

Trauma Informed Care Toolkit

RESOURCES

GENERAL INFORMATION ABOUT TRAUMA AND TRAUMA-INFORMED CARE:

- ❖ **ACE Connections:** Community of practice website providing a wide range of information and resources including articles, blog, media library etc.

<http://www.acesconnection.com/home>

- ❖ **Adolescent Health Working Group-“Trauma and Resilience”:** Thorough overview of trauma and its impact on adolescents, resilience and trauma informed care.

<http://rodriguezgsarah.wordpress.com/about/>

- ❖ **Child Trauma Academy- “Surviving Childhood: An Introduction to the Impact of Trauma”:** Online course about trauma and its impact on children.

http://www.childtraumaacademy.com/surviving_childhood/lesson01/page01.html

- ❖ **Crisis Prevention Institute-“Top 10 Recommended Trauma-Informed Care Online Resources”:** Links to 10 websites with many resources for training, screening, etc.

<http://www.crisisprevention.com/Blogs-CPI/Blog/April-2012/Top-10-Recommended-Trauma-Informed-Care-Online-Res>

- ❖ **Find Youth Info:** Provides information, strategies, tools, and resources for youth, families, schools and community organizations related to a variety of cross-cutting topics that affect youth

<http://www.findyouthinfo.gov/youth-topics>

- ❖ **JBS International, Inc. and Georgetown University National Technical Assistance Center for Children’s Mental Health, Trauma Informed Care: Perspectives and Resources:** A comprehensive, video-enhanced website regarding trauma informed care in many settings.

<http://trauma.jbsinternational.com/Traumatool/index.html>

- ❖ **The National Center on Family Homelessness-“Trauma-Informed Organizational Toolkit”:** Comprehensive guidance for developing a trauma-informed organization including an organizational self-assessment.

<http://www.familyhomelessness.org/media/90.pdf>

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- ❖ **National Child Traumatic Stress Network:** Comprehensive website about childhood trauma across the age span. Information is available for parents/caregivers, professional, educators, the media, etc.

<http://www.nctsn.org/>

- ❖ **National Council for Community Behavioral Health Care, “How to Manage Trauma”** User friendly infographic explaining trauma, its impact and coping strategies.

<http://www.thenationalcouncil.org/wp-content/uploads/2013/05/Trauma-infographic.pdf>

- ❖ **National Institute for Trauma and Loss Center:** Training resources for clinicians and organizations including trauma certification.

<https://www.starr.org/training/tlc>

- ❖ **Raising of America, Wounded Places:** Documentary series to be released in Spring 2015 about the importance of early childhood, “Wounded Places” addresses the impact of community violence on children of all ages.

http://www.raisingofamerica.org/wounded-places?utm_source=+RA+List%3A+3+DVDs%2C+updated+temp+site%2C+etc.&utm_campaign=RA+List%3A+Three+DVDs%2C+Updated+Website%2C+and+more%21&utm_medium=email

- ❖ **SAMHSA, Trauma and Justice-Trauma Definition:** Overview of trauma and trauma-informed approach.

<http://www.samhsa.gov/traumajustice/traumadefinition/index.aspx>

- ❖ **SAMHSA, Concept of Trauma and Guidance for a Trauma Informed Approach:** A summary of key assumptions, principles and domains of trauma informed care.

<http://store.samhsa.gov/shin/content//SMA14-4884/SMA14-4884.pdf>

- ❖ **SAMHSA-HRSA Center for Integrated Health Solutions:** Includes a section on trauma informed care in health care settings.

<https://www.integration.samhsa.gov>

- ❖ **Trauma Informed Care Project:** Resources and training for developing trauma informed care organizations and communities.

<https://www.traumainformedcareproject.org/index.php>

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- ❖ **University of Iowa, Community Connections – “Creating Cultures of Trauma-Informed Care: A Self-Assessment and Planning Protocol”:** Detailed assessment and protocol for creating trauma-informed organizations.

<http://www.healthcare.uiowa.edu/icmh/documents/CCTICSelf-AssessmentandPlanningProtocol0709.pdf>

- ❖ **VA National Center for PTSD:** Resources for identification and treatment of PTSD, extends beyond military veterans.

<http://www.ptsd.va.gov/>

NEUROSCIENCE AND TRAUMA:

- ❖ **CNS Forum Lundbeck Institute:** Provides images of brain anatomy and physiology as well as brain changes associated with various mental and physical health problems.

<https://www.cnsforum.com/educationalresources/imagebank>

- ❖ **LDOonline:** The symptoms of ADD/ADHD often overlap with symptoms of traumatic stress. This website provides information & resources for parents & teachers.

www.ldonline.org

- ❖ **The Leadership Council on Child Abuse and Interpersonal Violence:** Articles about the effects of childhood trauma on brain development.

<http://www.leadershipcouncil.org/1/res/brain.html>

- ❖ **Understood for Learning and Attention Issues:** The symptoms of ADD/ADHD often overlap with symptoms of traumatic stress. This website provides information & resources for parents.

www.understood.org

CREATING TRAUMA INFORMED SCHOOLS:

- ❖ **CBITS-Cognitive Behavioral Intervention for Trauma in Schools:** School-based group and individual intervention. Information and training offered.

<http://cbitsprogram.org/>

- ❖ **Center for School Mental Health- “Tools for Clinicians”:** List of resources related to school crisis response, many other resources related to mental health services in schools.

<http://csmh.umaryland.edu/Resources/ClinicianTools/index.html>

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- ❖ **Mulloy, Maura, Ph.D. “Resilience-Building Schools for At-Risk Youth: Developing the Social, Emotional, and Motivational Foundations of Academic Success”:** Provides a model/framework for resilience building in schools.

info@civicresearchinstitute.com

- ❖ **National Child Traumatic Stress Network-“Resources for School Personnel”:** A comprehensive array of resources for schools regarding trauma.

<http://www.nctsn.org/resources/audiences/school-personnel>

- ❖ **Treatment and Services Adaptation Center-“Support for Trauma-Informed Schools & Resources for Traumatic Stress”:** Offers info about trauma-specific interventions for schools, including Psychological First Aid (PFA); Cognitive Behavioral Intervention for Trauma in Schools (CBITS); Support for Students Exposed to Trauma (SSET) and general info about trauma and school populations and secondary traumatic stress.

<http://traumaawareschools.org/>

- ❖ **Wisconsin Dept. of Public Instruction – “Creating Trauma-Sensitive Schools to Improve Learning”:** Comprehensive toolkit including webcasts, videos, articles, presentation materials, and links to other websites.

http://sspw.dpi.wi.gov/sspw_mhtrauma

TRAUMA-SPECIFIC SCREENING, ASSESSMENT & INTERVENTIONS:

- ❖ **Act for Youth: “Trauma Screening and Assessment Tools for Children and Adolescents”:** Overview of trauma screening and assessment tools including domains assessed, age, format, and information about training and costs.

<http://www.actforyouth.net/resources/pd/trauma-assess-tools.pdf>

- ❖ **Child Welfare Information Gateway-Screening and Assessment for Child Trauma:** Provides information regarding screening and assessment tools.

https://www.childwelfare.gov/systemwide/assessment/family_assess/childneeds/trauma.cfm

- ❖ **National Child Traumatic Stress Network- “Measures Review Database”:** Detailed review of evidenced-based measures regarding children’s experiences of trauma, their reactions and other mental health and trauma-related issues.

<http://www.nctsn.org/resources/online-research/measures-review>

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- ❖ **National Registry of Evidence-based Programs and Practices-“Interventions with outcomes related to PTSD”:** Provides overview of a wide range of interventions related to traumatic stress, notes those that are for school-aged and adolescents.

<http://www.nrepp.samhsa.gov/SearchResultsNew.aspx?s=b&q=PTSD>

- ❖ **Polaris Project-National Human Trafficking Resource Center:** Provides information and resources for identifying and intervening on behalf of children and adults who are victims of human trafficking.

www.polarisproject.org

- ❖ **Starr Commonwealth-“Resources for Parents & Professionals-Activities”:** Activities for children and adolescents to support trauma recovery.

<https://www.starr.org/research/activities>

- ❖ **RAAPS:** Website for screening tool used by many CAHC sites.

<https://www.raaps.org>

- ❖ **US Dept. of Veterans Affairs PTSD: National Center for PTSD- “Child Measures of trauma and PSTD”:** A list of child and adolescent trauma and PTSD measures.

<http://www.ptsd.va.gov/professional/assessment/child/index.asp>

- ❖ **WMU Children’s Trauma Assessment Center:** Resource for comprehensive assessment of children exposed to trauma; also provides extensive training for a variety of organizations.

<https://www.wmich.edu/traumacenter>

RESILIENCE:

- ❖ **Center for the Study of Social Policy-Strengthening Families –** Information about strengthening families’ framework and protective factors for families, youth and communities.

<http://www.cssp.org/reform/strengthening-families/the-basics/protective-factors>

- ❖ **Children’s Resilience Initiative: “Resilience Trumps ACEs”:** Card game and other teaching tools for promoting the development of resilience strategies.

<http://resiliencetrumpsaces.org/>

- ❖ **National Institutes of Health, US National Library of Medicine-“Use of the Revised Posttraumatic Growth Inventory for Children”:** Article regarding tool that assesses resilience in children.

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<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2827205/>

SECONDARY TRAUMATIC STRESS:

- ❖ **Professional Quality of Life:** Provides theory related to compassion satisfaction and fatigue as well as ProQOL tool, presentation materials available.

http://proqol.org/Home_Page.php

- ❖ **Trauma Stewardship Institute:** Website describing book – “Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others”.

<http://traumastewardship.com/the-book/inside-the-book/>

ONLINE TRAINING OPPORTUNITIES:

- ❖ **Cognitive Behavioral Intervention for Trauma in Schools:**

www.cbitsprogram.org

- ❖ **Structured Sensory Interventions for Children, Adolescents and Parents (SITCAPS)** (AKA TLC-National Institute for Trauma and Loss I Children):

www.starr.org/training/tlc

- ❖ **Trauma Focused Cognitive Behavioral Therapy (TF-CBT):**

www.tfcbt.musc.edu

- ❖ **Trauma Affect Regulation: Guide for Education and Therapy (TARGET):**

www.advancedtrauma.com

- ❖ **Mindfulness Fundamentals:**

www.mindfulschools.org/training/mindfulness-fundamentals

SPANISH LANGUAGE RESOURCES

- ❖ **National Child Traumatic Stress Network:** several of their publications/pages are available in Spanish, look at resources and audiences.

www.nctsn.org

- ❖ **Trauma Focused Cognitive Behavioral Therapy:** Spanish language materials available.

www.tfcbt.musc.edu

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- ❖ **Center for Health and Health Care in School:** Has a section on addressing the needs of immigrant and refugee communities.

www.healthinschools.org

- ❖ **Mental Health.Gov:** Has a section of materials in Spanish.

www.mentalhealth.gov