

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
- 08** Resources for Professionals
- 10** Resources for Survivors of Trauma

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

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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 trainings 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-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, 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 y 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.

For Professionals

The American Academy of Experts in Traumatic Stress: <https://www.aaets.org/>

The American Academy of Experts in Traumatic Stress® is a multidisciplinary network of professionals who are committed to the advancement of intervention for survivors of trauma. The Academy in collaboration with the National Center for Crisis Management aims to identify expertise among professionals, across disciplines, and provide standards for those who provide intervention to survivors of traumatic events.

American Association for Marriage and Family Therapy - Trauma Resources:
<https://www.aamft.org/Search?SearchTerms=trauma>

AAMFT is the professional association for the field of marriage and family therapy. They represent the professional interests of more than 50,000 marriage and family therapists throughout the United States, Canada and abroad.

American Counseling Association (ACA) - Trauma & Disaster Mental Health Resources:
<https://www.counseling.org/knowledge-center/mental-health-resources/trauma-disaster>

The American Counseling Association is a not-for-profit, professional and educational organization that is dedicated to the growth and enhancement of the counseling profession. Founded in 1952, ACA is the world's largest association exclusively representing professional counselors in various practice settings.

American Psychological Association (APA) - Trauma Resources:
<https://www.apa.org/topics/trauma>

APA's mission is to promote the advancement, communication, and application of psychological science and knowledge to benefit society and improve lives.

Association of Traumatic Stress Specialists: <https://www.atss.info/>

An international membership organization that offers three distinct board certifications to qualified individuals who provide services, intervention, response, and/or treatment in the field of traumatic stress. The Association is dedicated to improving the quality of life of all individuals throughout the world who have been affected by traumatic events.

International Institute for Trauma & Addiction Professionals (IITAP): <https://iitap.com/>

IITAP's vision is to be a premier training resource for therapists specializing in the areas of addiction recovery and trauma. IITAP works to promote professional training and knowledge about sexual addiction and compulsive behaviors, in addition to related addictions and deprivations, encourage communication and collaboration among treatment professionals and provide resources for them, support its professional community of treatment providers, provide continuing educational opportunities to professionals through training, and research and implement a task-centered approach to treatment.

For Professionals

National Association of Social Workers (NASW): <https://www.socialworkers.org/>

- **NASW Trauma Informed Care Guide:**

https://www.socialworkers.org/assets/secured/documents/sections/intersections/SEC-NL-27408_InterSections.pdf

NASW is the largest membership organization of professional social workers in the world. NASW works to enhance the professional growth and development of its members, to create and maintain professional standards, and to advance sound social policies.

National Institute for Trauma and Loss in Children (TLC):

<https://starr.org/programs/national-institute-for-trauma-and-loss-in-children-tlc/>

TLC's mission is to bring out the best in every traumatized child by training professionals to create environments where children can flourish. It has trained thousands of professionals to help children overcome the trauma in their lives, and is working to share its knowledge with teachers, social workers and more throughout the world.

Office for Victims of Crime Training and Technical Assistance Center (OVC TTAC):

<https://www.ovcttac.gov/>

OVC TTAC is the gateway to current training and technical assistance for victim service providers and allied professionals who serve crime victims.

SAMHSA Tip 57 - Trauma Informed Care in Behavioral Health Services

- **For purchase or download:** <https://store.samhsa.gov/product/TIP-57-Trauma-Informed-Care-in-Behavioral-Health-Services/SMA14-4816>

Trauma Research Foundation: <https://www.traumaresearchfoundation.org/>

The Trauma Research Foundation is a non-profit organized to promote clinical, scientific and educational projects. The purpose of this corporation is to support and conduct non-partisan research, education, and informational activities dedicated to innovative clinically informed projects to develop and implement optimal methods, treatments, and modalities to help children and adults heal from traumatic experiences.

Traumatic Stress Institute: <https://traumaticstressinstitute.org/home/>

TSI's mission is to foster the transformation of organizations and service systems to trauma-informed care through the delivery of whole-system consultation, professional training, coaching and research.

For Survivors

American Red Cross Disaster Services:

<https://www.redcross.org/about-us/our-work/disaster-relief.html>

Red Cross disaster relief focuses on meeting people's immediate emergency disaster-caused needs. When a disaster threatens or strikes, the Red Cross provides shelter, food, and health and mental health services to address basic human needs. In addition to these services, the core of Red Cross disaster relief is the assistance given to individuals and families affected by disaster to enable them to resume their normal daily activities independently. Training opportunities are also provided.

Gift From Within: <https://www.giftfromwithin.org/>

The site is rich with resources, information, and useful tools for those recovering from trauma of many kinds. In the "trauma support" section, tips from survivors for therapists, guided meditations, and stories from "support pals" can be accessed. In the bookstore, visitors can sift through a number of titles organized by topics.

Make the Connection: <https://www.maketheconnection.net/>

This site focuses specifically on offering "shared experiences and support" for veterans. The emphasis is on the power of support in the recovery process; veterans can locate local resources and access a wide range of information on dealing with PTSD as well as transitioning from service, the death of family or friends, and alcohol or drug problems. The video gallery features several personal stories of military veterans who have found hope and recovery in spite of flashbacks and other experiences. Online self-assessment screenings are also available to determine if a veteran has PTSD, depression, or a substance-abuse issue.

Real Warriors: <https://www.realwarriors.net/>

A resource for help with the "invisible wounds" of war. The general message is that no one goes into combat and comes home unchanged, and that cultivating resilience and "real strength" is essential to recovery. Videos and podcasts are available for viewing and download, and veterans are encouraged to reach out and get the help they need. Several veterans share their personal stories of PTSD on the site, and others are encouraged to do the same. There is also a military crisis line and live chat number for those who need immediate assistance.

Trauma Survivors Network: <https://www.traumasurvivorsnetwork.org/pages/home>

This is a community-oriented network of people and their families recovering from trauma. Through the Trauma Survivors Network, people can access local trauma center information, peer support groups, peer visitation opportunities, a parent and family handbook, survivor stories, a community forum, and more. TSN's "NextSteps" program helps survivors to become autonomous self-managers while recovering from trauma. There is also a "family class" for those who are in caregiver and support roles for those who are experiencing PTSD.