



Partnering to build brighter futures

Trauma-Informed Tools and Resources

Below you will find resources that will be helpful as you work with staff to provide services to youth and families that follow the 5 S' of trauma-informed care: *Safety, Strengths, Supportive Adults, Self-Regulation, and Self-Care.*

- **ICOY Trauma Training Video Series:**

- Segment 1: [“Child and Adolescent Brain Development”](#)
- Segment 2: [“Impact of Trauma”](#)
- Segment 3: [“Responding to Trauma”](#)

- **ICOY Applications of Trauma-Informed Care with Children and Teenagers Webinar:**

This webinar will provide an overview of the following topics to help you recognize and appropriately respond to childhood trauma: (1) What constitutes childhood trauma; (2) The neurological impact of trauma; and (3) The application of strategies to help children heal from trauma.

To view the webinar, click [here](#) and submit your information. You'll then be redirected to the webinar recording.

- **ICOY Trauma 101 Webinar:**

This training will provide participants with a basic understanding of childhood trauma. Participants will:

- Learn how trauma impacts the brain and development
- Gain an understanding of how the experience of childhood trauma is connected to outcomes in the health, behavior, functioning and overall well-being of young people

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Websites and Additional Trauma-Informed Care Resources:

- [Supporting Survivors of Trauma: How to Avoid Re-traumatization](#): This retelling of traumatic events can exacerbate symptoms of post-traumatic stress disorder (PTSD) and potentially re-traumatize a person. This article offers perspective on how people can avoid contributing to re-traumatization during conversations inside and outside of clinical settings.
- The [National Childhood Traumatic Stress Network \(NCTSN\)](#) was created to raise the standard of care and increase access to services for children and families who experience or witness traumatic events. The network offers many resources and up-to-date research on childhood trauma.

** The NCTSN Learning Center for Child and Adolescent Trauma was created to provide free educational opportunities on trauma for the public. Visit learn.nctsn.org and sign up for free trainings, such as Psychological First Aid and Resource Parent Facilitators Online.*

In addition to opportunities through NCTSN, we have compiled a number of resources and practical tools to support your work with youth and families:

- [Compassion Resilience Toolkit](#)- Facilitator resources to build the capacity of helping professionals, caregivers, and the systems in which they serve.
- [Look Through Their Eyes Website](#)- a microsite of the Illinois Childhood Trauma Coalition (ICTC), including resources, public service announcements, and local agencies that offer trauma-focused interventions.
- [Illinois Childhood Trauma Coalition White Paper](#)- ICTC's Public Health Approach
- [Center for the Study of Traumatic Stress](#)- website geared toward the general public and resources for military families
- [Exercises for Grounding Emotional Regulation](#)- examples of strategies to address emotional regulation in youth



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- [Fingerhold Practice for Managing Emotions](#)- another resource on self-soothing and self-regulation
- [A Guide for Caregivers and Caseworkers on Trauma, Treatment, and Psychotropic Medications](#)
- [HIR Wellness Center](#)- To provide a culturally responsive and trauma-informed approach in fostering clinical mental health and wellness services for Indigenous and disenfranchised communities.

Self-Care Resources:

- [Daily Stress Busters](#)- a tool to create a daily stress buster plan
- [HALT Self Care Tool](#)- information on HALT- an acronym that reminds us to monitor our Hunger, Anger, Loneliness, and Tiredness
- [Self Assessment Handout](#)- a handout on assessing our self-care strategies
- [Self Care Plan](#)- a tool to create a self-care plan
- [Secondary Traumatic Stress](#)- NCTSN's website with more information on defining and treating Secondary Traumatic Stress