



Thank you for your interest in trauma and how it impacts those in our community. Below are assorted links to material that may be useful as you continue to learn more, as well as sharing them with others to continue to create a trauma-informed community. This resource list is growing all the time. For the most current version, [click here](#).

Our latest listing of training events in the community can be found here: [www.childsavers.org/traumatraining](http://www.childsavers.org/traumatraining) or our [Eventbrite page](#).

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### **Handouts:**

A myriad of handouts can be [found and downloaded here](#). Feel free to print, use, and distribute them as you see fit.

### **Spanish Resources:**

- [ACES Connection Resources in Spanish](#)
- [NCTSN Resources in Spanish](#)

### **Internet Reading Links:**

- All about the Adverse Childhood Experiences (ACEs) study: <https://acestoohigh.com/got-your-ace-score/>
- [More about ACEs](#)
- [Original ACE Study and Adapted and Expanded ACE Research](#)
- [Toxic Stress 101](#)
- [How to Heal the Traumatized Brain](#)
- The Children's Resilience Initiative in Walla Walla, WA: <http://www.resiliencetrumpsaces.org/>
- [ACEs Connection](#)
- [The Harvard Center for the Developing Child](#)
- [Explanation of fight, flight, and freeze responses](#)
- [How Kids Learn Resilience \(The Atlantic\)](#)
- [SAMSHA Tip 57- Trauma Informed Care in Behavioral Services](#)
- [SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach](#)
- [What Every Trauma Worker Should Know- Zoe Lodrick](#)
- [Philadelphia Urban ACE Study](#)
- [ACEs Related Infographics](#)

### **Resources Specific to Schools and Education:**

- [Trauma-Sensitive Schools Training Package through NCSSE](#)
- [HeadStart TraumaSmart](#)
- [Management of burnout for educators](#)

- An effort to have [trauma recognized in schools for academic accommodations](#), focusing on a lawsuit in Compton
- Edutopia article: [Brains in Pain Can't Learn](#)
- Video from Edutopia: [An Inside Look at Trauma-Informed Practices](#)
- [Yoga and Mindfulness in one inner-city Baltimore School](#)
- [I Wish My Teacher Knew](#)
- [The SHAPE System](#), which included school trauma-informed assessments
- [10 Steps Every Educator Needs to Know to Create a Trauma Informed School- STARR Institute](#)
- [What are Trauma Sensitive Schools- NCSSLE](#)
- [Trauma-Sensitive Schools- TLPI](#)
- [Checklist for Trauma-Sensitive Schools](#)
- [National Center for Community Schools- School Climate Self-Assessment Tool](#)
- [Sound Discipline- Teacher Self-Assessment](#)
- Regulation Strategies and Resources:
  - [Classroom Self-Regulation Overview](#)
  - [ChildMind Institute](#)
  - [Crisis Prevention Institute \(CPI\)](#)
  - [Brain Science of Resilience in the Classroom \(NPR\)](#)
- This guide entitled [Calmer Classrooms: A Guide to Working with Traumatized Children](#) was created by state departments in Queensland and Victoria, Australia. The guide contains info on: the impact of abuse and neglect, attachment challenges, relationship-based practices and provides resources.

### **Videos:**

- [Oprah Winfrey and Bruce Perry talk about trauma and their co-authored book \*What Happened To You\*.](#)
- [Dr. Allison Jackson @ TEDxRVA](#)- talking about trauma and its impact on our community's children.
- [Nadine Burke-Harris TED Talk](#) on childhood trauma and why it matters
- [ACEs Primer](#) by KPJR Films – 5 minute intro to the ACE Study
- [Dr. Vince Felitti – The Big Think: How Childhood Trauma Can Make You A Sick Adult](#)
- [About Adverse Childhood Experiences study \(CDC\)](#)
- [Fight, Flight, or Freeze Response Video- what is going on in our body](#)
- [The Brain's Response to Stress](#)
- Series of [three videos](#) from Formed Families Forward (each about 8 minutes) explaining trauma in home and school
- [90 minute video by Vince Felitti about ACEs with interviews](#)
- (Tough video to watch- be warned)- [ReMoved](#) (about a child in foster care) and [ReMoved, Part 2](#)
- [Additional short videos](#). Especially the second- “What is Resilience?”

- Movie trailer for [Paper Tigers](#), a movie about Lincoln High School in Walla Walla that introduced a trauma-informed approach to their alternative high school. This movie is available on many streaming platforms and can be purchased for about \$15.
- [Resilience](#) is a companion movie to Paper Tigers, from the same filmmaker, James Redford. The trailer can be viewed [here](#).
- More about Resilience with Kenneth Ginsburg: [one video option](#) and [another video option](#)
- Two trailers from the movie Inside Out that do a good job of illustrating emotions: [Riley Argues With Her Parents](#) and [Meeting the Emotions](#)
- [Brené Brown on Empathy](#)
- [How A Messed Up Childhood Affects You In Adulthood](#) (good practical examples of the impact of childhood trauma and chronic toxic stress)
- Systems Change to Help Kids- [Turn the Page](#)
- Vicarious Trauma and Compassion Fatigue- [Trauma Stewardship](#)
- Other Self-Care resources, including self-assessment tools: <http://childsavers.link/selfcare>
- [Game of Hope \(Texas football team\)](#)
- [Get Service](#)- how to see in a new way
- Many great videos from the [Harvard Center for the Developing Child](#) (most just 2 minutes long):
  - [Toxic Stress](#)
  - [Brain Architecture](#)
  - [Resilience](#)

### **Videos about Brain Development and Functioning:**

- Bruce Perry- [The Body's Most Fascinating Organ: the Brain](#)
- [Hand Model of the Brain](#) by Allison Jackson
- NPR This American Life- [The Effects of Stress on a Child's Brain Development](#)
- [Fun Video from Alberta Family Wellness on Brain Science \(good for kids\)](#)
- [The Core Story of Brain Development](#)
- [Epigenetics and Trauma](#)
- [Trauma and the Brain](#)
- [Brain Architecture from Alberta Family Wellness](#)

### **Resources Specific to Race and Culture:**

- [ACEs Science and Racism](#)
- [trauma, resilience, and #blacklivesmatter: how do racism and trauma intersect in social media conversations?](#)
- [CityLab: Where American Kids Are In Crisis](#) - “In almost every group of states we looked at, as well as nationally, white and Asian children have the lowest rates of ACEs, while black and Hispanic children tend to have the highest,”
- [Are Kids too Young to Talk about Race?](#) – early childhood development and perception/behavior regarding race
- [What is Racial Trauma](#)



- [African American babies born with Black physicians have significantly lower mortality](#)
- [Kids on Race](#) (WNYC and YouTube)
- [Black Men Have the Shortest Lifespans of Any Americans: Theory of John Henryism](#)

### **Refugee-Specific Resources:**

- [Refugee Trauma- National Child Traumatic Stress Network](#)
- [Refugee Trauma- Refugee Health Technical Assistance Center](#)
- [Harvard Trauma Questionnaire- Harvard Program in Refugee Trauma](#)
- [Harvard Trauma Questionnaire - Cambodian Version](#)
- [Refugee Services Core Stressor Assessment Tool](#)
- [Transcending Violence: Emerging Models for Trauma Healing in Refugee Communities](#)
- [ACEs and the Migrant Population](#)

### **Medical-Specific Resources**

- [Key Ingredients for Successful Trauma-Informed Care Implementation- Center for Health Care Strategies, Inc.](#)
- [Trauma Informed Care in Medicine: Current Knowledge and Future Research Directions - Family & Community Health](#)
- [Structural Racism and Supporting Black Lives—the Role of Health Professionals - New England Journal of Medicine](#)
- [From Treatment To Healing: The Promise Of Trauma-Informed Primary Care \(Women's Health Issues\)](#)
- [Brigham and Women's Hospital C.A.R.E. Clinic \(Coordinated Approach to Resilience and Empowerment\)](#)
- [Trauma-Informed Care — Reflections of a Primary Care Doctor in the Week of the Kavanaugh Hearing](#)
- [Trauma-Informed Thinking in Health Care Settings – Your Experience Matters](#)
- [Physician and Health Care Provider Depression and Suicide - NPR](#)
- [Resources for Physician Depression and Suicide – prevention and response](#)

### **Trauma-Informed Sports Coaching:**

- [Creating Trauma-Informed Provider Organizations](#)
- [Play Like a Champion](#)
- [What does Trauma-Sensitive Sports Practice Look Like](#)
- [Trauma-Sensitive Youth Sports](#)
- [Healing Trauma with Sport](#)
- [Trauma-Informed Athlete Development](#)
- [NY Times: Sports Help Children Deal with Trauma](#)
- [Why Trauma-Informed Sport is Vital](#)
- [Mainstreaming Trauma-Informed Sport Interventions](#)
- [Trauma-Responsive Coaching Basics](#)

## **Organizational Change and Assessment:**

- [Creating Trauma-Informed Provider Organizations](#)
- [Risking Connections- A TIC implementation model](#)
- [The Sanctuary Model](#)
- [Trauma-Informed Organizational Toolkit for Homeless Services](#) (can be applied to other entities too)
- [Creating Cultures of Trauma-Informed Care \(CCTIC\): A Self-Assessment and Planning Protocol](#)
- [National Council for Behavioral Health: Trauma Informed Care Organizational Assessments](#) (setting of focus include behavioral health, educational, and non-clinical).

## **Resilience Programs and Curricula:**

- [Community Resilience Initiative](#)
- [Trauma Resource Institute - Community Resilience Model](#)
- [HOPE – Healthy Outcomes from Positive Experiences](#)

## **To Listen to:**

- [Brené Brown talks with Bruce Perry and Oprah Winfrey](#) about trauma and their book *What Happened To You*
- A great audio program in 3 parts by the CBC about the effect of trauma on our community: [Part 1](#), [Part 2](#) and [Part 3](#)
- An NPR Piece, [Can Family Secrets Make You Sick](#)
- Voices In the Family- [After the Trauma](#)
- [Interview with Allison Jackson](#) about trauma and her lived experience

## **Book Recommendations:**

- **Brain Science and Trauma:**
  - Bruce Perry and Oprah Winfrey: [What Happened to You? Conversations about Trauma, Resilience, and Healing](#)
  - Lisa Feldman Barrett: [Seven and a Half Lessons About the Brain](#)
  - Lisa Feldman Barrett: [How Emotions Are Made: The Secret Life of the Brain](#)
  - Dan Siegel: [The Whole Brain Child](#)
  - Nadine Burke Harris: [The Deepest Well: Healing the Long-Term Effects of Childhood Adversity](#)
  - Bessel van der Kolk: [The Body Keeps the Score](#)
  - John Medina: [Brain Rules](#)
  - Heather Forbes: [Beyond Consequences, Logic, and Control](#)
  - Bruce Perry: [The Boy Who Was Raised As A Dog](#)
  - Stuart Shanker: [SelfReg](#)
  - Dan Siegel: [The Yes Brain](#)
  - Laura Van Dernoot Lipsky and Connie Burk: [Trauma Stewardship](#)
- **School Specific:**



- Jim Sporleder and Heather Forbes: [The Trauma-Informed School: A Step-by-Step Implementation Guide for Administrators and School Personnel](#)
- Barbara Sorrels : [Reaching & Teaching Children Exposed to Trauma](#)
- Kristin Souers and Pete Hall: [Fostering Resilient Learners: Strategies for Creating a Trauma-Sensitive Classroom](#)
- Heather Forbes: [Help for Billy: A Beyond Consequences Approach to Helping Challenging Children in the Classroom](#)
- Susan Craig: [Trauma-Sensitive Schools: Learning Communities Transforming Children's Lives, K-5](#)
- Mind-Up curriculum from Scholastic for [Pre-K-2<sup>nd</sup> Grade](#), [3<sup>rd</sup>-5<sup>th</sup> Grade](#), and [6<sup>th</sup>-8<sup>th</sup> Grades](#).