**Basics**

1. [SAMHSA’s Concept of Trauma and Guidance for a Trauma-Informed Approach](https://store.samhsa.gov/product/samhsas-concept-trauma-and-guidance-trauma-informed-approach/sma14-4884) 2014. (27 pages)
* The concept paper that catalyzed the use of TIA in healthcare settings.
1. [Understanding the Effects of Trauma on Health](https://www.chcs.org/resource/understanding-effects-trauma-health/) Fact Sheet July 2017 (3 pages)
* This fact sheet is a product of *Advancing Trauma-Informed Care*, a national initiative focused on better understanding how trauma-informed approaches can be practically implemented across the health care sector, made possible by the Robert Wood Johnson Foundation and led by the Center for Health Care Strategies (CHCS).
1. [Key Ingredients for Successful Trauma-Informed Care Implementation,](https://www.chcs.org/media/Brief-Key-Ingredients-for-TIC-Implementation.pdf) Issue Brief, April 2016. (12 pages)
* This issue brief is a product of CHCS’ *Advancing Trauma-Informed Care* initiative and draws on insights from experts across the county to outline the key ingredients necessary for establishing a trauma-informed approach to care at the organizational and clinical levels.
1. [About the CDC-Kaiser ACE Study](https://www.cdc.gov/violenceprevention/aces/about.html)
* CDC website with a detailed synopsis of the original ACE study by Dr. Vincent Felitti et al. (1998).

**Websites**

* [*Trauma-Informed Care Implementation Resource Center*](http://traumainformedcare.chcs.org/)*,* Center for Health Care Strategies (CHCS)
* This website was developed by the Center for Health Care Strategies with support from the Robert Wood Johnson Foundation. It has extensive resources related to practical implementation of TIA across the health care sector from experts in the field of TIA as well as the experiences of health care organizations that participated in a multi-site demonstration.
* [*Trauma Informed Care: Perspectives and Resources*](https://gucchd.georgetown.edu/TraumaInformedCare/)*,* Georgetown University National Technical Assistance Center for Children Mental Health.
* *Trauma Informed Care: Perspectives and Resources* is a comprehensive web-based, video-enhanced resource and educational tool designed to help build state-by-state and provider capacity to serve children and youth who have experienced trauma. The tool is comprised of eight modules with issue briefs, video interviews, and resource lists related to implementation of trauma informed services by different agencies and providers over a one-year period.
* [*PACES Connection*](https://www.pacesconnection.com/) is a social network that connects those who are implementing trauma-informed and resilience-building practices based on ACEs science. The network’s 40,000+ members share their best practices, while inspiring each other to grow the movement to prevent ACEs, heal trauma and build resilience. Well-organized Resource Center in the form of a blog.

**Online Training and Videos**

* The Trauma Informed Care (TIC) Training Center has compiled links to several free courses.

<https://traumainformedcaretraining.com/free-trauma-informed-care-courses/>

* [The National Child Traumatic Stress Network](https://www.nctsn.org/resources/training) has many free online webinars and e-learning courses, many which provide continuing education credit.
* The [Center for Adolescent Studies (CAS) courses](https://centerforadolescentstudies.com/courses-2/): Free online, self-paced courses. The CAS blog also has relevant articles that can be accessed [here](https://centerforadolescentstudies.com/blog/).
* Trauma Informed Care for Professionals Working With Youth (8 hours, 8 CEs)
* Advanced Trauma-Informed Care Toolkit for Youth Works (20 hours, 20 CEs)
* Teach Mindfulness to Teens (2 hours, 2 CEs)
* Resilience and Self-Care Basics for Helping Professionals (1.5 hours, 1.5 CEs)
* Additional courses are offered for a fee and include CE credits and certificates.
* Interviews/Videos (many more on YouTube)
	+ Speech by Dr Vincent Felittl, co-founder of the ACE Study, “[Reflections on the Adverse Childhood Experiences Study](https://www.youtube.com/watch?v=-ns8ko9-ljU),” National Congress of American Indians Annual Convention and Marketplace on 10/18/15 (YouTube video, 32:44)
	+ [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) (TED Talk by Dr Nadine Burke Harris, 15:51)

**Books, Workbooks and Other Treatment Resources**

* Curran, Linda (2013). *101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward*. Eau Claire, WI: PESI Publishing and Media. [Amazon link](https://www.amazon.com/101-Trauma-Informed-Interventions-Activities-Assignments/dp/193612842X/ref%3Dpd_sbs_14_6/147-9120757-8936237?_encoding=UTF8&pd_rd_i=193612842X&pd_rd_r=3122e72f-c6d2-4068-ad42-efc89159ae8c&pd_rd_w=62cIM&pd_rd_wg=GO38S&pf_rd_p=bdc67ba8-ab69-42ee-b8d8-8f5336b36a83&pf_rd_r=0TC27RSWPW9ZHXCVCWNZ&psc=1&refRID=0TC27RSWPW9ZHXCVCWNZ).

* Hallett, Kristina & Donelan, Jill (2019). *Trauma Treatment Toolbox for Teens: 144 Trauma-Informed Worksheets and Exercises to Promote Resilience, Growth & Healing*.
Eau Claire, WI: PESI Publishing and Media. [Amazon link](https://www.amazon.com/dp/1683732138/ref%3Dsspa_dk_detail_1?psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExUUFaVVEwNUU4MUU1JmVuY3J5cHRlZElkPUEwMjU2NTM0M1M4WFcyMU4yUTZVSyZlbmNyeXB0ZWRBZElkPUEwOTMyNDczM1RJSk9DQVk4TEIyNiZ3aWRnZXROYW1lPXNwX2RldGFpbCZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=).

# Himelstein, Sam (2019). *Trauma-Informed Mindfulness With Teens: A Guide for Mental Health Professionals*. New York: Norton. [Amazon link](https://www.amazon.com/Trauma-Informed-Mindfulness-Teens-Mental-Professionals/dp/039371344X).

* Youth M.O.V.E. International. [Understanding trauma: A guide for youth](https://youthmovenational.org/wp-content/uploads/2019/05/Youth-Trauma-Guide-Understanding-Trauma.pdf) is a colorful 7-page brochure using cartoon-like graphics to explain trauma to young people. The text and language are very dense. It is also available in [Spanish](https://youthmovenational.org/wp-content/uploads/2019/05/Youth-Trauma-Guide-Spanish.pdf).

**Research Articles**

Bethell, C., Jones, J., Gombojav, N., Linkenbach, J., & Sege, R. (2019). [Positive childhood experiences and adult mental and relational health. In a statewide sample: Associations across adverse childhood experiences levels.](https://jamanetwork.com/journals/jamapediatrics/fullarticle/2749336) *JAMA Pediatrics, 173*(11):e193007. doi:10.1001/jamapediatrics.2019.3007.

Felitti, V. J., Anda, R. F., Nordenberg, D., Williamson, D. F., Spitz, A. M., Edwards, V., Ross, M. P. & Marks, J. S. (1998). [Relationship of childhood abuse and household dysfunction to many of the leading cause of death in adults: The Adverse Childhood Experiences (ACE) Study](https://www.ajpmonline.org/action/showPdf?pii=S0749-3797%2898%2900017-8). *American Journal of Preventive Medicine, 14*(4): 245-258.

Joyce, S., Shand, F., Tighe, J., Laurent, S. J., Bryant, R. A., & Harvey, S. B. (2018). Road to resilience: a systematic review and meta-analysis of resilience training programs and interventions. *BMJ Open, 8*:e017858. <http://dx.doi.org/10.1136/bmjopen-2017-017858>.