

Helpful links for Trauma Informed Care Training

www.shaunasignorini.com

Lines for Life 800-273-8255 Text "MHFA" to 741741.

Racial Equity Support Line 503-575-3764

Reach Out Oregon 1-833-REACH-OR or 1-833-732-2467 www.reachoutoregon.org

www.211info.org CALL 211 or 1-866-698-6155 TEXT your zip code to 898211 (TXT211)

Oregon Coalition <https://www.ocadsv.org/find-help>

National Domestic Violence Hotline 800-799-7233 TTY: 800-787-3224 <https://www.thehotline.org/> The National Domestic Violence Hotline website has a chat feature. You can use the website if you are not concerned about someone seeing your browsing history.

TTY: 800-846-8517 For COVID-19 Pandemic mental or emotional effects

UTOPIAPDX-Pacific Islanders www.utopiaportland.org

Senior Loneliness Line 503-200-1633

<https://native-land.ca/>

Standards of Practice for Trauma Informed Care

https://traumainformedoregon.org/wp-content/uploads/2018/08/Guidelines-and-Standards-of-Practice-for-Trauma-Informed-Care_March-2018.pdf

Key Ingredients for Successful Trauma-Informed Care Implementation

https://www.samhsa.gov/sites/default/files/programs_campaigns/childrens_mental_health/atc-whitepaper-040616.pdf

SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach

https://ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf

<https://lindsaybraman.com/>

https://ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf

<http://www.safehandsthinkingminds.co.uk/trauma-informed-trauma-responsive-organisations-systems/>

Strengthening Families <https://cssp.org/our-work/project/strengthening-families/>

<https://traumainformedoregon.org>

How childhood trauma affects health across the lifetime

https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en

<https://www.cdc.gov/violenceprevention/aces/index.html>

Reward & Maladaptive Regulation using Alcohol & Substances

<https://youtu.be/FZan9ZRMMCM>

Understanding State-dependent Functioning

<https://youtu.be/PZg1diskBLA>

Dan Siegel and the Hand model of the brain

<https://www.youtube.com/watch?v=gm9CIJ74Oxw>

Brené with Emily and Amelia Nagoski on Burnout and How to Complete the Stress Cycle

<https://brenebrown.com/podcast/brene-with-emily-and-amelia-nagoski-on-burnout-and-how-to-complete-the-stress-cycle/>

Identifying Potential Hotspots

<https://traumainformedoregon.org/wp-content/uploads/2014/10/Identifying-Hotspots-Worksheet.pdf>

Road Map to Trauma Informed Care

<https://traumainformedoregon.org/roadmap-trauma-informed-care/>

Self-care & Organizational Care <https://youtu.be/VcDTXJpCMiY>

Book list:

Bruce Perry – What Happened to You, Born for Love, The Boy Who Was Raised as a Dog

Nadine Burke Harris –The Deepest Well

Bessel van der Kolk – The Body Keeps the Score

Laura Lipsky – Trauma Stewardship

Robert Sapolsky – Why Zebras don't get Ulcers

Stephen Porges – Polyvagal Theory, Safe and Sound Protocol

Stanley Rosenberg-Accessing the Healing Power of the Vagus Nerve
