

TRAUMA CARE INSTITUTE

EDUCATE | ADVOCATE | HEAL

TRAUMA- INFORMED RESOURCE GUIDE & TOOLKIT

WWW.TRAUMASUPPORTSERVICES.ORG

TRAUMA
SUPPORT
SERVICES



Table of Contents

02 Trauma at a Glance

03 About Us

04 Trauma-Informed
Resources

Please Note: We at Trauma Care Institute, a program of Trauma Support Services, have curated a list of educational resources in effort to help assist clinicians, clients, and our community members in creating more widespread Trauma-Informed Care services. We tried to be intentional with the resources included on this list, but please be aware, this is not meant to be an exhaustive list and we do not endorse or attest to the quality of services provided through outside entities.

This will be an ongoing project that we add to and edit on a regular basis. We hope you find it helpful.





TRAUMA SUPPORT SERVICES

ADVOCATE | EDUCATE | HEAL

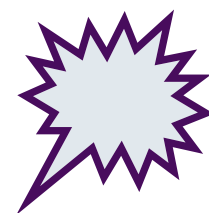
TRAUMA AT A GLANCE

Trauma results from experiences that are physically or emotionally harmful or life threatening. These experiences have lasting adverse effects on a person's functioning and impact their mental, physical, social, emotional, and spiritual well-being.

SIGNS + IMPACT



Sleep disturbances and nightmares



Changes in behavior, including over or underestimating danger



Difficulty concentrating and changes in school or work performance



Increase in drug or alcohol use, self-harm



Increased avoidance, isolation, or relationship difficulties



Changes in emotional expression and mood.



Decrease in self-esteem and self-worth



Long-term health problems, increased disease, pain, and even early death

HOW TO HELP SOMEONE WHO HAS EXPERIENCED TRAUMA

Don't pressure them to talk until they are ready. Do listen and validate when they are ready to share.

Offer practical support, including meals, errands and picking up children.

Respect the person's need to be alone at times.

Learn, anticipate, and help manage triggers.

Encourage them to find sources of support from loved ones, as well as professional resources.

Check in with your own stress levels and develop self-care strategies.

Educate yourself about PTSD and trauma.

Accept and expect mixed feelings.



HOW WE CAN HELP

Trauma Support Services is a non-profit organization that provides mental health services to those impacted by trauma, often free of charge.

Our Trauma Care Institute also offers a variety state of the art trauma training, education, and consultation to companies, organizations, agencies, and schools.

www.traumasupportservices.org

Trauma-Informed Resources

Adverse Childhood Experiences (ACEs)

- **CDC:** <https://www.cdc.gov/violenceprevention/aces/index.html>
- **ACEs Too High:** <https://acestoohigh.com/>

By learning more about preventing ACEs in your community, you can assure safe, stable, nurturing relationships and environments for those you serve.

American Trauma Society: <https://www.amtrauma.org/>

American Trauma Society (ATS) is dedicated to the elimination of needless death and disability from injury. For the past 50 years, ATS has served as an advocate for the trauma care system, trauma prevention programs, and the victims of trauma and their families throughout the United States. Their goals are to prevent injury whenever possible, and to ensure optimal treatment of trauma when it does occur.

ChildTrauma Academy: <https://www.childtrauma.org/>

The ChildTrauma Academy is a Community of Practice working to improve the lives of high-risk children through education, research and the dissemination of innovation.

Child Trauma Institute: <https://www.childtrauma.com/>

The mission of Trauma Institute & Child Trauma Institute, Inc. (TI & CTI) is to promote the healing and healthy development of children, adolescents, and adults who have experienced trauma or loss and to develop, evaluate, and disseminate effective prevention, assessment and treatment methods.

Crime Victims Compensation (General): <https://www.benefits.gov/benefit/4416>

- **CVC (Texas):** <https://www.texasattorneygeneral.gov/crime-victims/crime-victims-compensation-program>

The Crime Victims' Compensation (CVC) Program helps crime victims and their immediate families with the financial costs of crime. CVC covers crime-related costs such as counseling, medical treatment, funerals, and loss of income not paid by other sources.

Crime Victims Rights Act:

<https://www.justice.gov/usao/resources/crime-victims-rights-ombudsman/victims-rights-act>

Details the rights afforded to victims of crime in the court of law.

Institute on Violence, Abuse, and Trauma: <https://www.ivatcenters.org/>

IVAT works to address and end violence by hosting international summits, housing academic journals, providing a wide array of training addressing violence, abuse, and trauma--many of which can be used toward specialty certificates and continuing education, and offer vital professional and clinical services.

International Society for the Study of Trauma and Dissociation: <https://www.isst-d.org/>

- **Public Resources:** <https://www.isst-d.org/public-resources-home/>
- **Professional Resources:** <https://www.isst-d.org/resources/>

ISSTD seeks to advance clinical, scientific, and societal understanding about the prevalence and consequences of chronic trauma and dissociation.



TRAUMA SUPPORT SERVICES

educate • advocate • heal

Trauma-Informed Resources

International Society for Traumatic Stress Studies: <https://istss.org/home>

- **For Professionals:** <https://istss.org/membership/member-benefits-services>
- **For Survivors:** <https://istss.org/public-resources>

The International Society for Traumatic Stress Studies is dedicated to sharing information about the effects of trauma and the discovery and dissemination of knowledge about policy, program and service initiatives that seek to reduce traumatic stressors and their immediate and long-term consequences. ISTSS is an international interdisciplinary professional organization that promotes advancement and exchange of knowledge about traumatic stress.

National Alliance on Mental Illness (NAMI): <https://www.nami.org/home>

NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

The NAMI HelpLine *1-800-950-NAMI (6264)* is also provided as a means to answer questions and provide support to individuals.

National Center on Domestic Violence, Trauma, and Mental Health:

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

The National Center on Domestic Violence, Trauma & Mental Health provides training, support, and consultation to advocates, mental health and substance abuse providers, legal professionals, and policymakers as they work to improve agency and systems-level responses to survivors and their children.

National Center for Elder Abuse: <https://ncea.acl.gov/>

The National Center on Elder Abuse (NCEA) serves as a national resource center dedicated to the prevention of elder mistreatment. To carry out its mission, the NCEA disseminates elder abuse information to professionals and the public, also provides technical assistance and training to states and community-based organizations.

National Center for PTSD (Veterans Affairs): <https://www.ptsd.va.gov/>

The National Center for PTSD provides educational materials on PTSD, its symptoms, reactions, and related problems, treatment options, support information for relatives of veterans, and self-help and care resources to those experiencing PTSD.

National Center for Victims of Crime: <https://victimsofcrime.org/>

The NCVC is, at its core, an advocacy organization committed to – and working on behalf of – crime victims and their families. Rather than focus the entire organization's work on one type of crime or victim, the National Center addresses all types of crime.

The National Child Traumatic Stress Network (NCTSN): <https://www.nctsn.org/>

The NCTSN was created to raise the standard of care and increase access to services for children and families who experience or witness traumatic events. NCTSN works to do this through providing clinical services, developing and disseminating new interventions and resource materials, offering education and training programs, collaborating with established systems of care, and informing public policy and awareness efforts.

Trauma-Informed Resources

National Council for Behavioral Health: <https://www.thenationalcouncil.org/>

The National Council for Behavioral Health is the unifying voice of America's health care organizations that deliver mental health and addictions treatment and services and provides consulting and training resources to those living with mental illness and addiction and professionals working with those communities, respectively.

National Eating Disorders Association (NEDA): <https://www.nationaleatingdisorders.org/>

NEDA supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care.

National Institute on Drug Abuse: <https://www.drugabuse.gov/>

NIDA's mission is to advance science on the causes and consequences of drug use and addiction and to apply that knowledge to improve individual and public health. NIDA also provides further resources on research, training, and clinical tools.

National Institute of Mental Health (NIMH): <https://www.nimh.nih.gov/index.shtml>

NIMH works to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure.

National Sexual Violence Resource Center: <https://www.nsvrc.org/>

NSVRC provides research & tools to advocates working on the frontlines to end sexual harassment, assault, and abuse.

National Voluntary Organizations Active in Disasters: <https://www.nvoad.org/>

National VOAD, an association of organizations that mitigate and alleviate the impact of disasters, provides a forum promoting cooperation, communication, coordination and collaboration; and fosters more effective delivery of services to communities affected by disaster.

Posttraumatic Stress Disorder Alliance: <http://www.ptsdalliance.org/>

PTSD Alliance consists of five national and international organizations representing a full spectrum of healthcare. These organizations are here to serve individuals with Posttraumatic Stress Disorder.

Rape, Abuse, & Incest National Network (RAINN): <https://www.rainn.org/>

RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE, [online.rainn.org](https://www.rainn.org) y [rainn.org/es](https://www.rainn.org/es)) in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

Trauma-Informed Resources

(SAMHSA) Substance Abuse and Mental Health Services Administration

- **General:** <https://www.samhsa.gov/>
- **Trauma:** <https://www.samhsa.gov/homelessness-programs-resources/hpr-resources/trauma>

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

Sidran Institute: <https://www.sidran.org/>

Sidran Traumatic Stress Institute, Inc. (formerly Foundation) helps people understand, recover from, and treat traumatic stress (including PTSD), dissociative disorders, and co-occurring issues, such as addictions, self injury, and suicidality. Sidran also develops and delivers educational programming, resources for treatment, support, and self-help, trauma-informed community and professional collaboration projects, and publications about trauma and recovery.

Trauma Informed Organizational Assessment: <https://www.nctsn.org/trauma-informed-care/nctsn-trauma-informed-organizational-assessment>

The NCTSN Trauma-Informed Organizational Assessment (TIOA) is a tool created by the National Center for Child Traumatic Stress (NCCTS) to help organizations assess their current practices in the context of serving children and families who have experienced trauma. Results from the assessment can drive organizational change that facilitates the recovery of the child and family, supports their ability to thrive, and maximizes physical and psychological safety. Results from the NCTSN TIOA can help guide organizations to identify, prioritize, implement, and sustain trauma-informed practices.