increase social capital, decrease crime and antisocial behavior, repair harm and restore relationships.

RESTORATIVE SOLUTIONS provides you with strategies and the structure to start, incorporate or strengthen restorative practices in your “community”. We define community as justice systems, schools, workplaces, organizations, and neighborhoods where people need to be connected for a common purpose or to achieve a common goal.

DESCRIPTION OF SERVICES

Whether you are exploring how to incorporate restorative practices in your community, starting a restorative practices program or strengthening and enhancing your existing restorative practices, **RESTORATIVE SOLUTIONS** is here to assist you.

We can provide an Introduction to Restorative Practices where you learn the framework to help you build an environment where people in your community feel connected to one another. In the context of youth justice systems and schools, research shows that when young people feel connected to the adults, their outcomes improve. Having a connected community can also assist in lowering the number of instances of misbehavior, crime, and conflict that lead to office referrals, suspensions, expulsions and arrests. For workplace or other adult community environments, adults are more likely to work through their conflicts when they feel connected to and or have strong relationships with one another.

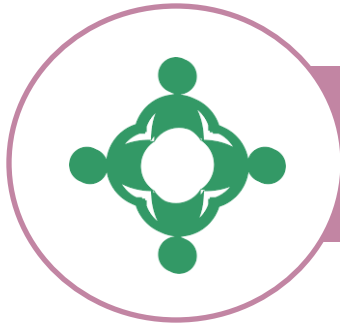
RESTORATIVE SOLUTIONS can assist you in developing a plan and structure that is specifically tailored for you as we understand that no two communities are the same. We can assist you with developing an effective restorative practice strategy that fits your unique community's needs.

If you know about Restorative Practices and feel it will be an asset to your community, **RESTORATIVE SOLUTIONS** offers tools to help you get started. From providing technical assistance to help you build a framework for implementation, to training in facilitating simple community building dialogue circles, we can assist you. We also offer professional development sessions focused on how to ask questions in a different way that helps builds empathy, fosters accountability and can assist with helping individuals get to the root of conflict and behavior in a way that restores your community.

RESTORATIVE SOLUTIONS offers the following Professional Development Trainings:

- Introduction to Restorative Practices
- Community Building Dialogue Circles
- Affective Communication and Restorative Questions
- Facilitating Restorative Circles

RESTORATIVE SOLUTIONS is here to partner with you to build stronger relationships and provide effective tools to create healthier and safer communities. For more information, contact restorativesolutions4u@gmail.com or 443-418-4705.



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RESTORATIVE SOLUTIONS TRAINING DESCRIPTIONS:

Introduction to Restorative Practices

Introduction to Restorative Practices introduces participants to the rationale and research-based processes behind RP. As a proven methodology to reduce conflict and crime, while building community through positive relationships, participants explore the **proactive** and **responsive** tools that support restorative approaches to discipline.

Community Building Dialogue Circles

Community Building Dialogue Circles are the cornerstone of creating positive relationships within facilities, classrooms, workplaces and programs. Participants will learn about the key components of Dialogue Circles as well as explore key techniques and tools to promote positive relationships, connection, and a sense of safety and belonging within the circle.

Experientially based, participants participate in a community building dialogue circle and have an opportunity to utilize the skills learned so that they are prepared to facilitate their own Dialogue Circles.

Affective Communication and Restorative Questions

How we speak to each other matters. Affective Communication teaches participants key social-emotional competencies as way to improve how to speak so that another person can hear. Restorative Questions teaches participants how to problem-solve, while holding themselves accountable. This session explores the role of empathy in relationship building, while establishing accountability. It also examines ways Restorative Questions can be used to de-escalate conflict. Participants will practice active listening skills and learn through role plays. Additionally, participants will explore common responses to discipline and/or problem solving in order to examine the outcome of each approach.

Facilitating Restorative Circles

Conflict is a part of life. Restorative Circles teach facilitators how to use the circle process to address issues and conflicts that arise throughout the day. These circles are voluntary and include those directly involved in the conflict and those most affected by the conflict. The facilitator provides a space for the group to: (1) hear what happened, (2) hear how the conflict or harm has affected those involved and (3) come up with a way to resolve it. Participants will learn the skills to facilitate Restorative Circles. Participants practice both the steps of facilitation along with ways to cultivate empathy and resolve through the process. Facilitation skills such as neutrality, active listening, and body cues will be practiced through role plays and interactive activities.

Because RESTORATIVE SOLUTIONS understands that each community has different needs, the times for the above trainings can be tailored to meet your community's need. For more information, contact restorativesolutions4u@gmail.com or call 443-418-4705.