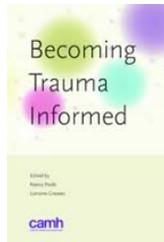


TRAUMA-INFORMED PRACTICE RESOURCES

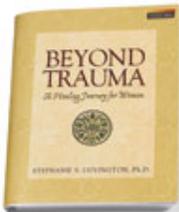
The following includes a selection of treatment related resources and curricula. Some are focused solely on trauma-informed practices and others incorporate elements of both trauma-informed and trauma-specific approaches.



Becoming Trauma-Informed

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.

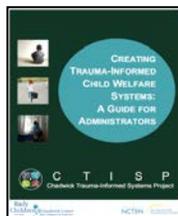
http://knowledge.camh.net/amhspecialists/specialized_treatment/trauma_treatment/Documents/becoming_trauma_informed.pdf



Beyond Trauma: A Healing Journey for Women

Created by Dr. Stephanie Covington, this trauma treatment manual makes the connection between women's experiences of trauma and their substance use. It can be used in a variety of settings, including residential and outpatient treatment settings, mental health programs, and criminal justice settings.

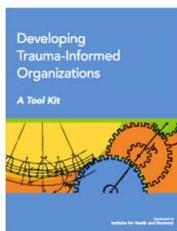
www.stephaniecovington.com/b_beyond.php



Creating trauma-informed child welfare systems: A guide for administrators (2nd ed).

Chadwick Trauma-Informed Systems Project. (2013) strives to support the evolution of public child welfare agencies into trauma-informed organizations – designed to support all agencies which impact children and families, including children's mental health in becoming a multi-dimensional, trauma-informed, and evidence-based system better able to meet the unique needs of abused and trauma-exposed children.

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



Developing Trauma Informed Organizations: A Tool Kit

The Tool Kit is designed to help organizations improve the quality of services offered by integrating an understanding of the impact of trauma and violence into the organization's policies, procedures, and interactions with those being served. It includes the principles for trauma-informed treatment, a self-assessment for provider organizations, an organizational assessment and instructions for using the assessments to provide trauma-informed, integrated care.

http://www.healthrecovery.org/services_and_products/products/detailTrue.asp?ProductID=30



Freedom from Violence: Tools for working with Trauma, Mental Health and Substance Use

Developed by the Ending Violence Association of BC, this comprehensive toolkit offers specific, practical trauma-informed strategies for working with women who have substance use and mental health concerns. Strategies for discussing substance use, mental health concerns and for safety planning are included.

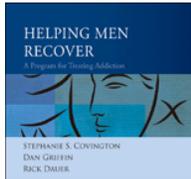
www.endingviolence.org/node/459



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

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.

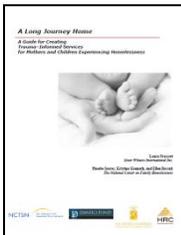
www.phac-aspc.gc.ca/ncfv-cnivf/pdfs/nfntsx-handbook_e.pdf



Helping Men Recover: A Program for Treating Addiction

This resource, developed by Dr. Stephanie Covington, describes a trauma-informed treatment program for men, making the links between substance use and trauma. There is also a version for women.

www.stephaniecovington.com/b_helping_men.php



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

The Long Journey Home is intended to serve as a guide to agencies looking for practical ideas about how to create trauma-informed environments. Co-authored by Laura Prescott of Sister Witness, International and Phoebe Soares, Kristina Konnath and Ellen Bassuk, MD of the US National Center on Family Homelessness

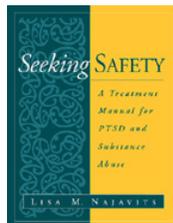
www.homeless.samhsa.gov



Native American Motivational Interviewing: Weaving Native American and Western Practices

This practice manual, developed by Kamilla Venner and colleagues in New Mexico, is a cultural adaptation of a motivational interviewing approach. Although the connection with trauma is not explicit, practitioners will notice how the overall approach aligns with trauma-informed practices.

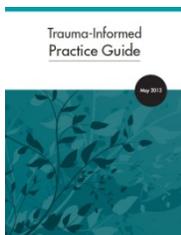
<http://casaa.unm.edu/mimanuals.html>



Seeking Safety

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 recognizing the connection between substance use and trauma. It has been used in a variety of settings and with both men and women, as well as with youth.

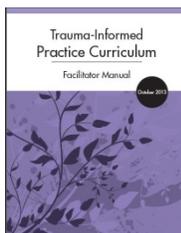
<http://www.seekingsafety.org/>



Trauma informed Practice Guide

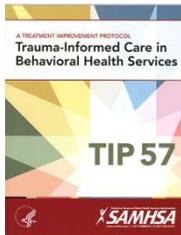
This Guide was developed on behalf of the BC Provincial Mental Health and Substance Use Planning Council in consultation with researchers, practitioners and health system planners across BC. The TIP Guide and Organizational Checklist support the translation of trauma-informed principles into practice.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

www.bccewh.bc.ca/publications-resources/default.htm



Trauma informed Practice Guide

A 4 part curriculum developed to support learning by organizations and practitioners as they apply and integrate concepts on trauma-informed practice from the provincial Trauma-Informed Practice Guide and Trauma-Informed Practice Organizational Checklist.

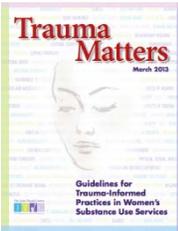


TIP 57: Trauma-Informed Care in Behavioral Health Services

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.

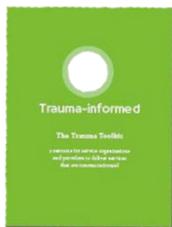
<http://store.samhsa.gov/product/TIP-57-Trauma-Informed-Care-in-Behavioral-Health-Services/SMA14-4816>

Trauma Matters



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 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 (1st and 2nd Edition)

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. The 2nd Edition is in press

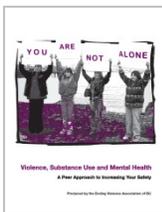
www.trauma-informed.ca/



Trauma Recovery and Empowerment Model (TREM)

Offered by Community Connections in Washington DC, the TREM curriculum consists of 29 sessions focusing on empowerment, education about trauma, and building coping skills. There are versions for working with women, men, and youth.

www.communityconnectionsdc.org/web/page/657/interior.html



You are not alone: Violence, Substance Use and Mental Health—A peer approach to increasing your safety

Created by the Ending Violence Association of BC, this resource is for peer helpers and service providers to assist in discussions about relationship violence and sexual assault among women who may also have MHSU issues.

www.endingviolence.org/files/uploads/PAVEWorkbook.pdf