

TRAUMA-INFORMED PRACTICE RESOURCES

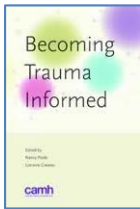
This list provides a selection of resources on trauma informed approaches – posters, webinars, reports, books, infographics films and pamphlets. The focus is on practice supports for those working in health and social care settings with adults, however some child and youth resources are also included. Resources that support worker self care and agency level practice shifts are also offered.



Aboriginal Peoples and Historic Trauma: The processes of intergenerational transmission (2015)

This report from the NCCAHC discusses how trauma must be conceptualized within the context of Aboriginal people in Canada. It provides a description of the patterns and processes of transmission of trauma. It calls for holistic healing strategies that are implemented not only within the health domain, but in other domains as well including education.

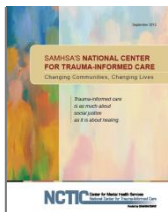
<http://www.nccah-ccnsa.ca/430/aboriginal-peoples-and-historic-trauma.nccah>



Becoming Trauma-Informed (2012)

Published by the Centre for Addiction and Mental Health in Ontario, this book offers examples of the ways in which practitioners have applied principles of trauma-informed practice in their work with diverse populations and in diverse settings within the MHSU field.

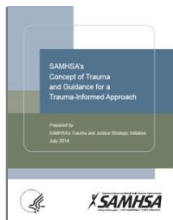
<https://store-camh.myshopify.com/products/pg140>



Changing Communities, Changing Lives (2012)

This 10 page report prepared for SAMHSA describes trauma informed care as a social movement: tracing its history, the strong role of survivors, and the ongoing need to support organizational and system change

[http://www.nasmhpd.org/sites/default/files/NCTIC_Marketing_Brochure_FINAL\(2\).pdf](http://www.nasmhpd.org/sites/default/files/NCTIC_Marketing_Brochure_FINAL(2).pdf)



Concept of Trauma and Guidance for a Trauma Informed Approach (2014)

Introduces a concept of trauma and offers a framework for how an organization, system, service sector can become trauma-informed. Includes a definition of trauma (the three "E's"), a definition of a trauma-informed approach (the four "R's"), 6 key principles, and 10 implementation domains

https://www.nasmhpd.org/sites/default/files/SAMHSA_Concept_of_Trauma_and_Guidance.pdf



Connecting with Culture: Growing our Wellness (2015)

This activity guide and facilitator manual supports consideration of culture and wellness based on the Honouring our Strengths study that generated the Indigenous wellness Framework developed under the guidance of Elders and community members as well as researchers and service providers

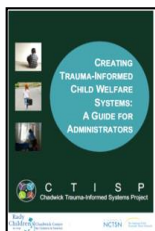
<https://thunderbirdpf.org/napf-document-library/>



Creating Cultures of Trauma-Informed Care (CTIC): A Self-Assessment and Planning Protocol (2009)

A self-assessment and planning protocol developed by authors Falot and Harris (2009). Includes assessment of six domains addressing both services level and administrative or systems-level changes, along with guiding questions to stimulate discussion, and indicators of a trauma informed approach.

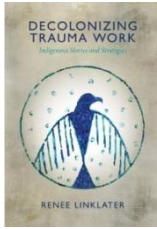
<https://www.theannainstitute.org/CTICSELFASSPP.pdf>



Creating Trauma-Informed Child Welfare Systems: A guide for administrators (2013)

Chadwick Trauma-Informed Systems Project - Designed as a tool for administrators across the child welfare and other child-serving systems who are interested in having their systems become more trauma-informed and responsive to the needs of children and families within the child welfare system who have experienced traumatic events.

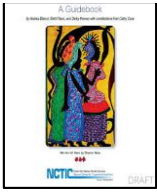
http://www.lacdcfs.org/katieA/docs/Trauma_Informed_CW_Systems_Guide.pdf



Decolonizing Trauma Work: Indigenous Stories and Strategies (2014)

In the book, Linklater engages ten Indigenous health care practitioners in a dialogue regarding Indigenous approaches to helping people through trauma. Designed as a resource for educational and training programs, health care providers, healing centers, clinical services and policy development settings.

<http://fernwoodpublishing.ca/book/decolonizing-trauma-work>



Engaging Women in Trauma-Informed Peer Support: A Guidebook (2012)

Created by the National Center on Trauma-Informed Care, this document aims to facilitate trauma-informed peer support for women in health and social services settings. Chapters include information on: trauma informed peer support relationships, integrating a gender lens, culture and trauma, organizational context, secondary trauma and self-care.

http://www.nasmhpd.org/sites/default/files/PeerEngagementGuide_Color_REVISED_10_2012.pdf



Effects of Trauma poster and Common Questions About the Effects of Trauma pamphlet

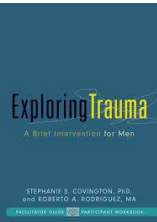
This poster is designed to promote awareness of the effects of trauma in a user friendly way.

<http://bccewh.bc.ca/wp-content/uploads/2015/09/Trauma-Effects-Poster-28Apr2015.pdf>



This pamphlet available from the Centre for Addiction and Mental Health in Ontario describes the effects of trauma in plain language.

<https://www.camh.ca/-/media/files/guides-and-publications/trauma.pdf>



Exploring Trauma: Brief Intervention for Men (2016)

Developed by Dr. Stephanie Covington, Exploring Trauma is an intervention to address issues specific to men's experience of trauma, including: the impact of male socialization on men's responses, the risk of victims becoming abusers and men's shame and fear to explore trauma. Topics covered, include: understanding trauma and its process, the impact of trauma on the inner and outer self, and coping and calming strategies.

<http://www.stephaniecovington.com/exploring-trauma.php>



Feeling Deadly, Working Deadly: Indigenous AOD Worker Wellbeing Kit (2013)

A resource kit from Australia's National Research Centre on Alcohol and Other Drugs Workforce Development, aimed at addressing and reducing stress and burnout among Aboriginal and Torres Strait Island alcohol and other drug workers who work with women with substance use issues and mental health issues or other complex needs. Addresses the unique challenges Indigenous workers face including: role stigmatization, translating workplace practices into culturally sensitive practices, lack of cultural understanding, and defining roles and boundaries.

<http://nceta.flinders.edu.au/files/5213/8509/5446/Handbook.pdf>



A Guide to Wellness and Comfort Activities (2011)

This resource was developed by Centre for Addiction and Mental Health in Toronto to promote restraint- and seclusion-free environments. Includes a range of strategies to promote wellness for individuals who are dealing with frustration, fear, and worry as well as ways to strengthen relationships. 72 pages

https://www.porticonetwork.ca/documents/21686/33120/wellness_guide-FPO-V3_57561.pdf/f2ddeb43-d98e-427b-b8ee-25c186554022



Handbook on Sensitive Practice for Health Care Practitioner: Lessons from Adult Survivors of Childhood Sexual Abuse (2009)

Published by the Public Health Agency of Canada, the handbook presents information designed to help health care practitioners practice in a way that is sensitive to the needs of adult survivors of childhood sexual abuse and other types of interpersonal violence.

<http://publications.gc.ca/site/eng/329301/publication.html>



Harnessing the Learning Community Model to Integrate Trauma-Informed Care Principles in Service Organizations (2015)

This report is based on a partnership between the McSilver Institute for Poverty Policy and Research at New York University and the National Council for Behavioral Health, who co-facilitated a year-long Learning Community (a collaborative learning model) to support 32 behavioral health organizations to adopt and sustain trauma informed care practices.

<http://mcsilver.nyu.edu/sites/default/files/reports/TIC-Implementation-Report.pdf>



Harvard Center on the Developing Child – A Guide to Toxic Stress

Tackling Toxic Stress is a multi-part series of journalistic articles by the Center which examine how policymakers, researchers, and practitioners are re-thinking services for children and families based on the science of early childhood development and an understanding of the consequences of a diverse early experiences and toxic stress. Other sections of the HCDC website are also rich with resources that link neurobiological and social-determinants-of-health approaches.

<https://developingchild.harvard.edu/guide/a-guide-to-toxic-stress/>



Healing Families, Helping Systems. A trauma informed practice guide for working with children youth and families (2016)

This guide is concerned with advancing understanding and action about trauma-informed approaches that support program and service delivery for/with children, youth and families. A trauma-informed approach is a system-wide approach that is distinct from, yet linked to, the delivery of trauma-specific treatments and interventions. This guide is the result of a project of the Ministry of Children and Family Development in BC

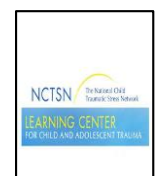
https://www2.gov.bc.ca/assets/gov/health/child-teen-mental-health/trauma-informed_practice_guide.pdf



A Long Journey Home: A Guide for Creating Trauma-Informed Services for Mothers and Children Experiencing Homelessness (2008)

The Long Journey Home is intended to serve as a guide to agencies looking for practical ideas about how to create trauma-informed environments. Includes information on creating a trauma informed: environment, policies and procedures, services and supports.

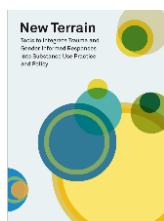
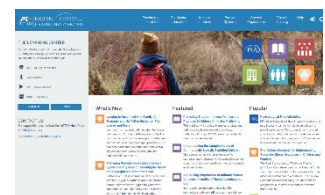
<https://www.homelesshub.ca/resource/long-journey-home-guide-creating-trauma-informed-services-mothers-and-children-experiencing>



NCTSN Learning Center

NCTSN.org is the website of the National Child Traumatic Stress Network in the USA. It has many resources on child and adolescent trauma and recovery. The site includes a Learning Centre with many webinars, documents, toolkits and other resources.

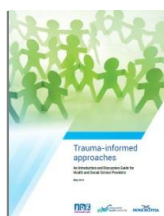
<https://learn.nctsn.org/>



New Terrain: Tools to Integrate Trauma- and Gender-informed Responses into Substance Use Practice and Policy (2018)

This is a toolkit provides examples where trauma, gender and sex informed approaches are being integrated into health promotion, harm reduction and substance use treatment settings. It offers tools for program and policy development to support this integration

http://bccwh.bc.ca/wp-content/uploads/2018/06/NewTerrain_FinalOnlinePDF.pdf



Nova Scotia Discussion Guides on Trauma-Informed Practice (2015)

These 4 guides capture the results of a provincial project involving a wide range of service providers in collective learning about TIP, and identify questions to consider when planning.

#1: An Introduction and Discussion Guide For Health and Social Service Providers. #2: Recognizing and responding to the effects of trauma. #3: Trauma-informed practice in different settings and with various populations. #4: Trauma-informed practice at the interagency and leadership levels.

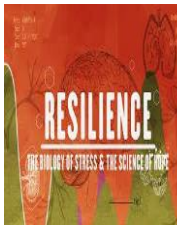
https://novascotia.ca/dhw/addictions/documents/TIP_Discussion_Guide_1.pdf



Real Tools: Responding to Multi-Abuse Trauma. A Tool Kit to Help Advocates and Community Partners Better Serve People with Multiple Issues

A tool kit from the National Center on Domestic Violence, Trauma and Mental Health to support advocates and service providers to understand the needs of individuals with co-occurring issues, and tools to address those needs. Includes information on self-care, building alliances with other providers, and tools and guidelines for training or support groups.

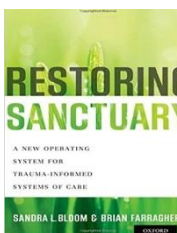
<http://www.nationalcenterdvtraumamh.org/publications-products/real-tools-responding-to-multi-abuse-trauma-a-toolkit/>



Resilience: The Biology of Stress & The Science of Hope (2016)

A documentary film that covers the CDC-Kaiser Permanente Adverse Childhood Experiences (ACE) Study, the biological impact of abuse and neglect during childhood, and the initiatives and therapies being used in pediatrics, education and social welfare to protect children from the negative impacts of stress and trauma.

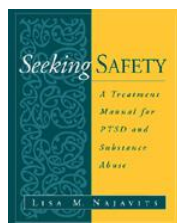
<http://kplrfilms.co/resilience/about-the-film/>



Restoring Sanctuary: A New Operating System for Trauma Informed Systems of Care (2013)

The third in the trilogy of Sanctuary books, authored by Sandra Bloom. This book is a manual for organizational change, addressing how to transform a dysfunctional human service system into a trauma-informed environment of care.

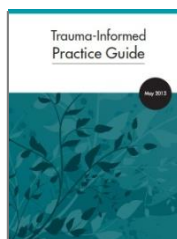
<http://sanctuaryweb.com/Products/Books.aspx>



Seeking Safety (2002)

Created by Lisa Najavits, Seeking Safety is a widely used curriculum for Stage I trauma support. There are 25 topics that can be presented individually and in any order. The focus is on creating safety and practicing coping strategies in the present. It has been used in a variety of settings and with men, women and youth. Many evaluations provide strong research support for its value in addressing PTSD/substance use problems

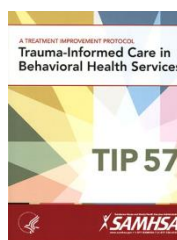
<http://www.seekingsafety.org/>



Trauma informed Practice Guide (2013)

This Guide was developed on behalf of the BC Provincial Mental Health and Substance Use Planning Council in consultation with researchers, practitioners and health system planners across BC. The TIP Guide and Organizational Checklists support the translation of trauma-informed principles into practice. Included are concrete strategies to guide the professional work of practitioners assisting clients with mental health and substance use concerns.

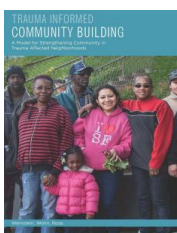
http://bccwh.bc.ca/wp-content/uploads/2012/05/2013_TIP-Guide.pdf



TIP 57: Trauma-Informed Care in Behavioral Health Services (2014)

Published by the US Substance Abuse Mental Health Services Administration. Assists behavioral health professionals in understanding the impact and consequences for those who experience trauma. Discusses patient assessment, treatment planning strategies that support recovery, and building a trauma-informed care workforce.

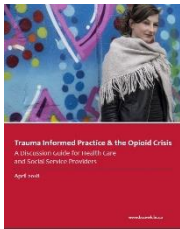
https://www.integration.samhsa.gov/clinical-practice/SAMSA_TIP_Trauma.pdf



Trauma Informed Community Building: A Model for Strengthening Community in Trauma Affected Neighbourhoods (2011)

Presents a model of Trauma Informed Community Building (TICB) including strategies to build social cohesion and resilience to address chaos and stress. This model is based on the Bridge Housing Corporation's experience in community building in San Francisco.

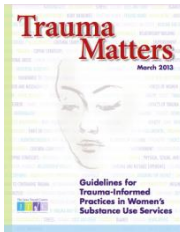
<http://bridgehousing.com/PDFs/TICB.Paper5.14.pdf>



Trauma informed practice and the Opioid Crisis (2018)

This discussion guide for health care and social service providers supports the application of the four principles of trauma informed approaches to the challenges of serving people with opioid use problems, and invites discussion of becoming trauma informed.

http://bccewh.bc.ca/wp-content/uploads/2018/06/Opioid-TIP-Guide_May-2018.pdf



Trauma Matters (2013)

Guidelines developed by the Jean Tweed Centre, in consultation with service providers, experts, and women with lived experience from across Ontario, to support organizations that provide substance use treatment services for women. Designed to aid service providers and organizations in understanding the interconnections of trauma and substance use, and provide better care for substance-involved women who have experienced trauma.

<http://traumaandsubstanceabuse.files.wordpress.com/2013/03/trauma-matters-final.pdf>



The Trauma Toolkit (2nd Edition, 2013)

Developed by Klinik Community Health Centre in Winnipeg, MB, this resource offers general guidelines for trauma-informed practice to assist service providers and agencies to increase their capacity in delivering trauma-informed services. Includes a trauma informed organizational checklist, guidelines and key qualities for providers of trauma informed care, information on vicarious trauma, and scenarios to illustrate appropriate responses.

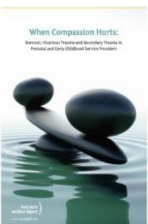
www.trauma-informed.ca/



Trauma and Violence Informed Care in the Health Sector (Ontario version) and 10 Top Things Your Clinic Can Do to Create a Welcoming Environment

The EQUIP team shares knowledge about equity-oriented care with health care providers and organizations, to support them to adopt equity-oriented practices and provide the best possible care to their patients. They have put research on trauma and violence informed care in a range of tools using concrete terms and examples of how to shift conversations, practices and clinic spaces toward equity

<https://equiphhealthcare.ca/toolkit/trauma-and-violence-informed-care/>



When Compassion Hurts: Burnout, Vicarious Trauma and Secondary Trauma in Prenatal and Early Childhood Service providers (2012)

A manual from the Best Start Resource Centre in Toronto, aimed at supporting service providers to cope with secondary trauma, burnout and compassion fatigue. Includes definitions and case illustrations of each condition, reflective questions for self-study and tools and suggestions to support resilience and self-care.

http://www.beststart.org/resources/howto/pdf/Compassion_14MY01_Final.pdf

What's New is Really Old Trauma informed health practices through an understanding of historic trauma (2017)

This webinar from the National Collaborating Centre for Aboriginal Health provides an overview of pre-contact values and laws, explores the complexities of historic trauma and lateral violence within communities, and reviews current trauma-informed health practices. 75 minutes.

https://www.nccah-ccnsa.ca/495/Webinar_What_s_new_is_really_old_Trauma_informed_health_practices_through_an_understanding_of_historic_trauma.nccah?id=205

