



Thank you for attending the presentation on **Surviving and Thriving: Trauma and Resilience Basics**. Below are assorted links to material that may be useful as you continue to learn more, as well as sharing them with others to continue to create a trauma-informed community.

John Richardson-Lauve, LCSW  
804-591-3934  
[jrl@childsavers.org](mailto:jrl@childsavers.org)

### **Handouts:**

A myriad of handouts can be [found and downloaded here](#). Feel free to print, use, and distribute them as you see fit.

### **Internet Reading Links:**

- All about the Adverse Childhood Experiences (ACEs) study:  
<https://acestoohigh.com/got-your-ace-score/>
- [More about ACEs](#)
- The Children's Resilience Initiative in Walla Walla, WA:  
<http://www.resiliencetrumpsaces.org/>
- [ACEs Connection](#)
- [The Harvard Center for the Developing Child](#)
- [Explanation of fight, flight, and freeze responses](#)
- [How Kids Learn Resilience \(The Atlantic\)](#)
- [SAMSHA Tip 57- Trauma Informed Care in Behavioral Services](#)
- [SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach](#)

### **Resources Specific to Schools and Education:**

- [HeadStart TraumaSmart](#)
- An effort to have [trauma recognized in schools for academic accommodations](#), focusing on a lawsuit in Compton
- Edutopia article: [Brains in Pain Can't Learn](#)
- [Yoga and Mindfulness in one inner-city Baltimore School](#)
- [I Wish My Teacher Knew](#)
- [The SHAPE System](#), which included school trauma-informed assessments
- What is a Trauma-Sensitive School?
  - [10 Steps Every Educator Needs to Know to Create a Trauma Informed School- STARR Institute](#)
  - [What are Trauma Sensitive Schools- NCSSLE](#)
  - [Trauma-Sensitive Schools- TLPI](#)
  - [Checklist for Trauma-Sensitive Schools](#)
- Regulation Strategies and Resources:
  - [Classroom Self-Regulation Overview](#)



- [ChildMind Institute](#)
- [Crisis Prevention Institute \(CPI\)](#)
- [Brain Science of Resilience in the Classroom \(NPR\)](#)

### **Videos:**

- [Dr. Allison Jackson @ TEDxRVA](#)- talking about trauma and its impact on our community's children.
- [Nadine Burke-Harris TED Talk](#) on childhood trauma and why it matters
- [About Adverse Childhood Experiences study \(CDC\)](#)
- [90 minute video by Vince Felitti about ACEs with interviews](#)
- (Tough video to watch- be warned)- [ReMoved](#) (about a child in foster care) and [ReMoved, Part 2](#)
- [Additional short videos](#). Especially the second- "What is Resilience?"
- Movie trailer for [Paper Tigers](#), a movie about Lincoln High School in Walla Walla that introduced a trauma-informed approach to their alternative high school. This movie is available on many streaming platforms and can be purchased for about \$15.
- [Resilience](#) is a companion movie to Paper Tigers, from the same filmmaker, James Redford. The trailer can be viewed [here](#).
- More about Resilience with Kenneth Ginsburg: [one video option](#) and [another video option](#)
- Two trailers from the movie Inside Out that do a good job of illustrating emotions: [Riley Argues With Her Parents](#) and [Meeting the Emotions](#)
- [Brené Brown on Empathy](#)
- Systems Change to Help Kids- [Turn the Page](#)
- Vicarious Trauma and Compassion Fatigue- [Trauma Stewardship](#)
- Other Self-Care resources, including self-assessment tools: <http://childsavers.link/selfcare>
- [Game of Hope \(Texas football team\)](#)
- [Get Service](#)- how to see in a new way
- Many great videos from the [Harvard Center for the Developing Child](#) (most just 2 minutes long):
  - [Toxic Stress](#)
  - [Brain Architecture](#)
  - [Resilience](#)

### **Videos about Brain Development:**

- Bruce Perry- [The Body's Most Fascinating Organ: the Brain](#)
- [Hand Model of the Brain](#) by Allison Jackson
- NPR This American Life- [The Effects of Stress on a Child's Brain Development](#)
- [The Core Story of Brain Development](#)



### **To Listen to:**

- A great audio program in 3 parts by the CBC about the effect of trauma on our community: [Part 1](#), [Part 2](#) and [Part 3](#)
- An NPR Piece, [Can Family Secrets Make You Sick](#)
- Voices In the Family- [After the Trauma](#)
- [Interview with Allison Jackson](#) about trauma and her lived experience

### **Book Recommendations:**

- **General:**
  - Dan Siegel: [The Whole Brain Child](#)
  - Nadine Burke Harris: [The Deepest Well: Healing the Long-Term Effects of Childhood Adversity](#)
  - Bessel van der Kolk: [The Body Keeps the Score](#)
  - John Medina: [Brain Rules](#)
  - Heather Forbes: [Beyond Consequences, Logic, and Control](#)
  - Bruce Perry: [The Boy Who Was Raised As A Dog](#)
  - Stuart Shanker: [SelfReg](#)
  - Dan Siegel: [The Yes Brain](#)
  - Laura Van Dernoot Lipsky and Connie Burk: [Trauma Stewardship](#)
- **School Specific:**
  - Jim Sporleder and Heather Forbes: [The Trauma-Informed School: A Step-by-Step Implementation Guide for Administrators and School Personnel](#)
  - Barbara Sorrels : [Reaching & Teaching Children Exposed to Trauma](#)
  - Kristin Souers and Pete Hall: [Fostering Resilient Learners: Strategies for Creating a Trauma-Sensitive Classroom](#)
  - Heather Forbes: [Help for Billy: A Beyond Consequences Approach to Helping Challenging Children in the Classroom](#)
  - Susan Craig: [Trauma-Sensitive Schools: Learning Communities Transforming Children's Lives, K-5](#)