



NCTSN RESOURCES AND PRODUCTS FOR ADOLESCENTS AND YOUNG ADULTS

www.nctsn.org

Established by Congress in 2000 and funded through the Substance Abuse and Mental Health Services Administration, the National Child Traumatic Stress Network (NCTSN) is a unique collaboration of university, hospital, 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. The NCTSN currently has 77 funded centers and 90 Affiliate (formerly funded) members, located in 44 states, forming a national network coordinated by the UCLA-Duke University National Center for Child Traumatic Stress (NCCTS).

Since its inception, a primary feature of the NCTSN's mission has been to strengthen the development of trauma-informed service systems for children and adolescents of all ages. In support of this goal, the NCTSN develops evidence-based practices, services, and interventions for use in many settings, addressing many forms of trauma, including physical and sexual abuse, accidental or violent deaths of loved ones, domestic and community violence, natural disasters and terrorism, and severe accidents or life-threatening illnesses. Examples of resources relevant for adolescents or young adults who have experienced traumatic events include:

SEXUAL ASSAULT AND RAPE:

Coping with the Shock of Intrafamilial Sexual Abuse: Information for Parents and Caregivers (2009)

<http://www.nctsn.org/sites/default/files/assets/pdfs/intrafamilialabuse.pdf>

This fact sheet defines intrafamilial sexual abuse and its effect on the child/teen and other family members. Information is provided to parents to help them cope with their own reactions to the abuses, including resources for treatment options and support.

“But Who Should I Tell?” Questions and Answers About Seeking Help After Sexual Abuse (2011)

http://www.nctsn.org/sites/default/files/assets/pdfs/sex_abuse_disclosure.pdf

This fact sheet discusses the options teens and young adults have after sexual abuse: whether or not to tell, who to go to for help, and what resources are available for support.

It's Never Your Fault: The Truth About Sexual Abuse (2011)

http://www.nctsn.org/sites/default/files/assets/pdfs/the_truth_about_sexual_abuse.pdf

This fact sheet highlights the common myths that many teens and young adults have about sexual assault, along with the facts.

Sex? Or Sexual Abuse? Respect Yourself—Know the Difference (2011)

http://www.nctsnet.org/sites/default/files/assets/pdfs/sex_or_sexual_abuse.pdf

This fact sheet defines sexual abuse and presents examples of “red flag” situations to help teens and young adults determine what is or is not sexual abuse.

Acquaintance Rape: Information for Parents and Caregivers (2009)

<http://www.nctsnet.org/sites/default/files/assets/pdfs/acquaintancerapeforparents.pdf>

This fact sheet defines acquaintance rape and offers suggestions and resources for parents on how they can protect their children and how to help a teen victim of acquaintance rape.

What Do I Do Now? A Survival Guide for Victims of Acquaintance Rape (2009)

<http://www.nctsnet.org/sites/default/files/assets/pdfs/acquaintancerapeguideforvictims.pdf>

This brochure provides answers to questions about acquaintance rape and provides links to helpful resources.

SUBSTANCE ABUSE:

Understanding the Links Between Adolescent Trauma and Substance Abuse: A Toolkit for Providers (2nd Edition)

<http://www.nctsnet.org/resources/topics/adolescence-and-substance-abuse>

This toolkit explores the complex connections between traumatic stress and substance abuse, and provides guidelines for identifying, engaging, and treating adolescents with these co-occurring problems. The toolkit can be downloaded as a single PDF file or as individual fact sheets.

Helping Your Teen Cope with Traumatic Stress and Substance Abuse (2008)

http://www.nctsnet.org/sites/default/files/assets/pdfs/teen_coping_substance_abuse.pdf

Ayudando a Su Adolescente a Enfrentarse al Estrés Traumático y Abuso de Sustancias (2008)

http://www.nctsnet.org/sites/default/files/assets/pdfs/ayudando_a_su_adolescente.pdf

Provides help for parents and caregivers of teens experiencing substance abuse and stress from a traumatic event.

The Need for an Integrated System of Care for Youth with Traumatic Stress & Substance Use Disorders (2012)

http://www.nctsn.org/sites/default/files/assets/pdfs/policybrief1_traumatic_stress_and_substance_use.pdf

This policy brief discusses the evidence documenting the range and severity of problems experienced by adolescents with co-occurring traumatic stress and substance use, and recommends addressing these problems through a youth-oriented coordinated treatment system of care that would require interagency collaboration, family and youth involvement, cultural competence, and accountability.

Using Drugs to Deal with Stress and Trauma: A Reality Check for Teens (2008)

http://www.nctsnet.org/sites/default/files/assets/pdfs/Using_Drugs_to_Deal_with_Stress_and_Trauma.pdf

El Uso de Drogas Para Manejar el Estrés y el Trauma: Una Dosis de Realidad para los Jóvenes (2008)

http://www.nctsn.org/nctsn_assets/pdfs/uso_de_drogas_para_manejar.pdf

This brochure helps teens and young adults understand the dangers of alcohol and drug abuse, helps them recognize signs that they are abusing drugs, and provides suggestions for seeking help.

JUVENILE JUSTICE:

Think Trauma: A Training for Staff in Juvenile Justice Residential Settings (2013)

<http://www.nctsnet.org/products/think-trauma-training-staff-juvenile-justice-residential-settings>

This training provides an overview for juvenile justice staff of how to work towards creating a trauma-informed juvenile justice residential setting. Creating a trauma-informed setting is a process that requires not only knowledge acquisition and behavioral modification, but also cultural and organizational paradigm shifts, and ultimately policy and procedural change at every level of the facility.

Ten Things Every Juvenile Court Judge Should Know About Trauma and Delinquency (2010)

http://www.nctsnet.org/sites/default/files/assets/pdfs/trauma_20bulletin.pdf

The purpose of this technical assistance bulletin is to highlight ten crucial areas that judges need to be familiar with in order to best assist traumatized youth who enter the juvenile justice system.

Assessing Exposure to Psychological Trauma and Post-Traumatic Stress in the Juvenile Justice Population (2004)

http://www.nctsnet.org/sites/default/files/assets/pdfs/assessing_trauma_in_jj_population.pdf

This resource summarizes findings on the prevalence of PTSD in the juvenile justice population, measures for assessing trauma or PTSD, developmental and ethnocultural factors, and related considerations.

Trauma among Girls in the Juvenile Justice System (2004)

http://www.nctsnet.org/sites/default/files/assets/pdfs/trauma_among_girls_in_jjsys.pdf

This review suggests that trauma-sensitive and gender-specific programming and treatment models are needed in order to address needs and prevent retraumatization of girls in the juvenile justice system.

Trauma-Focused Interventions for Youth in the Juvenile Justice System (2004)

http://www.nctsnet.org/sites/default/files/assets/pdfs/trauma_focused_interventions_youth_jjsys.pdf

This resource discusses assessing and treating trauma-exposed youth in the juvenile justice system.

SCHOOLS

A wide variety of resources related to schools, trauma, and violence are available at:

<http://www.nctsn.org/resources/audiences/school-personnel>

Psychological First Aid For Schools (2012)

<http://www.nctsn.org/content/psychological-first-aid-schoolspfa>

COMMUNITY VIOLENCE:

Community Violence: Reactions and Actions in Dangerous Times (2013)

http://www.nctsn.org/sites/default/files/assets/pdfs/community_violence_reactions_actions.pdf

This fact sheet helps youth understand community violence, understand their reactions to it, how to keep themselves safe, and how to make positive choices in dangerous times.

Coping in Hard Times: Fact Sheet for Youth High School & College Age (2011)

http://www.nctsn.org/sites/default/files/assets/pdfs/Coping_in_Hard_Times_For_Youth.pdf

This fact sheet helps teens and young adults understand how economic difficulties may affect them and provides suggestions on how they can cope during these uncertain times.

Violent Places, Dangerous Times: Does Community Violence Control Your Life? (2013)

http://www.nctsn.org/sites/default/files/assets/pdfs/community_violenceList_final.pdf

This fact sheet, designed for youth, provides a list of questions youth can ask themselves about violence in their communities.

Trauma in the Lives of Gang-Involved Youth: Tips for Volunteers and Community Organizations (2009)

http://www.nctsn.org/sites/default/files/assets/pdfs/trauma_and_gang_involved_youth.pdf

Gang-involved youth experience symptoms of Posttraumatic Stress Disorder at over twice the rate of other youth. This brochure discusses ways caring adults can help youth who have experienced trauma, whether that trauma preceded or resulted from gang involvement.

Your Child and Gangs: What You Need to Know about Trauma - Tips for Parents (2009)

http://www.nctsn.org/sites/default/files/assets/pdfs/Your_child_and_gangs_0.pdf

This brochure offers ways parents can understand the relationship of gangs and trauma and offers support to youth who have suffered traumatic events.

HOMELESS YOUTH:

Culture and Trauma Brief (vol. 2, no. 1): Trauma among Homeless Youth (2007)

http://www.nctsn.org/sites/default/files/assets/pdfs/culture_and_trauma_brief_v2n1_HomelessYouth.pdf

This Culture and Trauma Brief discusses the challenges that homeless youth face in relation to trauma and offers suggestions for service providers who want to engage these young people.

Psychological First Aid for Youth Experiencing Homelessness (2010)

http://www.nctsn.org/sites/default/files/assets/pdfs/pfa_homeless_youth.pdf

This manual provides a framework and a model for intervention by direct care staff working at drop-in centers, emergency and transitional shelters, and group homes to better understand and address the needs of homeless youth, who are often survivors of trauma.

LGBTQ YOUTH:

Culture and Trauma Brief (vol. 1, no. 2): Trauma among Lesbian, Gay, Bisexual, Transgender, or Questioning Youth (2006)

http://www.nctsn.org/sites/default/files/assets/pdfs/culture_and_trauma_brief_LGBTQ_youth.pdf

This three-page fact sheet, part of NCTSN's culture and trauma series, discusses trauma among LGBTQ youth. In addition to offering strategies for helping this population access services, it outlines statistics on trauma among gay, lesbian, bisexual, transgender and questioning youth, and gives suggestions to therapists on providing culturally competent care.

My Identity, My SELF: Addressing the Needs of LGBTQ Youth in Sanctuary-Informed Residential Treatment (2009)

http://www.nctsn.org/sites/default/files/assets/pdfs/MIMS_curriculum.pdf

The NCTSN Center for Trauma Program Innovation at the Jewish Board for Children and Family services developed *My Identity, My SELF*, a curriculum that seeks to improve services for lesbian, gay, bisexual, transgendered and questioning youth in residential treatment. The curriculum has modules for treatment center staff and for LGBTQ youth in treatment and their straight peers.

GENERAL:

Understanding Traumatic Stress in Adolescents (2007)

http://www.nctsn.org/sites/default/files/assets/pdfs/2_Traumatic_Stress_4-18-07.pdf

The brochure describes the various types of traumatic stress, the effects of chronic trauma, the prevalence of trauma among adolescents, the impact of trauma on adolescent development and behavior, and the implications of trauma history on substance abuse treatment.

Complex Trauma in Children and Adolescents (NCTSN Resource Page)

<http://www.nctsn.org/trauma-types/complex-trauma>

This page offers an overview of complex trauma in children and adolescents, including definitions, impact, assessment, and treatment.

NCTSN SPEAKER SERIES / NCTSN LEARNING CENTER FOR CHILD AND ADOLESCENT TRAUMA:

Website: <http://learn.nctsn.org/>

How to Access Resources:

Step 1: First create an account (free): <http://learn.nctsn.org/login/signup.php>

Step 2: Check your email and confirm your account (click on link)

Step 3: Return to <http://learn.nctsn.org>, and enroll in a Speaker Series

Step 4: View archived webinars from the homepage for each Speaker Series

Selected topics include:

- **Crossover Youth and Trauma-Informed Practice Speaker Series**
- **NCTSN Culture and Trauma Speaker Series Part I: Working with homeless and runaway youth**
- **NCTSN Partnering with Youth and Families in Trauma Settings Speaker Series**
- **NCTSN Schools and Trauma Speaker Series: Sudden Death on a School Campus: Impact and Response**
- **NCTSN Screening and Assessment in the Juvenile Justice System Speaker Series:**
- **NCTSN Terrorism, Disaster and Children Speaker Series: Response & Recovery after School Violence**
- **NCTSN Transforming Trauma in LGBTQ Youth Speaker Series**
- **Trauma-Informed Juvenile Justice System Resource Site**