

# Trauma Resources

*Compiled by Brightmoor Trauma Learning Community, Development Centers, and MDHHS*

## Government Resources

- [Center for Disease Control](#)
- [Children's Bureau](#)
- [The National Child Traumatic Stress Network](#)
- [SAMHSA](#)

## Resources for Families

If you are parent or caregiver in search of trauma-informed resources here are some helpful resources.

- [Stress Health](#)
- [STARR](#)
- [Hand in Hand Parenting](#)
- [Center on the Developing Child](#)

## Compassion Fatigue/Secondary Traumatic Stress:

- *What About You? A Workbook For Those Who Work With Others*; The National Center on Family Homelessness; Available for free download at <https://www.homelesshub.ca/resource/what-about-you-workbook-those-who-work-others> A workbook with activities and exercises that focus on self-care for professionals. Uses the three levels of care – personal, interpersonal, and organizational.
- *Compassion Resilience Toolkit*; Available at <https://compassionresiliencetoolkit.org/>; Facilitator resources to build the capacity of helping professionals, caregivers, and the systems in which they serve. Features sections for schools, health & human services and parents & caregivers (last section is under development).

### **Building Trauma Informed Organizations:**

- *Three Principles to Improve Outcomes for Children & Families*; Available at <https://developingchild.harvard.edu/resources/three-early-childhood-development-principles-improve-child-family-outcomes/>; a framework of design principles for organizations and policy makers to improve outcomes for children based on the science of adversity and resilience.
- *Becoming Trauma Informed: A Guide for Child Serving Programs & Organizations*; Available at [https://www.michigan.gov/documents/mdhhs/Becoming\\_Trauma\\_Informed\\_576292\\_7.pdf](https://www.michigan.gov/documents/mdhhs/Becoming_Trauma_Informed_576292_7.pdf); an organizational assessment and planning tool based on the SAMHSA principles for trauma informed care.
- *Building Trauma-Informed Organizations*; Available at [www.michigan.gov/traumatotoxicstress](http://www.michigan.gov/traumatotoxicstress); Resources for incorporating trauma informed practices in a variety of human service organizations.

### **Models for Schools:**

- *Handle With Care*; Available at <http://handlewithcaremi.org/>; The site describes a collaborative model in which law enforcement officers notify schools when a student was present at a call. School personnel handle the child with care and if they need more intervention refer them for on-site trauma-focused mental health care.
- *Trauma Training for Schools*-Midwest PBiS Network; Available at <http://www.midwestpbis.org/materials/special-topics/trauma>; a training curriculum for school personnel about trauma, its impact and specific ways to address trauma in classroom settings.
- *Trauma Sensitive Schools Training Package*; Available at <https://safesupportivelearning.ed.gov/trauma-sensitive-schools-training-package>; an online training curriculum that offers schools a framework and roadmap for adopting trauma sensitive practices.
- *Helping Traumatized Children Learn*; Available for free download at <https://traumasensitiveschools.org/tlpi-publications/>; two books and other resources that provide a framework for incorporating trauma informed strategies in schools.

### **Building Resilient Communities:**

- *Community Resilience Cookbook*; Available at <http://communityresiliencecookbook.org/>; a guide for building resilient communities with examples from communities across the country.

- *Building Community Resilience*; Available at <https://publichealth.gwu.edu/departments/redstone-center/resilient-communities>; a framework that focuses on adverse childhood experiences and adverse community experiences to engage stakeholders to develop a protective buffer by connecting community organizations with larger systems.
- *Self-Healing Communities*; Available at <https://www.rwjf.org/en/library/research/2016/06/self-healing-communities.html>; a model for building community capacity to address sources of toxic stress and adversity.
- *Adverse Community Experiences and Resilience: A Framework for Addressing and Preventing Community Trauma*; Available at <https://www.preventioninstitute.org/publications/adverse-community-experiences-and-resilience-framework-addressing-and-preventing>; a framework for understanding, addressing and preventing community trauma.

## Multimedia Resources

Whether you are a professional, a caregiver, or an advocate, here are some engaging ways to learn more about trauma-informed approaches.

- Read material on the science behind ACEs: [ACEs Too High Trauma 101](#)
- [Watch a 14 minute TED talk](#) from one of the leading practitioners in trauma-informed care, Dr. Nadine Burke Harris, the Surgeon General of the State of California
- Learn more the excellent documentary introducing science behind ACEs and examples of trauma-informed care in practice: [Resilience](#)
- Learn more about the documentary introducing trauma-informed care in schools: [Paper Tigers](#)

## Trauma & Resilience Training for Community Groups

- Local experts including [Nanette Wade of Development Centers](#) conduct ACEs training for groups throughout Detroit, including clinics and Head Start staff.