Resources & References: Trauma-informed Care · REL Webinar Series 2016

Scholarship We Reference In This Series

- Babovic, M., & Suboticki, I. (2013, September/October). *Addressing violence from the HS perspective* [Scholarly project]. Benard, B. (2004). Resiliency: What we have learned. San Francisco, CA, WestEd.
- Bronfenbrenner, U. (2005). *Making Human Beings Human: Biological Perspectives on Human Development.* Thousand Oaks, CA: Sage.
- Buka, S., Stickick, M. A., Birdthistle, I., Earls, F., & , (2001). Youth exposure to violence: Prevalence, risks, and consequences. *American Journal of Orthopsychiatry*, 71(3), 298-310.
- Cerney, M. (1995). Treating the "heroic treaters". In C. Figley (Ed.), *Compassion fatigue: Coping with secondary traumatic stress disorder in those who treat the traumatized* (pp. 131-149). New York, NY: Routledge.
- Cook, A., Blaustein, M., Spinazzola, J., & Van der Kolk, B. (Eds.) (2003). Complex trauma in children and adolescents. Retrievable: http://www.nctsnet.org/nctsn_assets/pdfs/edu_materials/ComplexTrauma_All.pdf
- de Jong, J. T. V. M. (2007). Traumascape: an ecological–cultural–historical model for extreme stress. In D. Bhugra & K. Bhui (Eds.), Textbook of Cultural Psychiatry (pp. 347-363). Cambridge University Press.
- Doka, K. (2002). Disenfranchised grief: New directions, challenges, and strategies for practice. Champaign, Illinois: Research Company.
- Harvey, M. (1996). An ecological view of psychological trauma and trauma recovery. Journal of Traumatic Stress, 9(1), 3-23.
- Harvey, M. R., Tummala-Narra, P., & Hamm, B. (2012). An ecological view of recovery and resilience in trauma survivors:

 Implications for clinical and community intervention. In R. A. McMakin, E. Newman, J. M. Fogler, & T. M. Keane (Eds.),

 Trauma therapy in context: The science and craft of evidence-based practice (pp. 99-120). Washington DC: American Psychological Association.
- Lazarus, R. S. and Folkman, S. (1984) Stress, Appraisal and Coping, New York, NY, Springer Publishing Company.
- Masten, A. (2011). Resilience in children threatened by extreme adversity: Frameworks for research, practice, and translational synergy. *Development and Psychopathology*, *23*, 493-506.
- Masten, A. S., & Coatsworth, J.D. (1998). Resilience in individual development: The development of competence in favorable and unfavorable environments: Lessons from research on successful children. *American Psychologist*, *53*, 205 220.
- McInerney, M., & McKlindon, A. (n.d.). Unlocking the Door to Learning: Trauma-Informed Classrooms & Transformational Schools [Editorial]. *Education Law Center*. Retrieved from http://www.elc-pa.org/wp-content/uploads/2015/06/Trauma-Informed-in-Schools-Classrooms-FINAL-December2014-2.pdf
- Phifer, L., & Hull, R. (2016). Helping Students Heal: Observations of Trauma-Informed Practices in the Schools. *School Mental Health*, 8(1), 201-205.
- Saakvitne, K. W., Tennen, H., & Affleck, G. (1998). Exploring thriving in the context of clinical trauma theory: Constructivist self development theory. *Journal of Social Issues. Special Issue: Thriving: Broadening the Paradigm Beyond Illness to Health*, 54(2), 279-299
- Ungar, M., Liebenberg, L., Landry, N., & Ikeda, J. (2012). Caregivers, young people with complex needs, and multiple service providers: A study of triangulated relationships. *Family process*, *51*(2), 193-206.
- Ungar, M. (2013). Resilience, Trauma, Context, and Culture. Trauma Violence Abuse. 14(3) 255-266.
- University of Minnesota Extension Children, Youth & Family Consortium. (2010, October). *Historical Trauma and Microaggressions: A Framework for Culturally-Based Practice* [Press release]. Retrieved from http://www.extension.umn.edu/family/cyfc/our-programs/ereview/docs/cmhereviewOct10.pdf
- Valent, P. (1995). Survival strategies: a framework for understanding secondary traumatic stress and coping in helpers. In Figley, C.R. (Ed.) Compassion Fatigue: Secondary Traumatic Stress Disorder in Helpers. New York: Brunner/Mazel.
- Werner, E. E. (2005). What can we learn about resilience from large scale longitudinal studies? In S. Goldstein & R. Brooks (Eds.), Handbook of resilience in children (pp. 91 106). New York: Kluwer Academic Publishers.
- Werner, E.E. (1993). Risk, resilience, and recovery: Perspectives from the Kauai Longitudinal Study. *Development and Psychopathology*, 5, 503-515.
- Wolf-Prusan, Leora Ya'Acova. (2014). The Impact of Student Gang/Gun-related Homicide on Urban High School Teachers. UCLA: Education Ed.D. Leadership 0659. Retrieved from: http://escholarship.org/uc/item/2sk4z9sv

What We're Reading

- Cook, J., & Newman, E. (2014). A Consensus Statement on Trauma Mental Health: The New Haven Competency Conference Process and Major Findings. *Psychological Trauma*, *6*(4).
- Ginwright, S. (2015). Hope and healing in urban education: How urban activists and teachers are reclaiming matters of the heart. Routledge.
- Hammond, Z., & Jackson, Y. (2014). Culturally responsive teaching and the brain: Promoting authentic engagement and rigor among culturally and linguistically diverse students. Corwin.
- Hodas, G. (2006). Responding to Childhood Trauma: The Promise and Practice of Trauma Informed Care. Pennsylvania Office of Mental Health and Substance Abuse Services.
- Ko, S., Kassam-Adams, N., Wilson, C., Ford, J., Berkowitz, S. Wong, M. (2008). Creating Trauma-Informed Child-Serving Systems. *Professional Psychology*, *39*(4), 396-404.



Resources & References: Trauma-informed Care · REL Webinar Series 2016

- Levine, P. A. (2010). *In an unspoken voice: How the body releases trauma and restores goodness*. Berkeley: North Atlantic Books.
- McInerney, M., & McKlindon, A. (2014). Unlocking the Door to Learning: Trauma-Informed Classrooms & Transformational Schools. Retrieved October 30, 2015, from http://www.elc-pa.org/wp-content/uploads/2015/06/Trauma-Informed-in-Schools-Classrooms-FINAL-December2014-2.pdf
- Mears, C. (2012). Reclaiming school in the aftermath of trauma: Advice based on experience. New York, NY: Palgrave Macmillan.
- Perry, B.D. (2000). *Traumatized children: How childhood trauma influences brain development*. In: The Journal of the California Alliance for the Mentally III 11:1, 48-51, 2000
- Perry, B., & Szalavitz, M. (2006). The boy who was raised as a dog: And other stories from a child psychiatrist's notebook: What traumatized children can teach us about loss, love, and healing. New York: Basic Books.
- Perry, B., & Szalavitz, M. (2011). Why Empathy is Essential—and Endangered. William Morrow.
- Rossen, E. (2013). Supporting and educating traumatized students a guide for school-based professionals. Oxford: Oxford University Press.
- Rossen, E. A., & Hull, R. (2013). Supporting and educating traumatized students: A guide for school-based professionals. Oxford: Oxford University Press.
- Siegel, D. (2015). *Brainstorm: The power and purpose of the teenage brain.* Tarcher.
- Skovholt, T., & Trotter-Mathison, M. (2010). The Resilient Practitioner: Burnout Prevention and Self-Care Strategies for Counselors, Therapists, Teachers, and Health Professionals, Second Edition ... Historical, and Cultural Perspectives).

 Routledge.
- Van der Kolk, B. (2015). The body keeps the score: Brain, mind, and body in the healing of trauma. Penguin Books.
- Wolpow, R., Johnson, M., Hertel, R., Kincaid, S. (2009). *The heart of learning and teaching compassion, resiliency, and academic success*. Olympia, WA: Office of Superintendent of Public Instruction (OSPI) Compassionate Schools.

Articles We Are Reading

- 10 Things About Childhood Trauma Every Teacher Needs to Know [Editorial]. We Are Teachers.
- "A radical approach to discipline that starts with listening to students." From http://www.pbs.org/newshour/updates/zero-tolerance-fails-schools-teaching-students-cope-trauma/
- Adams, J. M. (2013, June 21). New push for mental health training for teachers and principals. From http://edsource.org/2013/task-force-recommends-including-mental-health-training-in-teacher-credential/33503#.UctZrFMXhz8?utm source=Copy of EdHealth Student Wellness Report 070113
- Bornstein, D. (13, November 13). Http://opinionator.blogs.nytimes.com/2013/11/13/separating-the-child-from-the-trauma/?src=me&ref=general& r=3. *The New York Times*.
- "Intro to Student Voice." (2015, January 31). From https://soundout.org/intro-to-student-voice/
- Konnikova, M. (2016, February 11). How People Learn to Become Resilient. Retrieved March 13, 2016, from http://www.newyorker.com/science/maria-konnikova/the-secret-formula-for-resilience
- Lahey, J. (2014, December 2). How Teachers Help Students Who've Survived Trauma. From http://www.theatlantic.com/education/archive/2014/12/how-teachers-help-kids-heal/383325/
- "Leaders, Take Note: Resilience Is Not Just for Kids"
 - $http://blogs.edweek.org/edweek/leadership_360/2015/12/leaders_take_note_resilience_is_not_just_for_kids.html?\\ _ga=1.91544915.851944124.1447782569$
- "Rethinking How Students Succeed" (Stanford Social Innovation Review):
 - http://www.ssireview.org/articles/entry/rethinking_how_students_succeed
- "Schools with higher black, minority populations call cops, not docs." (2015, July 22).
 - http://www.eurekalert.org/pub_releases/2015-07/ps-swh072215.php
- Sultan, A. (2015, December 2). Http://www.theatlantic.com/education/archive/2015/12/when-grit-isnt-enough/418269/?utm_source=SFFB. *The Atlantic*.
- Townsend, V. (2015, January 2). Https://www.washingtonpost.com/opinions/what-doesnt-kill-you-doesnt-necessarily-make-you-stronger/2015/01/02/939f250e-8f7e-11e4-ba53-a477d66580ed story.html [Editorial]. *The Washington Post*.
- Trauma Informed Classrooms Series, Huffington Post: http://www.huffingtonpost.com/news/trauma-informed-classrooms/

A Sample of Pioneering States, Local Education Agencies, and Schools Nationwide

Trauma Informed Models in the Educational Context: Massachusetts' Trauma Sensitive Schools, Echo Parenting & Education's Whole School Initiative, Los Angeles Education Partnership, HEARTS Program (San Francisco Unified School District & UCSF), Heart of Learning & Teaching (Washington DPI), CLEAR (Washington State University)

Stewarding SEAs: Massachusetts, Washington, Oregon, Minnesota, Wisconsin, Washington DC, Kentucky, Iowa

Stewarding LEAs: San Francisco, CA; ESD, WA; San Lorenzo Unified, CA; San Diego Unified, CA



Resources & References: Trauma-informed Care · REL Webinar Series 2016

Tools We Like

Fallot, R. D. & Harris, M. (2009). Creating cultures of trauma-informed care (CCTIC): A self-assessment and planning protocol. Washington, DC: Community Connections.

St. Andrews, A. (2013). Trauma & Resilience: An adolescent provider toolkit. San Francisco, CA: Adolescent Health Working Group, San Francisco.

Substance Abuse and Mental Health Services Administration. SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014. The Safe Start Initiative (http://www.safestartcenter.org/)'s "Toolkit for Schools" (http://www.safestartcenter.org/infographics/infographic cev-in-school.php)

The National Child Traumatic Stress Network (http://www.nctsn.org/) provides resources for a variety of audiences, including school personnel. A "Trauma Toolkit for Educators"

(http://www.nctsn.org/sites/default/files/assets/pdfs/Child_Trauma_Toolkit_Final.pdf)

Organizations to Whom We Refer for our Learning

Resilience Research Centre: http://resilienceresearch.org/

Echo Parenting & Education: www.echoparenting.org

Adverse Childhood Experiences: ACES Too High: www.acestoohigh.com & ACES Connection: www.acesconnection.com

The Center for Nonviolence & Social Justice (Drexel University): http://www.nonviolenceandsocialjustice.org/FAQs/What-is-Trauma/41/

The Center for Post-Trauma Wellness: http://www.posttraumawellness.net/resources/ The Trauma Center at Justice Resource Institute: http://www.traumacenter.org/index.php

California School Based Health Alliance:

http://www.schoolhealthcenters.org/healthlearning/schoolclimate/schoolclimateresources/

The Prevention Institute: www.preventioninstitute.org

Youth ALIVE! - Preventing Violence and Developing Youth Leaders - Teens on Target. http://www.youthalive.org/teens-on-target/

Trauma Services Adaptation Center for Resiliency, Hope and Wellness in Schools. http://sowkweb.usc.edu/trauma-services-adaptation-center-resiliency-hope-and-wellness-schools

TSA | Support for trauma-informed schools and resources for traumatic stress: http://traumaawareschools.org/

Howard Pinderhughes and the Hope Dealers. http://scienceofcaring.ucsf.edu/health-public/howard-pinderhughes-and-hope-dealers

Students At the Center Hub: http://studentsatthecenterhub.org/toolkit/authentic-youth-engagement/

Blueprints for Healthy Youth Development: http://www.blueprintsprograms.com/

Washington State University, CLEAR Trauma Center

Heal the Healers, the Joyful Heart Foundation: http://www.joyfulheartfoundation.org/programs/healing-wellness/heal-healers

For more information about WestEd and School Climate, see http://www.wested.org/resources/climate-connection-toolkit-low-and-no-cost-activities-for-cultivating-a-supportive-school-climate/

