

**Changing Minds Institute for Educators and Community Partners
Tool Kit and Resources**

1. What is a Trauma Sensitive School?

- Helping Traumatized Children Learn: supportive school environments for children traumatized by family violence. A Report and Policy Agenda (Volume 1)
<https://traumasensitiveschools.org/wp-content/uploads/2013/06/Helping-Traumatized-Children-Learn.pdf>
- Helping Traumatized Children Learn: safe, supportive learning environments that benefit all children. Creating and Advocating for Trauma-Sensitive Schools (Volume 2)
<https://traumasensitiveschools.org/wp-content/uploads/2013/11/HTCL-Vol-2-Creating-and-Advocating-for-TSS.pdf>
- The Child Trauma Academy - Helping Traumatized Children: A Brief Overview for Caregivers
https://childtrauma.org/wp-content/uploads/2014/01/Helping_Traumatized_Children_Caregivers_Perry1.pdf
- Paper Tigers – Official Trailer (Video): <https://m.youtube.com/watch?v=tbKp8OV6F64>

2. Developing a Trauma Sensitive Lens

- National Child Traumatic Stress Network's Child Trauma Toolkit - <http://www.nctsn.org/resources/audiences/school-personnel/trauma-toolkit>
- Trauma-Informed Care Fact Sheet, Native Children: Trauma and Its Effects (2014)
<http://mecptraining.org/wp-content/uploads/2015/03/Trauma-Informed-Care-Fact-Sheet.pdf>
- How Being Trauma-Informed Improves Criminal Justice System Responses Historical Trauma Fact Sheet:
<http://mha.ohio.gov/Portals/0/assets/Initiatives/TIC/General/Historical%20Trauma%20SA MHSAs%20Gains%20Center.pdf>
- African American Historical Trauma - Sam Simmons: www.healingbrothers.com
- African American Historical Trauma (video):
<https://www.youtube.com/watch?v=udIX6VlnGEA>
- Fact Sheet on Children Exposed to Violence, <http://fwvcorp.s3.amazonaws.com/wp-content/uploads/20160224123956/DCI-Fact-Sheet.pdf>
- Changing Minds National campaign website: <http://www.changingmindsnow.org/>
- Defending Childhood website: www.defendingchildhood.org
- Resiliency and Protective Factors Infographic :
<https://www.futureswithoutviolence.org/promoting-resiliency-infographic/>
- NCTSN Fact Sheets for Parents on Children Exposed to Domestic Violence:
http://www.nctsn.org/sites/default/files/assets/pdfs/childrenanddv_factsheetseries_complete.pdf
- The Live Above The Hype Hip Hop Life Skills Curriculum: www.liveabovethehype.com
- Neuroplasticity (video) by Sentis: <https://www.youtube.com/watch?v=ELpfYCZa87g>
- Through Our Eyes: Children, Violence, and Trauma – Introduction (Video):
<https://m.youtube.com/watch?v=tbKp8OV6F64>
- Young Men Can End the Cycle of Domestic Violence (Video):
<https://m.youtube.com/watch?v=tbKp8OV6F64>

3. Trauma in the School Context

- NPR Article: How Domestic Violence In One Home Affects Every Child In A Class: <http://www.npr.org/sections/ed/2016/09/03/491204888/how-domestic-violence-in-one-home-affects-every-child-in-a-class>
- The Technical Assistance Center on Positive Behavioral Interventions and Supports: <https://www.pbis.org/>
- Growing Roses in Concrete – Jeff Duncan-Andrade (video): <https://www.youtube.com/watch?v=2CwS60yK8s>

4. Cost of Caring

- Greater Good Science Center, Seven Ways Mindfulness Can Help Teachers: http://greatergood.berkeley.edu/article/item/seven_ways_mindfulness_can_help_teachers
- What About You? A Workbook for Those Who Work With Others- https://www.dss.virginia.gov/files/division/cvs/ofv/grantees/promising_practices/selfcarewkbk.pdf
- Greater Good Science Center, Mindful Teaching by the Numbers (Infographic): <http://www.mindfulteachers.org/2014/04/mindful-teaching-by-numbers-infographic.html>
- Greater Good Science Center, How Self-Compassion Can Help Prevent Teacher Burnout: http://greatergood.berkeley.edu/article/item/self_compassion_for_teachers
- NCTSN, SELF CARE for Educators: http://www.nctsn.org/sites/default/files/assets/pdfs/CTTE_SelfCare.pdf
- Organizational Self Care Checklist: <http://promising.futureswithoutviolence.org/files/2012/01/Org-and-Self-Care.pdf>
- Professional Quality of Life Elements Theory and Measurement Tools: <http://www.proqol.org/>
- University of Buffalo School of Social Work's Self Care Resources, Tools: <https://socialwork.buffalo.edu/resources/self-care-starter-kit.html>
- CARE for Teachers, Garrison, NY (retreat): <https://www.garrisoninstitute.org/signature-programs/care-for-teachers/>
- Erikson Institute, Fussy Baby Network FAN Tool: <http://www.erikson.edu/news/fan-tool-developed-by-eriksons-fussy-baby-network-has-become-a-national-model/>
- Brené Brown on Empathy (Video): <https://www.youtube.com/watch?v=1Evwgu369Jw>
- Short Film 'Just Breathe' Helps Kids Deal with Emotions (Video): <http://amysmartgirls.com/short-film-just-breathe-helps-kids-deal-with-emotions/>

5. Race/Gender and Intersecting Systems of Oppression

- Organizational Checklist for Integrating Intersectionality - http://www.vawlearningnetwork.ca/sites/vawlearningnetwork.ca/files/PlainText_Issue15_0.pdf
- Coaching Boys Into Men: <http://www.coachescorner.org/>
- Push Out: The Criminalization of Black Girls in Schools: <http://thenewpress.com/books/pushout>
- Futures Without Violence LGBTQ Intimate Partner Violence Materials: <https://www.futureswithoutviolence.org/health/lgbtq-ipv/#Materials>
- Coalition of Schools Educating Boys of Color: <http://www.coseboc.org>
- Mapping the Margins: Intersectionality, Identity Politics, and Violence Against Women of Color:

http://socialdifference.columbia.edu/files/socialdiff/projects/Article_Mapping_the_Margins_by_Kimblere_Crenshaw.pdf

- Organizational Checklist for Intersectionality:
http://www.vawlearningnetwork.ca/sites/vawlearningnetwork.ca/files/PlainText_Issue15_0.pdf
- Teaching Tolerance – A Project of the Southern Poverty Law Center
<http://www.tolerance.org/>
- The 2013 National School Climate Survey: The experiences of lesbian, gay, bisexual and transgender youth in our nation's schools
www.GLSEN.org/nscs
- American Institutes for Research – Recommended LGBTQ Children, Youth, and Families Cultural Competence Tools, Curricula, and Resources
http://tapartnership.org/COP/CLC/newsletters/LGBTQ_Tools_Curricula_Resources.pdf
- Gay-Straight Alliance Network (GSA Network)
<https://gsanetwork.org/>
 - LGBTQ Youth of Color: Discipline Disparities, School Push-Out, and the School-to-Prison Pipeline
https://gsanetwork.org/files/aboutus/LGBTQ_brief_FINAL-web.pdf
- Welcoming Schools – Human Rights Campaign: <http://www.welcomingschools.org/>
 - Resources - <http://www.welcomingschools.org/resources/>
- The Danger of a Single Story (Video): Adichie, C. N., (2012). Chimamanda Ngozi Adichie:
<https://www.youtube.com/watch?t=16&v=D9lhs241zeg>
- Sesame Street – Incarceration (Video):
<http://www.sesamestreet.org/toolkits/incarceration>
- Immaculate perception: Jerry Kang (Video):
<https://www.youtube.com/watch?v=9VGbwNI6Ssk>
- A Cord of Three Strands: A New Approach to Parent Engagement in Schools. Hong, Soo, (2011) (Book): <https://www.amazon.com/Cord-Three-Strands-Approach-Engagement/dp/1934742546>
- The Trevor Project: <http://www.thetrevorproject.org/section/education-training-for-adults>
- Greater Good Science Center: <http://greatergood.berkeley.edu/>
- Culturally Responsive Teaching and the Brain, Zaretta L. (Lynn) Hammond, (2015), (Book): <https://www.amazon.com/Culturally-Responsive-Teaching-Brain-Linguistically/dp/1483308014>
- Cracking the Codes, a System of Racial Inequity (Video): <http://crackingthecodes.org/>
- From White Racist to White Anti-Racist, the Life Long Journey (2006) (Article):
http://www.dismantlingracism.org/uploads/4/3/5/7/43579015/white_identity_ladder_2013.pdf
- Approaching Violence Reduction in Schools with an Equity Lens, (Video)
<https://vimeo.com/139613634>, password: futures
- The Lost Streets of Chicago – BBC News (Video):
<https://m.youtube.com/watch?v=tbKp8OV6F64>
- A Conversation About Growing Up Black (Video): <http://nyti.ms/1ES0IUa>
- Some Girls Never Get A First Chance (Video): <http://nyti.ms/1ES0IUa>
- Cultural Humility: People, Principles and Practices (Video):
<https://www.youtube.com/watch?v=SaSHLbS1V4w>

6. Building a Trauma Sensitive Environment

- UCSF Hearts program- http://coe.ucsf.edu/coe/spotlight/ucsf_hearts.html
- Turnaround for Children- <http://www.turnaroundusa.org/>
- Collaborative for Academic, Social and Emotional Learning, (CASEL): <http://www.casel.org/>
- Project on Restorative Justice, RJ in K-12 Schools Resources: <http://www.skidmore.edu/campus/rj/rjk12.php>
- The Role of School Resource Officers in Schools (Webinar): http://elearning-courses.net/iacp/html/page_webinar_registration_Aug25_2016.cfm?ed2f26df2d9c416fbddddd2330a778c6=avjutkojkk-ayrlykj
- National Child Traumatic Stress Network:
 - <http://www.nctsn.org/resources/audiences/school-personnel>
 - <http://www.nctsn.org/resources/audiences/parents-caregivers>
- Positive Discipline (Jane Nelson) <https://www.positivediscipline.com/>
- Attachment Regulation and Competency (ARC): <http://www.traumacenter.org/research/ascot.php>
- National Education Association (NEA) – Bully Free: It Starts with Me: <http://www.nea.org/home/neabullyfree.html>
- National Institute of Justice - Universal Teacher Classroom Management Practices: http://www.crimesolutions.gov/PracticeDetails.aspx?ID=50&utm_source=Eblast-GovDelivery&utm_medium=Email&utm_term=Juveniles&utm_content=CSprac50-01292016&utm_campaign=CSreleases
- Beyond the Bake Sale: The Essential Guide to Family-School Partnerships. Henderson, A. T. (2007) (Book): <https://www.amazon.com/Beyond-Bake-Sale-Essential-Partnerships/dp/1565848888>
- Community Schools in Action: Lessons from a Decade of Practice – Barkin, C., Dryfoos, J., and Quinn, J. (2005) (Book): <http://www.childrensaidsociety.org/publications/community-schools-action-lessons-decade-practice>
- Compassionate Schools: The Heart of Learning and Teaching, (2009): <http://www.k12.wa.us/compassionateschools/>
- Resilience-Building Schools for At-Risk Youth: Developing the Social, Emotional, and Motivational Foundations of Academic Success by Maura A. Mulloy, Ph.D (book): <http://www.civicresearchinstitute.com/rbsy.html>
- An Effective but Exhausting Alternative to High-School Suspension, NY Times Article, 9/7/16: http://www.nytimes.com/2016/09/11/magazine/an-effective-but-exhausting-alternative-to-high-school-suspensions.html?_r=0
- Five Ways Students Benefit from Social & Emotional Learning (SEL) in School – <http://www.parentactionforhealthykids.org/>
- Parents Are Very Important People (VIP) When It Comes To Supporting Social and Emotional Learning (SEL) in Schools – <http://www.parentactionforhealthykids.org/>
- A San Diego Principal Takes on Trauma (Video) - <https://www.youtube.com/watch?v=dcvQb9e-VLI>
- This school replaced detention with meditation. The results are stunning (article): <http://www.upworthy.com/this-school-replaced-detention-with-meditation-the-results-are-stunning>

7. Other Resources

- Every Student Succeeds Act (ESSA) Guide:
<https://www.futureswithoutviolence.org/every-student-succeeds-act-funding-opportunities/>
- Safe, Healthy and Ready to Learn consensus report:
<https://www.futureswithoutviolence.org/safe-healthy-and-ready-to-learn-executive-summary-full-report/>
- Sesame Street: Belly Breathe (Video):
<https://www.youtube.com/watch?v=mZbzDOpyIA>
- Multnomah County Defending Childhood Resources for Educators:
<http://www.defendingchildhoodoregon.org/educators/>