

# Trauma Informed Practice and Trauma Informed Services Resources List

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*“Everyone has the right to a future that is not dictated by the past.” – Karen Saakvitne*

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Child and Youth Mental Health and Substance Use Collaborative | Mental Health Faculty

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*Thank you to all those who contributed to the development of this resource list.*

## Purpose of Document

The Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative, funded in partnership by Doctors of BC and the BC government, began in 2013 with the aim of increasing timely access to integrated mental health and substance use services and supports for children, youth and families. Another goal was to increase and document the involvement of youth and families in system change.

With a concentration on prevention, wellness promotion, intervention/treatment and longitudinal supports for children, youth and families, much focus has been placed on the impact trauma can have on mental health and substance use. Given the increased interest and participation in trauma-focused activities that support children youth and families, resources have been consolidated to assist CYMHSU Collaborative members to easily access evidence-based trauma informed care and practice information. This document contains provincial, national and international resources. Information on where activities are taking place in BC has been included to facilitate connections to key contacts. Many of the resources and highlighted activities are Local Action Team (LAT) led. Most of the information listed can be accessed online. When not available online, a contact email or organization name is included.



### Trauma Informed Services...

Work at the client, staff, agency, and system levels from the core principles of: trauma awareness; safety; trustworthiness, choice and collaboration; and building of strengths and skills.

Discuss the connections between trauma, mental health, and substance use in the course of work with all clients; identify trauma symptoms or adaptations; and, offer supports and strategies that increase safety and support connection to services.

### Trauma Specific Services...

Are offered in a trauma-informed environment and are focused on treating trauma through therapeutic interventions involving practitioners with specialist skills

Offer services that are based on detailed assessment to clients with trauma, mental health, and substance use concerns that seek and consent to integrated treatment.

## Guidelines and Toolkits on Trauma Informed Practice

RESOURCE	DESCRIPTION OF SERVICES AND WEBSITE ADDRESSES	BC CONNECTION/ LINK TO CYMHSU COLLABORATIVE
<p><b>BC Trauma Informed Practice Guide</b></p>	<p><a href="http://bccewh.bc.ca/wp-content/uploads/2012/05/2013_TIP-Guide.pdf">http://bccewh.bc.ca/wp-content/uploads/2012/05/2013_TIP-Guide.pdf</a></p> <p><b>The Trauma-Informed Practice (TIP) Guide and TIP Organizational Checklist</b> are intended to support the translation of trauma-informed principles into practice. The guide draws the distinction between trauma informed services and trauma specific services.</p> <p>Trauma-informed services work at the client, staff, agency, and system levels from the core principles of: trauma awareness; safety; trustworthiness, choice and collaboration; and building of strengths and skills.</p> <p>Trauma specific services are offered in a trauma-informed environment and are focused on treating trauma through therapeutic interventions involving practitioners with specialist skills.</p> <p>The guide offers uses three settings to demonstrate: Residential SU Program; Community Based Services – linking training and cross referrals; In-patient Psychiatric hospital unit.</p> <p>Topics covered include:</p> <p>Overview of the Guide; Understanding Trauma; Trauma Informed Approaches; Implementing Trauma Informed Approaches; Appendices and References</p> <ol style="list-style-type: none"> <li>1. Info Sheet on Self-Care for Practitioners;</li> <li>2. Trauma-Informed Practice Organizational Checklist .</li> <li>3. Info Sheet on Trauma-Informed Engagement Skills .</li> <li>4. Info Sheet on Asking About Trauma and Responding to Disclosure . .</li> <li>5. Info Sheet on Strategies for Sharing Information About Trauma</li> <li>6. Info Sheet on Grounding Skills and Self-Care Strategies</li> <li>7. Trauma-Informed Practice Related Resources</li> </ol> <p><b>Putting the Guide into Action – Operationalizing the Guide:</b></p> <p>Island Health has taken this guide and operationalized it with the intention to support collaborative planning and identification of priorities for integrating trauma-informed practice. Willing to share this information with other HA.</p> <p><b>PowerPoint Overview of the Guide:</b> <a href="http://learningcircle.ubc.ca/files/2013/04/April-30-presentation-UBC-Learning-Circle.pdf">http://learningcircle.ubc.ca/files/2013/04/April-30-presentation-UBC-Learning-Circle.pdf</a></p> <p>This is a PowerPoint on a presentation using the trauma guide and is a very thorough presentation</p>	<p>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 British Columbia. Health Authorities have developed training programs using the guide as the base for their MHSU staff and also have Trauma Informed Practice committees and work with Knowledge exchange staff for additional training opportunities.</p> <p>These are offered in:</p> <ul style="list-style-type: none"> <li>• Interior Health – training and TIP committee</li> <li>• Island Health – committee and operationalized guide/ training</li> <li>• Northern Health – training –</li> <li>• Fraser – some training with Public Health Nurses – committee</li> <li>• VCH Individual programs within VCH are encouraged to use the TIP guide and assess what they are doing and move towards a more trauma-informed practice. Some training around trauma-informed practice and invited practitioners to present at Rounds etc., and then we post on</li> </ul>

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	<p>on trauma and includes youth. Also has two slides of resources at the end. There are many other presentations online – see: <a href="http://bcewh.bc.ca/newsevents/webinars/">http://bcewh.bc.ca/newsevents/webinars/</a></p>	our internal website
<p><b>MCFD – Trauma Informed Practice Guide</b></p>	<p>The Ministry of Children and Family Development has created a trauma-informed practice guide for working with children, youth, families, workers and leadership. This guide is intended to be relevant across MCFD service lines and to provide information on trauma-informed practice to anyone working in child and youth serving sectors, including the health, social services, and education sectors.</p> <p>The guide outlines four key principles that provide a framework upon which a trauma-informed approach may be incorporated. The key principles are:</p> <ul style="list-style-type: none"> <li>• Trauma Awareness</li> <li>• Safety and Trustworthiness</li> <li>• Choice, Collaboration and Connection</li> <li>• Strengths-based and skill building</li> </ul> <p>In addition to the four key principles, the guide advances a model for integrating an understanding of trauma into all levels of care, support system engagement, workforce development, agency policy and interagency work. The model advocates for trauma-informed approaches to be integrated into both practice and policy- in direct service work with children, youth and families, with a consideration for worker wellness, and at the organization/agency and leadership levels.</p> <p><a href="http://www2.gov.bc.ca/assets/gov/health/child-teen-mental-health/trauma-informed_practice_guide.pdf">http://www2.gov.bc.ca/assets/gov/health/child-teen-mental-health/trauma-informed_practice_guide.pdf</a></p>	This will be shared with all BC MCFD offices and anyone working in child and youth serving sectors, including the health, social services and education sectors.
<p><b>FNHA – Trauma</b></p>	<p>All FNHA staff will participate in Trauma Training beginning in 2017.</p> <p><a href="http://www.fnha.ca/about/news-and-events/news/fnha-commits-to-mandatory-trauma-training-on-orange-shirt-day">http://www.fnha.ca/about/news-and-events/news/fnha-commits-to-mandatory-trauma-training-on-orange-shirt-day</a></p> <p><b>TIP and Substance Use Treatment</b></p> <p><a href="http://www.fnha.ca/about/news-and-events/news/trauma-informed-approaches-for-substance-use-treatment">www.fnha.ca/about/news-and-events/news/trauma-informed-approaches-for-substance-use-treatment</a></p> <p><i>Trauma Informed Practice</i> was a plenary topic on February 21<sup>st</sup> at the FNHA 2017 Communicable Disease Workshop: Walking with Your Community to Protect Health and Wellness Vancouver, BC.</p>	Across the province

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<b>Manitoba Trauma Toolkit</b>	<p><a href="http://trauma-informed.ca/wp-content/uploads/2013/10/Trauma-informed_Toolkit.pdf">http://trauma-informed.ca/wp-content/uploads/2013/10/Trauma-informed_Toolkit.pdf</a></p> <p>This toolkit aims to provide knowledge to service providers working with adults who have experienced or been affected by trauma. It will also help service providers and organizations to work from a trauma-informed perspective and develop trauma-informed relationships that cultivate safety, trust and compassion.</p> <p><b>Topics included:</b></p> <table border="0"> <tr> <td>What is Trauma</td> <td>Cultural Teachings/ Healing Practices</td> <td>Co-occurring Disorders – Substance Use and Trauma</td> </tr> <tr> <td>Types of Trauma</td> <td>Effects of Trauma</td> <td>The Resiliency of People Affected by Trauma</td> </tr> <tr> <td>PTSD</td> <td>Far Reaching Effects of Trauma</td> <td>Recovery</td> </tr> <tr> <td>Trauma Informed Practices</td> <td>The Neurobiology of Trauma</td> <td>Effects on Service Providers</td> </tr> <tr> <td>Historic Trauma – The Legacy of Residential Schools</td> <td>Experience of Sexualized Trauma</td> <td>Trauma Exposure Response</td> </tr> <tr> <td></td> <td></td> <td>List of Resources</td> </tr> </table>	What is Trauma	Cultural Teachings/ Healing Practices	Co-occurring Disorders – Substance Use and Trauma	Types of Trauma	Effects of Trauma	The Resiliency of People Affected by Trauma	PTSD	Far Reaching Effects of Trauma	Recovery	Trauma Informed Practices	The Neurobiology of Trauma	Effects on Service Providers	Historic Trauma – The Legacy of Residential Schools	Experience of Sexualized Trauma	Trauma Exposure Response			List of Resources	<p>Good information in this toolkit on a range of areas from organizational to client support.</p>
What is Trauma	Cultural Teachings/ Healing Practices	Co-occurring Disorders – Substance Use and Trauma																		
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<b>Centre of Excellence for Women’s Health</b>	<p><a href="http://bccewh.bc.ca/research-areas/trauma-violence-mental-health/">http://bccewh.bc.ca/research-areas/trauma-violence-mental-health/</a></p> <p>The Centre of Excellence for Women’s Health led the preparation of the Trauma informed Practice Guides for both the BC Ministry of Health and for MCFD. They currently lead a pan-Canadian project funded by Health Canada, related to implementing trauma informed and gender informed approaches in the substance use field. They have a number of resources about trauma informed practice in 2 web locations:</p> <ol style="list-style-type: none"> <li>1) <a href="http://bccewh.bc.ca/category/post/trauma-violence-mental-health/">http://bccewh.bc.ca/category/post/trauma-violence-mental-health/</a>, and</li> <li>2) <a href="http://www.coalescing-vc.org/virtualLearning/section1/default.htm">http://www.coalescing-vc.org/virtualLearning/section1/default.htm</a></li> </ol>	<p>BC Initiative</p>																		
<b>Child Development and Trauma</b>	<p>Information on effects of trauma on child development – breaks info into age groups: <a href="http://www.dhs.vic.gov.au/for-service-providers/children,-youth-and-families/child-protection/specialist-practice-resources-for-child-protection-workers/child-development-and-trauma-specialist-practice-resource">http://www.dhs.vic.gov.au/for-service-providers/children,-youth-and-families/child-protection/specialist-practice-resources-for-child-protection-workers/child-development-and-trauma-specialist-practice-resource</a>.</p> <p>The child development and trauma specialist practice resource has been developed to assist</p>	<p>This would be helpful for clinicians and physicians as a resource – parent info.</p>																		

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	<p>practitioners to understand typical developmental pathways of children and recognize indicators of trauma at different ages and stages. Importantly, the resource offers practical, age appropriate advice as to the needs of children, parents and caregivers when trauma has occurred and ways in which children and families can be assisted in healing and recovery.</p> <p>Included are: Child Development and Trauma Specialist Practice Resource Introduction Divided into age categories: 0-12 months; 12 months to 3 years; 3-5 years; 5-7 years; 7-9 years; 9-12 years; 12-18 years old. All available in PDF.</p>	
<p><b>National Childhood Trauma Services Network (US Resource)</b></p>	<p><a href="http://www.nctsn.org/">http://www.nctsn.org/</a> National Childhood Trauma Services Network: Established by Congress in 2000, the National Child Traumatic Stress Network (NCTSN) is a unique collaboration of academic and community-based service centers whose mission is to raise the standard of care and increase access to services for traumatized children and their families across the United States. Combining knowledge of child development, expertise in the full range of child traumatic experiences, and attention to cultural perspectives, the NCTSN serves as a national resource for developing and disseminating evidence-based interventions, trauma-informed services, and public and professional education. <a href="http://www.nctsn.org/assets/pdfs/TF-CBT_Implementation_Manual.pdf">http://www.nctsn.org/assets/pdfs/TF-CBT_Implementation_Manual.pdf</a> How to Implement Trauma-Focused CBT (TF-CBT)</p>	<p>Used for resources and information  Training Program on how to Implement Trauma Focused CBT</p>

### Trauma Specific Approaches and Programs

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<p><b>Complex Care and Intervention (CCI) Program</b></p> <p>Dr. Chuck Geddes</p>	<p><a href="https://www.complextrauma.ca">https://www.complextrauma.ca</a> Complex trauma refers to the cumulative toll that experiences such as neglect, emotional abuse, physical or sexual abuse, domestic violence, persistently unsafe situations, or attachment disruptions and insecurity take on children. The experiences of many children are filled with such a burden from these stresses and relational losses that their development has been broadly compromised. Complex trauma can lead to a range of social, emotional, and behavioural difficulties which are hard for parents to manage. They can also lead to lags in many other subtle neurological skills. The difficulties these children experience are often labelled with a variety of mental health</p>	<p>Who can access the CCI program? <i>In British Columbia, access to the CCI Program for individual children or youth is through the local MCFD office. Other agencies or systems interested in learning more about CCI are encouraged to <u>contact us at CTR</u></i></p>



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	<p>and medical diagnoses.</p> <p>The Complex Care and Intervention (CCI) Program was initially developed for MCFD by Dr. Chuck Geddes. CCI is a developmentally sensitive, trauma-focused intervention planning tool for child welfare. It was designed for children who have experienced significant trauma or maltreatment, and who exhibit substantial emotional, behavioral and interpersonal difficulties. CCI is an integration of approaches based on current understanding of attachment disruptions (including those caused by parental addictions, mental illness and loss), neglect, family violence and traumatic experiences, and how these experiences affect the neurological development, emotions, thinking, and behaviour of the children we work with. It is a systematic approach which engages in a collaborative partnership with professionals and caregivers for children who are in the care of MCFD or other out-of-home care.</p>	<p>Website has information on additional resources and video links. Information for educators as well.</p> <p><a href="http://www.complextrauma.ca/resources/Resources">www.complextrauma.ca/resources/Resources</a> on education about trauma, <a href="https://www.complextrauma.ca/resources/mplexnd-therapeutic-strategies">https://www.complextrauma.ca/resources/mplexnd-therapeutic-strategies</a> <a href="https://www.complextrauma.ca/resources/">https://www.complextrauma.ca/resources/</a></p> <p><a href="#">Click Here for More Info</a></p>
<p><b>ChildTrauma Acadamey</b></p> <p>Dr. Bruce Perry</p>	<p><a href="http://www.ChildTrauma.org">www.ChildTrauma.org</a></p> <p>Bruce D. Perry, M.D., Ph.D., is an internationally-recognized authority on children in crisis. Dr. Perry is the Provincial Medical Director in Children’s Mental Health for the Alberta Mental Health Board. In addition, he is the Senior Fellow of the Child Trauma Academy (<a href="http://www.ChildTrauma.org">www.ChildTrauma.org</a>), a Houston-based organization dedicated to research and education on child maltreatment. He can be contacted there for workshops.</p> <p>Resources available:  For caregivers and professionals <a href="http://childtrauma.org/cta-library/trauma-ptsd/">http://childtrauma.org/cta-library/trauma-ptsd/</a>  For educators <a href="http://teacher.scholastic.com/professional/bruceperry/">http://teacher.scholastic.com/professional/bruceperry/</a></p>	<p>He has offered workshops in communities – Port Alberni; North Shore; Trail. LAT’s supported</p> <p>The Healing Childhood Trauma Partnership Project – North Island – more information in next section below.</p>
<p><b>Neuro-sequential Model in Education (NME)</b></p> <p>Dr. Bruce Perry</p>	<p>The Neuro-sequential Model in Education (NME) draws upon the NMT (a neurodevelopmental-informed, biologically respectful perspective on human development and functioning) to help educators understand student behavior and performance. The goals of NME are to educate faculty and students in basic concepts of neuro-sequential development and then teach them how to apply this knowledge to the teaching and learning process. NME is not a specific “intervention”; it is a way to educate school staff about brain development and developmental trauma and then to further teach them how to apply that knowledge to their work with students in and outside the classroom, particularly those students with adverse childhood experiences. <a href="http://www.childtrauma.org">www.childtrauma.org</a></p>	<p>Dr. Perry is a resource to any organization in BC.</p> <p>On-line courses are available as well Kootenay Boundary Local Action Team – Trauma Informed Care Training- Introduction to the Neuro-sequential Model of Therapeutics– 2</p>

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	<p>The ChildTrauma Academy has developed a set of training courses to help school counselors, administrators, teachers and support staff utilize the NME with the children they serve.</p> <p><b>NME COURSES</b></p> <p>It's now possible for educators to enroll in our online courses! We offer two options both self-paced and led by Dr. Bruce Perry. Our "Introduction to the NME Training Series" is self-paced and uses everyday classroom challenges with real children to introduce emerging concepts related to brain functioning, brain development and traumatology in everyday educational settings. We also offer a 15 hour (ten 90-minute sessions) NME Case-based Training Series which a more in depth look at NME and its applications in the classroom.</p>	<p>days held in November 2016</p>
<p><b>The Healing Childhood Trauma Partnership Project – North Island</b></p> <p>Dr. Bruce Perry</p>	<p>The Healing Childhood Trauma Partnership Project is an early intervention program for children up to six years of age, with complex emotional and developmental challenges, The project is the only mental health early intervention program in British Columbia that uses a neurobiology-informed approach to work with children, families and communities. The project uses a brain map tool to assist in assessing where each child is in terms of neurological development and how that might impact their day-to-day functioning. It uses the information to not only develop appropriate mental health interventions for each child, but also equip the parents, school and community with the information. Guidance will be provided by Perry, author and an adjunct professor in the Department of Psychiatry and Behavioural Sciences at Northwestern University in Chicago. Project partners include Coxon and Perry, Island Health, Ministry of Children and Family Development, Comox Valley Child Development Association, Comox Valley Public Health Unit, two school districts and Jan Ference, infant-parent mental health fellow.</p>	<p>Comox – Port Hardy – North Island</p> <p>The project will involve a selected cohort of children who are suffering from severe trauma and dysregulation from the Comox Valley and Port Hardy areas.</p>

## Adverse Childhood Experiences (ACEs)

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<p><b>Research and Application</b></p>	<p>Information on Adverse Childhood Experiences (ACEs) – study and implementation.</p> <p>From results of the Adverse Childhood Experiences (ACE) study, we have learned that traumatic events and experiences that occur early in life have an impact on the health and social-emotional well-being throughout the lifespan. Examples of traumatic events include physical and sexual abuse, neglect, loss of a parent/caregiver due to death, abandonment, incarceration or divorce, and exposure to violence and substance use.</p> <p>Information on the original ACE Study and questions: <a href="http://www.acestudy.org/index.html">http://www.acestudy.org/index.html</a></p> <p>Dr. Feletti – How Childhood Trauma can make you a sick adult: <a href="https://www.youtube.com/watch?v=y3cCAcGeG8E">https://www.youtube.com/watch?v=y3cCAcGeG8E</a></p> <p><b>TED Talks:</b> Dr. Nadine Burke Harris – <i>How Childhood Trauma affects health across a lifetime</i> <a href="http://www.ted.com/talks/nadineburkeharris_how_childhood_trauma_affects_health_across_a_lifetime">www.ted.com/talks/nadineburkeharris_how_childhood_trauma_affects_health_across_a_lifetime</a></p> <p><b>Alberta Family Wellness &amp; PALIX Foundation:</b> <a href="http://www.albertafamilywellness.org">http://www.albertafamilywellness.org</a></p> <p>Resources and Training: The Alberta Family Wellness Initiative facilitates research into early brain development and addiction and mental health treatment and applies this research to policies and practices that support positive lifelong health outcomes. We connect and collaborate with leaders in policy, research, education and service delivery to turn scientific discoveries and insights into measurable results.</p> <p>Video- Canadian Alberta Family Wellness – Palix Foundation: <a href="http://www.albertafamilywellness.org/resources/video/adverse-childhood-experiences-connecting-the-developmental-lens-to-the-health-of-our-society">http://www.albertafamilywellness.org/resources/video/adverse-childhood-experiences-connecting-the-developmental-lens-to-the-health-of-our-society</a></p> <p><b>Vermont:</b> Vermont is in the process of legislating parity for mental health in their state. In addition, they have completed extensive policy work related to the impact of Adverse Childhood Experiences on the health and social systems.</p>	<p>Pulling together with the vision of ending Inter-Generational Trauma in British Columbia</p> <p>Comox Valley LAT trained GPs in ACEs</p> <p>BC is exploring the use of ACEs in the course of antenatal care and early childhood in partnership with Alberta Family Wellness Initiative</p> <p>Two information sessions were held with Vermont and info shared between Collaborative and Vermont.</p>

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	<p><a href="http://blueprintforhealth.vermont.gov/sites/blueprint/files/BlueprintPDF/ACES-Report-Final-1-14-15.pdf">http://blueprintforhealth.vermont.gov/sites/blueprint/files/BlueprintPDF/ACES-Report-Final-1-14-15.pdf</a></p> <p><b>Resources for Physicians and Nurses:</b>  <a href="https://www.healthcaretoolbox.org/">https://www.healthcaretoolbox.org/</a>            Guide to helping children and families cope with illness and injury; Basics of trauma informed care. Extensive resources on trauma informed care – assessment tools, research, cultural considerations, tools and resources, on-line training, Patient education, self-care for providers</p> <p><b>Best Practice Studies/Lit Reviews:</b>  <a href="http://www.cdc.gov/violenceprevention/acestudy/">http://www.cdc.gov/violenceprevention/acestudy/</a>            Extensive information on ACE Study – Prevention programs; Best Practice studies; literature reviews</p> <p><b>Research and Consequences:</b>  <a href="https://acestoohigh.com/aces-101/">https://acestoohigh.com/aces-101/</a>            ACEs science refers to the research on the consequences and WHAT of adverse childhood experiences</p> <p><a href="https://acestoohigh.com/2016/12/20/pueblo-co-clinic-rewrites-the-book-on-primary-medical-care-by-asking-patients-about-their-childhood-adversity/#more-6403">https://acestoohigh.com/2016/12/20/pueblo-co-clinic-rewrites-the-book-on-primary-medical-care-by-asking-patients-about-their-childhood-adversity/#more-6403</a>            Primary health centre experience with asking patients about adverse childhood experiences.</p>	<p>C. Southey presented at workshop – interested in LAT model</p> <p>Newsletter available by signing up on line</p>
<p><b>Brain Development</b></p>	<p>Brain Story Certification:  <a href="http://www.albertafamilywellness.org/training">http://www.albertafamilywellness.org/training</a>  <a href="http://www.albertafamilywellness.org/assets/Uploads/BRST101-CourseOutline.pdf">www.albertafamilywellness.org/assets/Uploads/BRST101-CourseOutline.pdf</a></p> <p>Brain Story Certification is an in-depth course for professionals interested in the scientific underpinnings of the Brain Story. The course offers:</p> <ul style="list-style-type: none"> <li>• Approximately 30 Hours of instruction time - 18 modules</li> <li>• Video of over 30 leading experts in neurobiology and mental health</li> <li>• Certification in Brain Story science.</li> </ul> <p>Accredited by professional organizations in Alberta and The Royal College Of Physicians And</p>	

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	Surgeons Of Canada. Can apply to your professional association to receive credits.	

### Substance Use and Trauma

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<p><b>Adolescence – Substance Use and Trauma Connection</b></p>	<p><a href="http://www.nctsn.org/resources/topics/adolescence-and-substance-abuse">http://www.nctsn.org/resources/topics/adolescence-and-substance-abuse</a></p> <p>Data from the <a href="#">National Survey of Adolescents</a> (PDF) and other studies indicate that one in four children and adolescents in the United States experience at least one potentially traumatic event before the age of 16, and more than 13% of 17-year-olds—one in eight—have experienced posttraumatic stress disorder (PTSD) at some point in their lives. Many of these young people also have access to psychoactive substances that can both dull the effects of stress and place teens at increased risk of experiencing trauma. It is estimated that 29% of adolescents—nearly one in three—have experimented with illegal drugs by the time they complete eighth grade, and that 41% have consumed alcohol.</p> <p>The NCTSN has developed tools and materials to help mental health clinicians, substance abuse treatment providers, parents, caregivers, and youth address the complex needs of this population.\</p> <p>Page Contents</p> <ul style="list-style-type: none"> <li>• <a href="#">For Mental Health and Substance Abuse Treatment Providers</a></li> <li>• <a href="#">For Parents and Caregivers</a></li> <li>• <a href="#">For Youth</a></li> </ul> <p><b>CHEOS UBC: Trauma Among Mothers with SU</b></p> <p>The Sheway Trauma Informed Care Training Manual for working with pregnant women with SU and Trauma</p> <p><a href="http://www.cheos.ubc.ca/portfolio/completed-understanding-trauma-among-mothers-with-substance-use-issues/">http://www.cheos.ubc.ca/portfolio/completed-understanding-trauma-among-mothers-with-substance-use-issues/</a></p> <p><b>Canadian Centre on Substance Abuse:</b></p> <p><a href="http://www.ccsa.ca">www.ccsa.ca</a></p>	<p>US Resource – Information from this site used in the Youth Core Addiction training program offered in IH.</p> <p>VCH Richmond</p> <p>Attended LS8</p>

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	<p><a href="http://www.ccsa.ca/Resource%20Library/CCSA-Trauma-informed-Care-Toolkit-2014-en.pdf">http://www.ccsa.ca/Resource%20Library/CCSA-Trauma-informed-Care-Toolkit-2014-en.pdf</a></p> <p><b>Come and Sit Together (CAST):</b>  <a href="http://www.cast-canada.ca">www.cast-canada.ca</a>            CAST Canada hosts workshops, training opportunities and conferences across Canada to help professionals, corporations and communities better understand the role of trauma and unresolved grief in addictions, homelessness, chronic unemployment, and other concerns.</p>	<p>Member of SU Faculty</p> <p>Gabriola LAT hosted 2 day workshop for service providers</p>

### Youth Homelessness

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<b>Trauma and Homeless Youth</b>	<p><a href="http://www.nctsn.org/sites/default/files/assets/pdfs/complex_trauma_facts_homelessyouth_final.pdf">www.nctsn.org/sites/default/files/assets/pdfs/complex_trauma_facts_homelessyouth_final.pdf</a>            Trauma informed consequences for homeless youth. Retrieved from <a href="http://www.hhyp.org">www.hhyp.org</a></p>	

### Resources for Educators

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<b>Trauma Informed Schools</b>	<p><a href="http://web.unbc.ca/~loneill/">http://web.unbc.ca/~loneill/</a>            Our new research team is currently working on assisting School Districts and schools in an effort to better support teachers and staff who are supporting children and youth who have experienced traumatic events; and classroom support for Children who have experienced complex trauma and attachment disruption.</p> <p>If you are interested in complex trauma (developmental trauma disorder) in the classroom please find more information on the study and a link to survey <a href="http://web.unbc.ca/~loneill/">http://web.unbc.ca/~loneill/</a></p>	<p>Dr. Linda O'Neil primarily works in Northern BC.            Currently has provided training on Trauma Informed Schools with the Smithers School District and LAT            They are participating in a research project with her.</p> <p>Also working with Burns Lake LAT; Prince George</p>

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	Resources include: Classroom support for children with complex trauma and attachment disruption. A pdf copy of trauma informed classroom manual A brief summary of classroom and trauma informed strategies <a href="http://web.unbc.ca/loneill/classroomstrategiesmanualnew.pdf">http://web.unbc.ca/loneill/classroomstrategiesmanualnew.pdf</a>	
<b>Williams Lake (SD #27) – Trauma Informed School</b>	<p><b><i>Trauma Informed School – What does a trauma sensitive school look and feel like?</i></b></p> <p>At the Marie Sharpe Elementary School, in central Williams Lake, it means, for example, when a child comes late to school, instead of a reprimand, everyone — from the principal to the teachers to the secretaries and even the custodial staff — says: “Welcome, I am glad you could come.” “Detentions, punishments, repercussions simply don’t work — and may re-traumatize a child who is already suffering,” notes principal Calvin Dubray.</p> <p>For the last 18 months Dubray and his staff have been going all out to create a trauma-sensitive school for their 185 “inner city” students, of which 67% are First Nations. This means the school has taken a whole school approach to understand not only the educational impacts of trauma but the social and emotional impacts, too.</p> <p>It means they have created a safe supportive environment where students make positive connections with adults and peers that “they might otherwise push away.” It means it is a school where students learn how to calm their emotions allowing them to focus and settle and feel confident enough to engage in learning.</p> <p><i>“ The common thread of raising healthy and happy children in our community keeps us all moving forward in a positive direction”</i> Silvia Dubray</p>	Calvin Dubray: <a href="mailto:calvin.dubray@sd27.bc.ca">calvin.dubray@sd27.bc.ca</a>  Silvia Dubray: <a href="mailto:silvia.dubray@sd27.bc.ca">silvia.dubray@sd27.bc.ca</a>

### Specialists in Trauma

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<b>Dr. Martin Brokenleg</b>	Cultural healing and resilience <a href="http://www.martinbrokenleg.com">www.martinbrokenleg.com</a> <a href="http://www.circleofcouragenz.org">www.circleofcouragenz.org</a>	Spoke at Learning Session 8 (October 2016) Workshop in Merritt on Trauma – Spring 2017

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<b>Dr. Gabor Mate</b>	Expertise in a wide range of topics, including trauma. He has published books, articles and facilitates workshop presentations. Addictions and Trauma: <a href="http://www.drgabormate.com">www.drgabormate.com</a>	Spoke at Learning Session 8 (October 2016) Presented at numerous workshops in BC – Physician in the lower East Side of Vancouver for 12 years Presentations with Fraser LATs and numerous BC communities
<b>Dr. Linda O’Neil</b>	<a href="http://www.unbc.ca/sites/default/files/assets/community_care_centre/northern_trauma_program.pdf">http://www.unbc.ca/sites/default/files/assets/community_care_centre/northern_trauma_program.pdf</a>	Professor at UNBC Working with Smithers as a pilot site for trauma informed schools, Burns Lake LAT Prince George
<b>Dr. Bruce Perry</b>	<a href="http://www.childtrauma.org">www.childtrauma.org</a>	Numerous workshops and presentation around BC West Kootenays; Comox-North Shore
<b>Dr. Gordon Neufeld</b>	<a href="http://www.neufeldinstitute.org">www.neufeldinstitute.org</a> Courses, resources, presentations, research	Numerous presentations in BC
<b>Laura Porter</b>	<a href="http://www.aceinterface.com/Laura_Porter.html">http://www.aceinterface.com/Laura_Porter.html</a> Ms. Porter develops and disseminates educational products and empowerment strategies that help leaders throughout the nation to dramatically improve population health.	Keynote speaker at Congress

### Trauma Training Programs

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<b>Trauma Training</b>	Intensive Clinician/Practitioner Training, plus one and two day workshops are offered: Dr. Linda O’Neill – UNBC <a href="http://www.unbc.ca/sites/default/files/assets/community_care_centre/northern_trauma_program.pdf">http://www.unbc.ca/sites/default/files/assets/community_care_centre/northern_trauma_program.pdf</a>	UNBC – Prince George




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	<p><a href="#">m.pdf</a></p> <p>Clinician/Practitioner Training (4 month, 8 sessions):</p> <ul style="list-style-type: none"> <li>• Trauma from PTSD to Complex Trauma</li> <li>• Trauma, Brain, and Affect</li> <li>• Trauma Counselling Model/Phases</li> <li>• Trauma and Addictions</li> <li>• Trauma Support: Safety and Stabilization</li> <li>• Trauma Strategies: Remembrance and Mourning</li> <li>• Secondary Trauma</li> <li>• Trauma-Informed Practice Integration</li> </ul>	
<p><b>Justice Institute of BC – Centre for Counselling and Community Safety</b></p>	<p><a href="http://www.jibc.ca/search/gss/Trauma%20training">http://www.jibc.ca/search/gss/Trauma%20training</a></p> <p>Aboriginal focusing-oriented therapy and complex trauma certificate. Graduate Certificate in Complex Trauma and Child Sexual Abuse Expressive Play Therapy Certificate</p> <p>Courses:</p> <ul style="list-style-type: none"> <li>• Indigenous Trauma Informed Practice/Youth</li> <li>• Clinical Supervision</li> <li>• Motivational Interviewing</li> <li>• Art Therapy</li> <li>• Introduction to the DSM</li> </ul> <p>Centre for Counselling and community safety: JIBC offers leading-edge programs for counsellors and therapists that assist individuals, employees and families coping with a wide range of challenges that include Aboriginal trauma, critical incident stress, complex trauma, substance use, and child sexual abuse.</p>	<p>New Westminster, BC</p>

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<b>ASIST</b>	<p>Suicide Intervention Training and Toolkits</p> <p>ASIST is a 2-day intensive, interactive and practice-dominated course designed to help individuals recognize the risk of suicide, and learn how to intervene to prevent the risk of suicidal thoughts becoming suicidal behaviours. Suitable for all persons in positions of trust – health professionals, social services workers, teachers, counsellors, youth workers, police and correctional staff, and community volunteers. Prepared caregivers can help prevent suicide. Includes a participant workbook and a certificate.</p> <p>The program is licensed by the Calgary-based organization LivingWorks (livingworks.net) and is delivered by regional registered trainers, such as the local CMHA office, which offers it under its Gatekeepers program. Two trainers provide grounding in scientific theory, audiovisual learning aids, group discussions, and skills practice and development.</p>	<p>Local Action Teams that have provided training:</p> <p>Quesnel, Smithers, Salt Spring, Port Alberni, Long Beach, Haida Gwaii North and South, Mission, Burns Lake, Fraser Lake, Prince George, Valemount, Merritt, Golden, Revelstoke, Shuswap, and Bella Coola, which offered it twice.</p> <p>BC CMHA is sponsor</p>
<b>Canadian Foundation For Trauma Research &amp; Education</b>	<p><a href="http://www.cftre.com/">http://www.cftre.com/</a></p> <p>The Canadian Foundation for Trauma Research &amp; Education (CFTRE) is a registered Canadian charity created to further the understanding of the fields of neurobiology &amp; psychophysiology, through education and research, as they pertain to the treatment of traumatic conditions. To this end, we are committed to conduct research and to train professionals in effectively treating people who suffer from symptoms of trauma and other forms of dysregulation in the autonomic nervous system.</p>	<p>Courses offered in BC</p> <p>Self-Regulation Training in BC - 2017 Skidegate, Kelowna, Haida Gwaii</p>
<b>Trauma-Specific Competencies Training</b>	<p><a href="http://www.hopeandhelpwr.org/wp-content/uploads/2016/04/Trauma-Therapy-Trainings-List.pdf">http://www.hopeandhelpwr.org/wp-content/uploads/2016/04/Trauma-Therapy-Trainings-List.pdf</a></p> <p>Free Online Courses – Various Topics Child Trauma Academy <a href="http://www.childtraumaacademy.com">http://www.childtraumaacademy.com</a></p> <p>200+ Free Online Courses – Various Topics National Child Traumatic Stress Network Learning Center <a href="http://learn.nctsn.org">http://learn.nctsn.org</a></p>	<p>On-line</p>
<b>Brain Story Science</b>	<p><a href="http://www.albertafamilywellness.org">http://www.albertafamilywellness.org</a></p> <p>The Alberta Family Wellness Initiative has developed two online courses to make Brain Story science available to professionals and the public. One course is available now. The second, more basic course will be available in 2017.</p>	<p>On-line</p>
<b>ATTCH</b>	<p>Trauma Integration Training and Certification Training Program</p>	<p>Students can attend classes in Ontario.</p>

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	<a href="http://www.attachment-and-trauma-treatment-centre-for-healing.com/trauma-certification.html">http://www.attachment-and-trauma-treatment-centre-for-healing.com/trauma-certification.html</a> Offers training certification – distance learning, as well as customized workshops.	Distance Ed also available for customized workshops
<b>Trauma Informed Practice (TIP) for Justice, Public Safety and Anti-Violence Community Sectors</b>	The objectives of the TIP curriculum will be for justice and public safety personnel to be able to recognize and understand trauma and its effects on victims, witnesses and clients in order to have a clear understanding of how violence and abuse shapes the responses of those impacted by trauma. The curriculum will also aim to enable staff and the various sectors to assess their practices and processes with a trauma-informed lens, thereby reducing potential re-traumatization experienced by victims and witnesses as they participate in the justice system.	In development and will be available in 2018
<b>FNHA</b>	<a href="http://www.fnha.ca/about/news-and-events/news/fnha-commits-to-mandatory-trauma-training-on-orange-shirt-day">http://www.fnha.ca/about/news-and-events/news/fnha-commits-to-mandatory-trauma-training-on-orange-shirt-day</a> All FNHA will participate in Trauma Training beginning in 2017	BC wide
<b>Vancouver Community College</b>	<a href="http://www.vcc.ca/programscourses/courses/basics-of-trauma-informed-practice-cnsk-1156/-Vancouver-community-college-course-on-TIP">http://www.vcc.ca/programscourses/courses/basics-of-trauma-informed-practice-cnsk-1156/-Vancouver-community-college-course-on-TIP</a>	Vancouver Community College

### Resources – Books, Videos and TED Talks

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<b>Books</b>	 Becoming Trauma Informed – Nancy Poole and Lorraine Greaves <a href="http://www.camh.ca/en/education/about/camhpublications/Pages/becomingtraumainformed.aspx">http://www.camh.ca/en/education/about/camhpublications/Pages/becomingtraumainformed.aspx</a>	BC Authors

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<p><b>Videos &amp; TED Talks</b></p>	<p>TED Talks – ACEs</p> <p>Dr. Nadine Burke Harris – <i>How Childhood Trauma affects health across a lifetime</i>  <a href="https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime">https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime</a></p> <p>Dr. Vincent Feletti – <i>How childhood trauma can make you a sick adult</i>  <a href="https://www.youtube.com/watch?v=y3cCAcGeG8E">https://www.youtube.com/watch?v=y3cCAcGeG8E</a></p> <p>Corey Reid’s story of the trauma in his childhood, his pathway through addictions and his recovery and living with PTSD, MH and now thriving  <a href="https://www.youtube.com/watch?v=t89meWdy8sl&amp;sns=em">https://www.youtube.com/watch?v=t89meWdy8sl&amp;sns=em</a></p> <p>How Preventing Fetal Alcohol Spectrum Disorder (FASD) Is About Gender, Trauma and Harm Reduction <a href="http://addictionsresearchtraining.ca/video-gallery/#video5">http://addictionsresearchtraining.ca/video-gallery/#video5</a></p> <p>Paper Tigers – Documentary that explores how childhood trauma (Adverse Childhood Experiences) can be offset by the presence of one caring adult.  Set within and around the campus of Lincoln Alternative High School in the rural community of Walla Walla, Washington, Paper Tigers asks the following questions: What does it mean to be a trauma-informed school? And how do you educate teens whose childhood experiences have left them with a brain and body ill-suited to learn? <a href="http://kplrfilms.co/paper-tigers/">http://kplrfilms.co/paper-tigers/</a></p>	<p>Online</p>