

Trauma Informed Care Toolkit



Introduction: Why Is This Important?

Stress and trauma are common in our lives. However, when trauma seriously threatens our safety and security or happens repeatedly, it can change us in surprising ways. Trauma can affect our bodies, our brains and the way we act for the rest of our lives.

Click on the link below to see a short video and learn more about why trauma is important in the lives of children.

<http://www.newsreel.org/video/WOUNDED-PLACES>

Research has shown that:

- Most people experience some type of trauma during their childhood
- Trauma can have short term and long term impacts on the course of a child's life
- There are ways to prevent & reduce the impact of trauma & toxic stress

Information for Professionals: Information and resources about trauma/toxic stress, its potential impact and practical tools for identifying and addressing trauma. It is geared toward professionals working with adolescents/young adults in schools and school-based health centers but the information is applicable to a range of service providers.

Information for Youth: Information especially for youth with printable handouts.

Information for Parents & Caregivers: Information to help parents/caregivers understand trauma, its impact and what they can do to help their teen. Includes printable handouts

Resources: A listing of resources about trauma and trauma-informed care.