

Trauma- Informed Care Resources Guide



Build a Trauma-Informed Culture of Care.

Experiencing a trauma can change the way a person perceives the world. Whether trauma is caused by a single event such as a natural disaster, or by a repeated or prolonged exposure to abuse, an individual's thoughts, feelings, and behaviors are filtered through his experience and perspective.

Increasing your awareness about the trauma a person has experienced and the impact it has on him can help you when he becomes anxious or disruptive. As you sharpen your understanding of the person's experience, your relationship with him will strengthen, and that rapport can make your interventions more successful.

When you have the trust of someone who exhibits challenging behavior, you know how to reach him, how to communicate with him, and what will help him calm down and regain control.



TRAUMA-INFORMED CARE RESOURCES GUIDE



To help you support the individuals in your care who have experienced trauma, we refer you to the following resources. Please note that while links from this guide do not represent or imply the endorsement by CPI of commercial products or opinions, we believe that they may be helpful to you in your efforts to build a trauma-informed culture of care.

 Person-centered, strengths-based planning results in a cultural shift in how staff interact with the people they support.

The Top 14 Trauma-Informed Care Online Resources

1. [ACEs Too High News Article](#)

In addressing problematic student behavior at Lincoln High School in Walla Walla, WA, principal Jim Sporleder recognized that in many cases, punishing misbehavior was akin to piling on even more trauma for his troubled students. So he adopted a supportive, person-centered approach that helps kids learn to recognize their reactions and control their behavior. As a result, Lincoln High School has seen a significant drop in suspensions, expulsions, and written referrals.

2. [CDC's Adverse Childhood Experiences \(ACE\) Study](#)

This landmark study measures 10 types of childhood traumas such as emotional and physical neglect and witnessing a parent being abused. It has found that the more trauma a person experiences as a child, the more likely he is to experience adverse health and mental health effects later in life.

3. [Child Trauma Academy](#)

The Child Trauma Academy strives to improve the lives of high-risk children through service and education. Their site offers free online learning modules.

4. [Creating Trauma-Sensitive Schools to Improve Learning: A Response to Intervention \(RTI\) Model](#)

This site offers resources to help schools become more trauma-sensitive. Frequently asked questions are answered and a PowerPoint presentation with detailed speaker notes can be used in building in-services.

5. [National Council for Community Behavioral Healthcare](#)

This organization features an infographic designed to help you provide educated, empathic care. The poster outlines the roots, symptoms, and prevalence of trauma and provides useful coping strategies.





6. National Association of State Mental Health Program Directors

This site offers valuable information about CMHS's (Center for Mental Health Services) National Center for Trauma-Informed Care. It offers tools such as publications, reports, and webinars.

7. National Child Traumatic Stress Network

The National Child Traumatic Stress Network aims to improve access to care, treatment, and services for traumatized children and teens. Its site offers a wealth of information geared toward children, including numerous webinars.

8. [Resilience Trumps ACEs](#)

This Children's Resilience Initiative (CRI) website is interactive and packed with useful resources for parents, care providers, and communities to help kids cope with trauma. Mastering a skill, building a sense of belonging, and feeling a part of a larger purpose are the top three resilience building blocks outlined by the CRI. The site offers games and tools to help kids build resilience.

9. [Safe Start Center](#)

Among a variety of tools for preventing and reducing traumatic events for kids, the Safe Start Center offers two toolkits packed with infographics about children's exposure to violence and tips that can help you help kids deal with trauma [at home](#) and [at school](#).



10. [SAMHSA's National Center for Trauma-Informed Care \(NCTIC\)](#)

The Substance Abuse and Mental Health Services Administration's (SAMHSA's) NCTIC provides training for staff, consumers, and others to facilitate person-centered, trauma-informed care in a range of service systems.

Check out the NCTIC's list of [national hotlines, referral resources, and support services.](#)

11. [SAMHSA—Recovery Support](#)

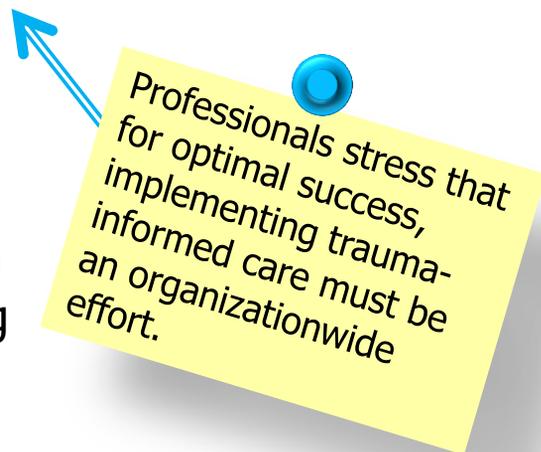
SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. The site offers resources such as publications, grants, and webinars.



12. [SAMHSA's Webinars: Advancing Seclusion-Free, Restraint-Free Trauma-Informed Care](#)

These six informative webinars highlight professionals who have been instrumental in implementing trauma-informed care within their organizations.

Challenges and successes are discussed.



13. [Trauma Center at Justice Resource Institute](#)

The Trauma Center is a program of Justice Resource Institute, a nonprofit organization that offers hope to children and adults who are at risk of not receiving effective services essential to their safety, progress, or survival. The center offers education, research, events, publications, and other resources.



14. [Trauma-Focused Cognitive-Behavioral Therapy \(TF-CBT\)—A Web-Based Learning Course](#)

TF-CBT is a child and parent psychotherapy approach for kids who have behavioral difficulties that result from trauma. Children and parents learn new skills to manage and resolve distressing thoughts, feelings, and behaviors that result from traumatic life events.

We Can Help!

About Us

CPI provides organizations across the globe with behavior management training that equips employees to have a lasting positive impact on the people they serve. Over six million professionals have participated in our *Nonviolent Crisis Intervention*[®] training program, which teaches proven techniques for managing disruptive and assaultive behavior.

Want to Train Your Staff in Supportive Techniques?

Find out about the [three ways you can become certified](#) to teach the *Nonviolent Crisis Intervention*[®] program to staff in your organization!



Got questions? Give us a
call at **800.558.8976** or
email
info@crisisprevention.com.