

Trauma-Informed Teaching & Advising

Resource Guide

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Note for Participants & Contact Information

This collection of trauma and resilience resources for teachers and advisors to adult learners was curated by trainer Emily Wilson. Whenever possible, specific resources for adults were included; some resources for children are included as well in case these are useful for adaption in adult settings. In addition, whenever possible direct and permanent hyperlinks to articles and readings were made available for free participant access. This resource guide is not intended as an exhaustive list, but rather as a bridge to resources, readings, and partners in the trauma and learning community.

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Resources Based on Participant Questions for Follow Up:

Attendance & Engagement Issues:

- Addressing the Impact of Trauma on Academic Performance and School Attendance, Video Presentation by Policy Link, <http://www.policylink.org/find-resources/library/impact-of-trauma-on-academic-performance-school-attendance>
- Attendance Works, <http://www.attendanceworks.org/>
- Education Week Series “Rules of Engagement,” (see more attendance articles available at the bottom), http://blogs.edweek.org/edweek/rulesforengagement/2016/04/oregon_plans_to_tackle_chronic_absenteeism_through_trauma-informed_practices.html
- Is Your School Ready to Become Trauma Informed and Trauma Sensitive? (Irwin, 2016), <http://www.acesconnection.com/blog/is-your-school-ready-to-be-trauma-informed-and-trauma-sensitive>
- The Relationship Between School Attendance & Health, Report by Robert Wood Johnson Foundation, https://www.rwjf.org/content/dam/farm/reports/issue_briefs/2016/rwjf431726
- Trauma & Resiliency: A Systems Change Approach Emerging Lessons and Potential Strategies from the Los Angeles County Trauma and Resiliency-Informed Systems Change Initiative (Ott et al., 2017), <http://www.first5la.org/files/Trauma.pdf>
- What Does it Take to Get Students to Stop Skipping School, article in *The Atlantic*, (Richmond, 2013), <https://www.theatlantic.com/education/archive/2013/11/what-does-it-take-to-get-kids-to-stop-skipping-school/281898/>

Recognizing & Responding to Students (Potential Signs, Trigger Awareness, etc.):

- 8 Ways to Support Students Who Experience Trauma (Shevrin, 2014), <https://www.edutopia.org/discussion/8-ways-support-students-who-experience-trauma>
- 10 Trauma-Informed Classroom Strategies for Navigating Behavior Emergencies (Schiffman, 2017), <http://www.tracyschiffmann.com/blog/2016/12/17/10-trauma-informed-classroom-strategies-for-navigating-behavior-emergencies>
- Child Trauma Toolkit for Educators, <https://wmich.edu/sites/default/files/attachments/u57/2013/child-trauma-toolkit.pdf>
- Helping Traumatized Children Learn, Trauma & Learning Policy Initiative, <https://traumasensitiveschools.org/wp-content/uploads/2013/06/Helping-Traumatized-Children-Learn.pdf>
- The Heart of Learning & Teaching (Wolpov et al., 2016), <http://www.k12.wa.us/compassionateschools/pubdocs/TheHeartofLearningandTeaching.pdf>
- Trauma-Sensitive School Checklist (Mass Advocates for Children & Lesley University, 2012), [http://www.tolerance.org/sites/default/files/general/trauma%20sensitive%20school%20checklist%20\(1\).pdf](http://www.tolerance.org/sites/default/files/general/trauma%20sensitive%20school%20checklist%20(1).pdf)
- Using Trauma-Informed Approaches to De-Escalate Conflict in the Classroom Presentation (Rader, 2014), <http://www.schoolhealthcenters.org/wp-content/uploads/2014/03/Trauma-Informed-Strategies-to-Deescalate-Classroom-Conflict.pdf>
- Please see Carello & Butler (2014 & 2015) reading below on page 14; Perry (2006) reading on page 16.

Trauma & Chronic Stress in the Body:

- Center on the Developing Child, Brief Videos on Brain Architecture, <https://developingchild.harvard.edu/science/key-concepts/brain-architecture/>
- Center on the Developing Child, Brief Videos on Executive Functioning, <https://developingchild.harvard.edu/science/key-concepts/executive-function/>
- Center on the Developing Child, Brief Videos on Resilience, <https://developingchild.harvard.edu/science/key-concepts/resilience/>
- Center on the Developing Child, Brief Videos on Toxic Stress, <https://developingchild.harvard.edu/science/key-concepts/toxic-stress/>
- The Body Keeps Score, Presentation by Bessel van der Kolk, <https://www.youtube.com/watch?v=53RX2ESlqsM>
- Please see also Burke Harris TED Talk Video (2012) below on page 11.

Simple Stress Reduction & Classroom Activity Resources:

- Dartmouth Wellness Center Deep Breathing & Guided Relaxation Exercises, <http://www.dartmouth.edu/~healthed/relax/downloads.html#deep>
- Dartmouth Wellness Center Guided Visualization Exercises, <http://www.dartmouth.edu/~healthed/relax/downloads.html#guided>
- Dartmouth Wellness Center Mindfulness Meditation Exercises, <http://www.dartmouth.edu/~healthed/relax/downloads.html#mindful>
- Dartmouth Wellness Center Progressive Muscle Relaxation Exercises, <http://www.dartmouth.edu/~healthed/relax/downloads.html#muscle>
- Dartmouth Wellness Center Soothing Instrumental Music Downloads, <http://www.dartmouth.edu/~healthed/relax/downloads.html#music>
- Edutopia Stress Reduction Activities for the Classroom, <https://www.edutopia.org/sites/default/files/resources/stw-glenview-stress-reduction-activities.pdf>
- Edutopia Resources on Managing Stress (see specific articles on acting out of poverty-related stress, etc.), <https://www.edutopia.org/article/stress-management-resources>
- How Mindfulness Could Help Teachers and Students, <https://www.theatlantic.com/education/archive/2015/08/mindfulness-education-schools-meditation/402469/>
- Mindful Schools Resources (Videos), <http://www.mindfulschools.org/category/video/>
- Mindful Schools Multimedia Resources & Lesson Plans, <http://www.mindfulschools.org/resources/explore-mindful-resources/>
- Tips for College Students After Disaster or Trauma, Substance Abuse & Mental Health Services Administration, <https://store.samhsa.gov/shin/content/SMA13-4777/SMA13-4777.pdf>
- Trauma-Informed Practices for Post-Secondary Learning (Davidson, n.d.), <http://educationnorthwest.org/sites/default/files/resources/trauma-informed-practices-postsecondary-508.pdf>
- University of the District of Columbia Stress Reduction Activities (desk stretches, etc.), <https://www.udc.edu/student-life/csdc/stress-relief-and-relaxation-exercises/>
- Also see Resilience & Relaxation Resources below on page 8

Local & National Trauma and Resilience Resources

New England-Based Resources:

- Association for Contemplative Mind in Higher Education, <http://www.contemplativemind.org/programs/acmhe>
- Boston-Area Educators for Social Justice, <http://besj.weebly.com/>
- Boston Area Rape Crisis Center, <http://www.barcc.org/>
- Boston Alliance for Community Health 2016 Request for Proposals for Trauma & Resilience Interventions Funding, <http://bostonalliance.org/wp-content/uploads/2016/03/BACH-RFP-for-Trauma-and-Resilience-2016-final-1.pdf>
- Boston Center for Refugee Health & Human Rights, Boston Medical Center, <http://www.bcrhr.org/>
- Boston Public Health Commission Family Justice Center, <http://www.bphc.org/whatwedo/violence-prevention/Family-Justice-Center/Pages/Family-Justice-Center.aspx>
- Center for Violence Prevention & Recovery, Beth Israel Deaconess Medical Center, <http://www.bidmc.org/violenceprevention>
- Child Trauma Training Center, University of Massachusetts Medical School, <http://www.umassmed.edu/cttc/>
- Child Witness to Violence Program, <http://www.childwitnessstoviolence.org/>
- Crittenton Women's Union, <http://www.liveworkthrive.org/>
- Communities Addressing Childhood Trauma (ACT) Funding Program, United States Department of Health & Human Services, Office of Minority Health, <http://minorityhealth.hhs.gov/omh/browse.aspx?lvl=2&lvlid=79>
- High Risk Youth Network, Black Ministerial Alliance of Greater Boston, <http://bmaboston.org/high-risk-youth-network/>
- Home Base Veteran & Family Care Program, <http://www.homebase.org/>
- Institute for Health & Recovery, <http://www.healthrecovery.org/>
- LGBT Violence Recovery Program at Fenway Health Center, <http://fenwayhealth.org/care/behavioral-health/vrp/>
- Louis D. Brown Peace Institute, <http://www.ldbpeaceinstitute.org/>
- LUK, Inc., <http://luk.org/>
- Maine Resilience Building Network, <http://maineaces.org/wp/>
- Massachusetts Office for Victim Assistance, <http://www.mass.gov/mova/>
- My Life My Choice, <http://www.fightingexploitation.org/>
- New England Society for Treatment of Trauma & Dissociation, <http://www.nesttd-online.org/>
- Pathways for Change (formerly Rape Crisis Center of Central MA), <http://centralmasspfc.org/home/>
- Refugee Trauma & Resilience Center, Boston Children's Hospital, <http://www.childrenshospital.org/centers-and-services/programs/o-z/refugee-trauma-and-resilience-center-program/overview>
- Rosie's Place, <http://www.rosiesplace.org/>
- The Trauma Center at Justice Resource Institute, <http://www.traumacenter.org/>
- Worcester Refugee Assistance Project (WRAP), <http://www.worcesterrefugees.org/>
- YOU, Inc., <http://www.youinc.org/index.php>

National Resources:

- Academy on Violence & Abuse, <http://www.avahealth.org/>
- ACE Response, <http://www.aceresponse.org/>
- American Psychological Association, <http://www.apa.org/>
- Centers for Disease Control & Prevention (CDC) Adverse Childhood Experiences (ACE) Study Repository, <http://www.cdc.gov/violenceprevention/acestudy/>
- Center for Post-Trauma Wellness, <http://www.posttraumawellness.net/>
- Dart Center for Journalism & Trauma, <http://dartcenter.org/>
- Dave Baldwin's Trauma Pages (includes articles, resources, support links, etc.), <http://www.trauma-pages.com/>
- Foundation for Healthy Generations, <http://www.healthygen.org/>
- Futures Without Violence, <https://www.futureswithoutviolence.org/>
- Healing Justice Alliance, <http://www.healingjusticealliance.org/>
- The Institute on Trauma & Trauma-Informed Care, Buffalo Center for Social Research, University of Buffalo School of Social Work, <http://socialwork.buffalo.edu/social-research/institutes-centers/institute-on-trauma-and-trauma-informed-care.html>
- International Society for Traumatic Stress Studies, <https://www.istss.org/>
- Jobs with Justice, <http://www.jwj.org/>
- National Alliance on Mental Health, <https://www.nami.org/>
- National Center on Domestic Violence, Trauma, & Mental Health, <http://www.nationalcenterdvtraumamh.org/>
- National Center for PTSD, <http://www.ptsd.va.gov/>
- National Center for Trauma-Informed Care, <http://www.samhsa.gov/nctic>
- National Child Traumatic Stress Network, <http://www.nctsn.org/>
- National Council for Behavioral Health, <http://www.thenationalcouncil.org/>
- National Crittenton Foundation, <http://nationalcrittenton.org/>
- National Domestic Violence Hotline, <http://www.thehotline.org/>
- National Eating Disorders Association, <http://www.nationaleatingdisorders.org/>
- National Network for Hospital-Based Violence Intervention Programs, <http://nnhvip.org/>
- National Suicide Prevention Lifeline, <http://www.suicidepreventionlifeline.org/>
- Prison Mindfulness Institute/ Prison Dharma Network, <http://www.prisonmindfulness.org/>
- Risking Connection, <http://www.riskingconnection.com/>
- Robert Wood Johnson Foundation, <http://www.rwjf.org/en/library/collections/aces.html>
- Sanctuary Institute, <http://andruscc.org/sanctuary-institute/>
- Screening for Mental Health, <https://mentalhealthscreening.org/>
- Substance Abuse & Mental Health Services Administration, <http://www.samhsa.gov/>
- Suicide Prevention Resource Center, <http://www.sprc.org/>
- The Trevor Project, <http://www.thetrevorproject.org/>
- Thomas Scattergood Behavioral Health Foundation, <http://www.scattergoodfoundation.org/>
- Trauma & Learning Policy Initiative, <http://traumasensitiveschools.org/>
- Treatment & Services Adaptation Center, <https://traumaawareschools.org/traumaInSchools>
- YWCA/ find your local organization, http://www.ywca.org/site/c.cuIRJ7NTKrLaG/b.7527667/k.C931/Local_Associations/apps/kb/cs/contactsearch.asp

Trauma-Related Development Resources for Adult Advisors & Educators

New England-Based Resources:

- Center for Whole Communities, <http://wholecommunities.org/>
- Home Visitors Training on Trauma, Domestic/ Intimate Partner Violence, & Resilience, Boston Public Health Commission & Brigham & Women's Hospital, <https://www.surveymonkey.com/r/homevisitorsjune2016>
- Kripalu Center Center for Yoga & Health, <https://kripalu.org/>
- Lesley University Institute for Trauma Sensitivity Courses, <http://www.lesley.edu/center/special-education/impact-of-trauma-on-learning/>
- Omega Institute for Holistic Studies, <https://www.eomega.org/>

National Resources:

- Adverse Childhood Experiences (ACEs) Connection, <http://www.acesconnection.com/>
- ACEs in Education Group, ACEs Connection, <http://www.acesconnection.com/g/aces-in-education>
- Adult Education Research Conference, <http://newprairiepress.org/aerc/>
- American Association of Adult & Continuing Education, <http://www.aaace.org/>
- The Council of State Governments Justice Center, Higher Education & Re-Entry, <http://csgjusticecenter.org/reentry/publications/higher-education-and-reentry-the-gifts-they-bring/>
- Commission for Social Justice Educators, American College Personnel Association, <http://www.myacpa.org/commsje>
- Digital Pedagogy Lab, <http://www.digitalpedagogylab.com/>
- Hocking College, Creating Trauma-Informed & Military-Friendly Campus, <http://www.neomed.edu/academics/ohio-program-for-campus-safety-and-mental-health/military-culture.pdf>
- Mental Health First Aid (MHFA) Program, National Council for Behavioral Health, <http://www.mentalhealthfirstaid.org/cs/>
- The National Academic Advising Association (NACADA), <https://www.nacada.ksu.edu/>
- NACADA Advising Adult Learners Commission, <https://www.nacada.ksu.edu/Community/Commission-Interest-Groups/Advising-Specific-Populations-I/Advising-Adult-Learners-Commission.aspx>
- National Center on Safe, Supportive Learning Environments, American Institutes for Research and United States Department of Education, <http://safesupportivelearning.ed.gov/>
- National Council for Adult Learning, <http://www.ncalamerica.org/index.html>
- Sustaining the Soul that Serves, <http://sustainingthesoulthatserves.org/>
- Tools for Change, <http://toolsforchange.org/>
- Training for Change, <https://www.trainingforchange.org/>
- Trauma Informed and Equitable Approaches to Training Development and Implementation, Futures without Violence & Boston Public Health Commission, <http://www.futureswithoutviolence.org/trauma-informed-and-equitable-approaches-to-training-development-and-implementation/>
- Vitae, <https://chroniclevitae.com/>
- Wisconsin Department of Public Instruction Trauma-Sensitive Schools Learning Modules, <http://dpi.wi.gov/sspw/mental-health/trauma/modules>

Self-Care & Resilience Resources

Meditation & Relaxation:

- Dartmouth College Office of Health Promotion Relaxation Downloads Library, <https://www.dartmouth.edu/~healthed/relax/downloads.html>
- Everyday Zen, <http://www.everydayzen.org/>
- Hobart & William Smith Colleges' Relaxation Exercises, http://www.hws.edu/studentlife/counseling_relax.aspx
- The Activist's Ally from the Center for Contemplative Mind in Society, sample available at <http://www.contemplativemind.org/admin/wp-content/uploads/2012/09/Ally-sample.pdf>

Secondary & Vicarious Trauma:

- Compassion Fatigue Awareness Project, <http://www.compassionfatigue.org/>
- Headington Institute, <http://www.headington-institute.org/>
- Laura van Dernoot Lipsky's TED Talk "Beyond the Cliff," on secondary/ vicarious trauma, <http://traumastewardship.com/watch/#ted>
- Professional Quality of Life (ProQOL), Compassion Satisfaction, Compassion Fatigue and Professional Quality of Life tools, http://proqol.org/Home_Page.php
- ProQOL Measurement Scale, http://proqol.org/uploads/ProQOL_5_English.pdf
- Substance Abuse & Mental Health Services Administration (SAMHSA) Fact Sheet on Preventing Compassion Fatigue, http://www.samhsa.gov/samhsaNewsLetter/Volume_22_Number_2/preventing_suicide/preventing_compassion_fatigue.html
- SAMHSA "Tips for Disaster Responders: Understanding Compassion Fatigue," <http://store.samhsa.gov/shin/content/SMA14-4869/SMA14-4869.pdf>
- Secondary Traumatic Stress Fact Sheet, National Child Traumatic Stress Network, <http://www.nctsn.org/print/1342>
- Secondary Traumatic Stress Webinar, from Futures without Violence, The Maine Children's Initiative/Portland Defending Childhood, Maine Behavioral Healthcare, & Maine Children's Trauma Response Initiative, <http://www.futureswithoutviolence.org/secondary-traumatic-stress-workshop/>
- The Trauma Stewardship Institute (founded by Laura van Dernoot Lipsky), <http://traumastewardship.com/>

Self-Care Awareness Resources:

- Berry, J.O. (2012). My clients, my students, my patients, myself: Self-care advice for caring professionals. University of Oklahoma Health Sciences Center, College of Medicine. Available at https://www.ouhsc.edu/thecenter/products/documents/self-care_web.pdf
- Markham, L. Committing to radical self care. (2014, January 19). Psychology Today. Available <https://www.psychologytoday.com/blog/peaceful-parents-happy-kids/201401/committing-radical-self-care>
- Mindful Teachers, <http://www.mindfulteachers.org/>
- Self-Care Tips & Facts for Educators, National Child Traumatic Stress Network, http://www.nctsn.org/sites/default/files/assets/pdfs/CTTE_SelfCare.pdf

Understanding Racism, Poverty, Health, & Learning Resources

Articles & Papers:

- Bassett, M.T. (2015). Black lives matter — A challenge to the medical and public health communities. *New England Journal of Medicine*, 372(12), 1085-1087. Available at <http://www.nejm.org/doi/pdf/10.1056/NEJMp1500529>
- Coates, T. N. (2014). The case for reparations. *The Atlantic Monthly*. Available at <http://www.theatlantic.com/magazine/archive/2014/06/the-case-for-reparations/361631/>
- Harris, F. (2014, December 22). We can't afford to hold our breath. *Vitae*. Available at <https://chroniclevitae.com/news/842-we-can-t-afford-to-hold-our-breath>
- Harvard Public Health Review Editorial Board. (2015). Racism is a public health problem. *Harvard Public Health Review*. Available at <http://harvardpublichealthreview.org/hphr-editorial-racism-is-a-public-health-problem/>
- Khazan, O. (2015, September 14). When you can't afford sleep. *The Atlantic*. <http://www.theatlantic.com/health/archive/2014/09/when-you-cant-afford-sleep/380128/>
- Rockquemore, K. (2015, May 6). Radical self care: Kerry Ann Rockquemore offers advice for faculty members feeling exhausted by racial battle fatigue. *Inside Higher Ed*. Available at <https://www.insidehighered.com/advice/2015/05/06/essay-how-faculty-members-can-keep-focused-amid-so-much-disturbing-news>
- Smedley, B. (2012). The lived experience of race and its health consequences. *American Journal of Public Health*, 102(5), 933-935. Available at <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3483928/>
- Silverstein, J. (2013, March 12). How racism is bad for our bodies. *The Atlantic*. Available at <http://www.theatlantic.com/health/archive/2013/03/how-racism-is-bad-for-our-bodies/273911/>
- Silverstein, J. (2015, April 13). Genes don't cause racial health disparities – society does. *The Atlantic*. Available at <http://www.theatlantic.com/health/archive/2015/04/genes-dont-cause-racial-health-disparities-society-does/389637/>

Videos & Radio Clips:

- Alice Goffman's TED Talk, "How We're Priming Some Kids for College – and Others for Prison," https://www.ted.com/talks/alice_goffman_college_or_prison_two_destinies_one_blatant_injustice?language=en
- Fresh Air with Terry Gross episode, "Historian Says Don't Sanitize How our Government Created the Ghettos," <http://www.npr.org/2015/05/14/406699264/historian-says-dont-sanitize-how-our-government-created-the-ghettos>
- Michelle Alexander's TED Talk, "The Future of Race in America," <http://tedxtalks.ted.com/video/The-future-of-race-in-America-M>
- "Raising of America" documentary series by California Newsreel, <http://www.raisingofamerica.org/>

- “Unnatural Causes” documentary series by California Newsreel, <http://www.unnaturalcauses.org/>

Websites:

- Facing History & Ourselves, <https://www.facinghistory.org/educator-resources>
- Project Implicit, Harvard University, <https://implicit.harvard.edu/implicit/takeatest.html>
- “Speak Up: Responding to Everyday Bigotry” guide, Southern Poverty Law Center, https://www.splcenter.org/sites/default/files/d6_legacy_files/downloads/publication/splcspeak_up_handbook_0.pdf

Understanding Trauma & Resilience Resources

Articles & Papers:

*Centers for Disease Control & Prevention Repository of Adverse Childhood Experiences (ACE) Study articles, available at <https://www.cdc.gov/violenceprevention/acestudy/journal.html>

Anda, R., Felitti, V., & Bremner, J. (2006). The enduring effects of abuse and related adverse experiences in childhood: A convergence of evidence from neurobiology and epidemiology. *European Archives of Psychiatry and Clinical Neuroscience*, 256, 174-186.

Anderson, J. & Blosnich, J. (2013). Disparities in adverse childhood experiences among sexual minority and heterosexual adults: Results from a multi-state probability-based sample. *PLOS ONE*, 8, e54691. Retrieved from: <http://www.plosone.org/article/info:doi/10.1371/journal.pone.0054691>

Bynum, L., Griffin, T., Ridings, D.L., Whykoop, K.S., Anda, D.A., Edwards, V.J., Strine, T. W., Lieu, Y., McKnight-Eily, L.R., & Croft, J. B., (2009). Adverse childhood experiences reported by adults – five states. *Morbidity and Mortality Weekly Report (MMWR) Centers for Disease Control* <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm>

Felitti, V. J., Anda, R. F., Nordenberg, D., Williamson, D. F., Spitz, A. M., Edwards, V., Koss, M. P., & Marks, J.S. (1998). Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults: The adverse childhood experiences (ACE) study. *American Journal of Preventive Medicine*, 14, 245-258.

Konnikova, M. (2016, February 11). How people learn to become resilient. *The New Yorker*. Available at http://www.newyorker.com/science/maria-konnikova/the-secret-formula-for-resilience?mbid=nl_160211_Daily&CNDID=14787643&spMailingID=8536128&spUserID=MTA5MjM5MDQyMDQ2S0&spJobID=861189416&spReportId=ODYxMTg5NDE2S0

Wade, R. (2013 April). Qualitative study of ACE in low income communities. Proceedings from Academy on Violence and Abuse Conference, Minneapolis, MN. Retrieved from: http://www.avahealth.org/events/2013_ava_conference/presentations/2013_presentations.html

Waite, R. & Shewokis, PA. (2012). Childhood trauma and self-reported depression. *Journal of the Association of Black Nursing Faculty in Higher Education*, 23, 8-13. Retrieved from: <http://www.ncbi.nlm.nih.gov/pubmed/23387107>

Fact Sheets:

- National Institute of Corrections, Addressing Trauma Among Incarcerated People, <http://community.nic.gov/blogs/mentalhealth/archive/2012/10/05/addressing-trauma-among-incarcerated-people.aspx>
- Substance Abuse & Mental Health Services Administration (SAMHSA) Fact Sheet on Historical Trauma, <http://mha.ohio.gov/Portals/0/assets/Initiatives/TIC/General/Historical%20Trauma%20SAMHSAs%20Gains%20Center.pdf>
- SAMHSA Fact Sheet on Types of Trauma, <http://www.samhsa.gov/trauma-violence/types>

Videos, Radio Clips, & Webinars:

- Borrowing for College: Exploring the Connection between Student Loan Debt and Health Webinar, The Network for Public Health Law, https://www.networkforphl.org/webinars/2015/06/09/643/borrowing_for_college_exploring_the_connection_between_student_loan_debt_and_health
- Center on the Developing Child, Harvard University, Key Concept Videos on Brain Architecture, Toxic Stress, Resilience, Serve and Return, & Executive Function and Self Regulation. Available at <http://developingchild.harvard.edu/science/key-concepts/>
- Complex Trauma, video by Spokane County Community Network, <https://www.youtube.com/watch?v=A1vbSSQJOHw>
- Curtis, M. E. (2014). Dr. Mary E. Curtis of Lesley Center for Special Education discusses trauma-sensitive professional development for educators. Helping Traumatized Children Learn. Available at <http://traumasensitiveschools.org/video-mary-curtis-creating-advocating-trauma-sensitive-schools/>
- Mitigating Childhood Trauma in Indian Country: Community & Policy-Level Recommendations Webinar, Futures without Violence & National Native Children's Trauma Center, <http://www.futureswithoutviolence.org/mitigating-childhood-trauma-in-indian-country-community-and-policy-level-recommendations/>
- Nadine Burke Harris' TED Talk, "How Childhood Trauma Affects Health Across a Lifetime," https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en
- Knox, R. (2014). Stress causes more health problems, which then causes more stress. Morning Edition, National Public Radio. Available at <http://www.npr.org/sections/health-shots/2014/07/08/327256681/stress-causes-health-problems-which-then-cause-more-stress>
- National Council on Behavioral Health Webinar Archive on trauma-related topics, <http://www.thenationalcouncil.org/events-and-training/webinars/webinar-archive/>
- Starecheski, L. (2015). This is your stressed out brain on scarcity. Shots Health News, National Public Radio. Available at <http://www.npr.org/sections/health-shots/2014/07/14/330434597/this-is-your-stressed-out-brain-on-scarcity>
- Starecheski, L. (2015). Can family secrets make you sick? Shots Health News, National Public Radio. Available at <http://www.npr.org/sections/health-shots/2015/03/02/377569413/can-family-secrets-make-you-sick>
- Wiping the Tears of Seven Generations, <https://www.youtube.com/watch?v=XvBcMbKEp40>
- Wisconsin Department of Public Instruction Trauma E-Resources Library. Available at <http://dpi.wi.gov/sspw/mental-health/trauma/e-resources>

Recommended Reading for Adult Advisors & Educators

Books:

- Alexander, M. (2010). *The new Jim Crow: Mass incarceration in a time of color blindness*. New York, NY: The New Press.
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