

# STARS

Strength, Trauma, and Resilience Studies

ADVANCED CERTIFICATION

The **STARS Advanced Certification** is a free online course for Florida's child welfare professionals with resources to build better resilience skills for families and themselves.

Developed by the MyALIGN program at the Florida Institute for Child Welfare with input from DCF leadership, lead agency representatives, case management service representatives, and other stakeholders for child welfare professionals, STARS provides concrete tools for growing child, parental, and family resilience.

The course material addresses stress management, secondary trauma, and primary trauma, as well as explores how trauma history interferes with learning.

STARS includes six self-paced, online course chapters with two virtual, synchronous sessions with a FSU College of Social Work faculty member to practice and reinforce learned skills.

FLORIDA INSTITUTE FOR CHILD WELFARE



Advance • Learn • Innovate • Grow • Network

JOIN THE FALL 2025 COHORT!  
APPLY BY AUGUST 20.



**STARS is:**



University-led



Trauma-informed



Eligible for  
CEUs by the Florida  
Certification Board



Connected to  
Advancement Criteria on  
the DCF Career Ladder



Supported with  
a dedicated coach  
and a cohort of peers

FOR MORE INFORMATION ABOUT STARS, PLEASE VISIT

[FICW.FSU.EDU/STARS](https://ficw.fsu.edu/stars)