

Resource List for Trauma-Informed Care

WEBSITES

SAMHSA National Center for Trauma-Informed Care (NCTIC)

<http://www.samhsa.gov/nctic>

Website contains information for organizations on how to develop a trauma-informed approach, including: (1) a breakdown of trauma-specific interventions; (2) a comprehensive list of national referral resources and hotline numbers; and (3) information on how to shift from a paradigm that asks, "what's wrong with you?" to one that asks, "what has happened to you?"

National Council for Behavioral Health

<http://www.thenationalcouncil.org/areas-of-expertise/trauma-informed-behavioral-healthcare/>

Website contains numerous webinars on topics including guidance on how to assess the readiness of your organization to become trauma-informed, mitigating disaster trauma, and first-hand stories from survivors. Of note, Issue Two of the 2011 *National Council Magazine* (pg. 44) provides a case study of how mental health and addiction treatment providers across the country share their struggles and successes in implementing trauma-informed behavioral health care: <http://www.thenationalcouncil.org/wp-content/uploads/2012/11/NC-Mag-Trauma-Web-Email.pdf>

Trauma Center at Justice Resource Institute

http://www.traumacenter.org/resources/tc_resources.php

Website includes research, resources, videos, assessment instruments, curriculum, and other TIC tools for families and front-line providers.

National Association of State Mental Health Program Directors, National Center for Trauma Informed Care <http://www.nasmhpd.org/content/national-center-trauma-informed-care-nctic-0>

Website hosts a variety of helpful tools, ranging from how to develop a trauma-informed criminal justice system to how to understand the biopsychosocial impacts of trauma.

ACES Too High <http://acestoohigh.com/>

This resource compiles research about adverse childhood experiences, including developments in epidemiology, neurobiology, and the biomedical and epigenetic consequences of toxic stress. The website addresses how people, organizations, agencies and communities are implementing evidence-based practices; the site also provides the latest developments from across the country in education, juvenile justice, criminal justice, public health, medicine, mental health, and social services.

RESOURCES

SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach

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

A must-read for any organization seeking to become trauma-informed.

A Treatment Improvement Protocol: Trauma-Informed Care in Behavioral Health Services

<http://store.samhsa.gov/shin/content/SMA14-4816/SMA14-4816.pdf>

A practical guide for behavioral health providers about SAMHSA Treatment Improvement Protocols (TIPs), which involve the development of best practice guidelines for the prevention and treatment of substance use and mental disorders.

SELECTED TRAUMA TREATMENTS

SEEKING SAFETY

- <http://www.nrepp.samhsa.gov/viewintervention.aspx?id=139>
- <http://www.seekingsafety.org/>

EYE MOVEMENT DESENSITIZATION AND REPROCESSING

- <http://nrepp.samhsa.gov/ViewIntervention.aspx?id=199>
- <http://www.emdr.com/>

A PICTURE OF TRAUMA

MENTAL HEALTH AMERICA

Understanding, preventing, and healing trauma fact sheet:

- http://www.mentalhealthamerica.net/sites/default/files/Trauma_fact_sheet_final1.doc

WHAT ARE ACES?

Spotlight on adverse childhood experiences:

- http://vetoviolence.cdc.gov/childmaltreatment/phl/resource_center_infographic.html

UNDERSTANDING TRAUMA

A SAMHSA fact sheet:

- <http://www.cenpaticoaz.com/files/2014/07/UnderstandingTraumaFactSheet-SAMHSA-2.pdf>

WHAT DOES TRAUMA LOOK LIKE?

The National Council paints a picture:

- <http://www.thenationalcouncil.org/wp-content/uploads/2012/11/Trauma-Infographic-Print.pdf>

Trauma-Informed Care and Trauma-Specific Services: A Comprehensive Approach to Trauma Intervention

http://www.air.org/sites/default/files/downloads/report/Trauma-Informed%20Care%20White%20Paper_October%202014.pdf This October 2014 report from the American Institutes for Research delivers a valuable overview of trauma-informed care and evidence-based trauma-specific services within a wide variety of service delivery systems.

Models for Developing Trauma-Informed Behavioral Health Systems and Trauma-Specific Services

<http://www.ct.gov/dmhas/lib/dmhas/trauma/TraumaModels.pdf> This report identifies revised criteria for building a trauma-informed mental health service system and trauma-specific services in state mental health systems. It describes a range of trauma-based service models and methods for implementation.

HIGHLIGHTED RESOURCES AROUND CARING FOR CHILDREN

National Child Traumatic Stress Network (NCTSN) <http://www.nctsn.org/> This website provides information on addressing childhood trauma through collaboration with frontline providers, researchers, and families. In particular, see the **Understanding Childhood Trauma** page: http://www.nctsn.org/sites/default/files/assets/pdfs/policy_and_the_nctsn_final.pdf

Health Care Toolbox <http://www.healthcaretoolbox.org/> This is a helpful tool to help pediatric providers address childhood trauma.

The National Center for Children in Poverty (NCCP) http://www.nccp.org/publications/pub_746.html This website focuses on family-oriented solutions at the state and national levels.

Child Welfare Information Gateway <https://www.childwelfare.gov/responding/trauma.cfm> This website describes how to build trauma-informed systems, assess and treat trauma, and address secondary trauma.

Child Welfare Trauma Training Toolkit <http://www.nctsn.org/products/child-welfare-trauma-training-toolkit-2008> This toolkit provides guidance on how to train child welfare providers.

Implementing Trauma-Informed Practices in Child Welfare <http://childwelfareparc.org/wp-content/uploads/2013/11/Implementing-Trauma-Informed-Practices.pdf> This brief outlines trauma-specific interventions, and resources for caregivers, validated screening and assessment tools, and models for evidence-based practices.

CHCS RESOURCES ON TRAUMA-INFORMED CARE

This resource was developed through CHCS' *Complex Care Innovation Lab*, a national initiative made possible by Kaiser Permanente Community Benefit to uncover new ways to improve care for individuals with complex medical and social needs. With support from the Robert Wood Johnson Foundation, CHCS recently launched a new initiative that will promote awareness and implementation of trauma-informed approaches to care. Visit www.chcs.org for more information.