

## Additional Resources for Trauma-Informed Strategies

**Breathe Video:** <https://www.youtube.com/watch?v=RVA2N6tX2cg> . One of my favorite videos on breathing.

**National Child Traumatic Stress Network:** Provides fact sheets, tip cards, research articles for families and professionals who work with children with trauma. It can be found at: <http://www.nctsn.org/> . Across the top of the website is a tab entitled, “Resources.” Click on that tab and you will find a drop-down box of various audiences to include child welfare, mental health providers and educators. Click on a tab and it will take you to a list of free, downloadable, resources for professional, caregivers and kids. [http://www.nctsn.org/nctsn\\_assets/pdfs/Child\\_Trauma\\_Toolkit\\_Final.pdf](http://www.nctsn.org/nctsn_assets/pdfs/Child_Trauma_Toolkit_Final.pdf) Takes you to a toolkit designed by NCTSN for educators.

**Trauma Sensitive Schools:** At <http://traumasensitiveschools.org/tlpi-publications/> . This website provides a free, downloadable guidebook about how to help children learn using trauma informed principles and concepts. In addition, there is a second free, downloadable book that provides guidance on advocating for policy and procedure changes in schools and districts that result in developing a supportive infrastructure for trauma informed care.

**Mindful Schools:** At <http://www.mindfulschools.org/about-mindfulness/mindfulness-exercises/> across the top you will find a tab that says, “About Mindfulness” click on that. The last tab says “Mindful Exercises.” This is a free resource with videos that demonstrate how to do mindfulness activities in the classroom. In addition, there are classes available for a fee.

**Calmer Classrooms: A Guide to Working with Traumatized Children:** At [http://www.ocsc.vic.gov.au/downloads/calmer\\_classrooms.pdf](http://www.ocsc.vic.gov.au/downloads/calmer_classrooms.pdf). This booklet assists teachers and other educators understanding and working with children and youth whose lives have been affected by trauma. Calmer Classrooms particularly addresses the needs of children who have been traumatized by abuse and neglect. It explains the effect of abuse on learning and attachment, providing teachers with strategies involving relationship-based practices for challenges and conflicts in the classroom as well as self-care.

**The Heart of Learning and Teaching Compassion, Resiliency and Academic Success:** At <http://k12.wa.us/CompassionateSchools/HeartofLearning.aspx>. *The Heart of Learning: Compassion, Resiliency, and Academic Success* is a handbook written and compiled by the State of Washington Office of the Superintendent of Public Instruction and Western Washington University staff. It contains valuable information for educators to help

them on a daily basis as they work with students whose learning has been adversely impacted by trauma in their lives.

**The Language of Trauma and Loss:** At <http://westernreservepublicmedia.org/trauma/> The Language of Trauma and Loss provides teachers with information about the effect of trauma and loss on children, and the teacher's role in identifying and referring appropriate students. The program also helps teachers establish a safe classroom and improve language arts skills using trauma and loss as a vehicle. Web-streamed videos offer professional development information for teachers, and age-specific lessons for elementary, middle and high school students, and can be used as a vehicle to help students express their concerns.

**School Mental Health Project:** At <http://www.smhp.psych.ucla.edu/>. The UCLA Center for Mental Health in Schools provides a Quick Find On-Line Clearinghouse for a long list of topical areas involving stress, including PTSD, child abuse, immigrants and refugees, impulse control, traumatic brain injury, juvenile delinquency, eating disorders, physical and somatic complaints, homelessness, loss, grief, and bereavement. Resources include documents, websites, audio and video downloads and fact sheets.