

NCTSN External Resources Children's Mental Health Awareness Day May 10, 2018

The National Child Traumatic Stress Network (NCTSN) invites you to join us in celebrating the 12th annual Children's Mental Health Awareness Day on May 10, 2018. Sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), a division of the U.S. Department of Health & Human Services, Children's Mental Health Awareness Day promotes positive youth development, resiliency, and recovery, along with the transformation of mental health service delivery for youth, adolescents, and their families. This year's theme *Partnering for Health and Hope Following Trauma* will focus on the importance of an integrated approach to caring for the mental health needs of children, youth, and young adults who have experienced trauma, as well as their families.

Featured NCTSN Resources

- [Adolescent Trauma and Substance Abuse Online](#)
Educates mental health clinicians, substance abuse treatment providers, parents, caregivers, and youth on the complex interrelationship between psychological trauma and co-occurring substance abuse and dependency.
- [Help Kids Cope App](#)
Helps parents talk to their kids about the disasters they may face and know how best to support them throughout—whether sheltering-in-place at home, evacuating to a designated shelter, or helping your family heal after reuniting.
- [The Role of Trauma Among Families Struggling with Substance Abuse Speaker Series](#)
This series of webinars from the Trauma and Substance Abuse Committee focuses on a range of issues and approaches related to substance abuse treatment and trauma response.
- [Understanding Child Traumatic Stress: A Guide for Parents \(2008\) \(PDF\)](#)
>[En Español \[Entendimiento del Estrés Traumático Infantil: Una Guía para Padres\]](#)
Offers parents information about child traumatic stress (CTS), the best way to treat CTS, what parents can do at home for their children, and how parents can make sure their children receive support at school.
- [Understanding the Links Between Adolescent Trauma and Substance Abuse: A Toolkit for Providers \(2nd Edition\)](#)
This toolkit explores the complex connections between traumatic stress and substance abuse, and provides guidelines for identifying, engaging, and treating adolescents suffering from these co-occurring problems. The entire toolkit can be downloaded as a single PDF file. The individual fact sheets that comprise the toolkit can also be downloaded individually.
- [Understanding Traumatic Stress in Adolescents \(2008\)](#)
Offers information on traumatic stress in adolescents. This guide, a part of the larger [Understanding the Links Between Adolescent Trauma and Substance Use](#), describes types of traumatic stress, the prevalence of trauma among adolescents, the impact of trauma on adolescent development and behavior, and its implications for substance use treatment.

For Child Welfare/Medical/Mental Health Professionals

- [Building Community Resilience for Children and Families \(2007\)](#)
Assists individuals in decision-making and leadership roles in all sectors of a community. Provides information on helping communities increase their resilience and on improving their capacity to respond effectively to crisis.
- [Child Welfare Trauma Training Toolkit](#)
Provides basic knowledge about working with children who are in the child welfare system and who have experienced traumatic stress, and teaches associated skills and values. Explains how to support children's safety, permanency, and well-being—using case analysis and corresponding interventions tailored for the children and their biological and resource (foster) families.
- [Complex Trauma: Facts for Directors, Administrators, and Staff in Residential Settings \(2016\)](#)
Provides information for staff in residential treatment centers on how to understand behavior through a trauma lens, as well as recommendations for directors and administrators on trauma-informed residential policies, staff training and self-care, as well as the developmental and educational needs of youth.
- [Complex Trauma: Facts for Treatment Staff in Residential Settings \(2016\)](#)
Details the importance of a holistic, multidisciplinary, multi-level approach to addressing the needs of youth with complex trauma in residential treatment settings. This fact sheet offers general guidelines for treatment providers, challenging them to “avoid a view of youth behavior that is limited solely to behavior management.”
- [Family Resilience and Traumatic Stress: A Guide for Mental Health Professionals \(2017\)](#)
Provides information on family resilience. This fact sheet discusses a family's ability to maintain or resume effective functioning, including care of its members following potentially traumatic events.
- [Glossary of Terms Related to Trauma-Informed, Integrated Healthcare \(2018\)](#)
Provides a glossary of terms for healthcare providers to better understand the concepts within trauma-informed integrated care.
- [Resilience and Child Traumatic Stress \(2016\)](#)
Defines resilience and factors that enhance resilience in children following a potentially traumatic event. Outlines steps providers can take to build on individual, family, and communal strengths to address children's needs, accomplish goals, reduce adversities, and foster growth and development.
- [The Role of Trauma among Families Struggling with Substance Abuse Speaker Series](#)
Focuses on trauma and caregiver substance use, and the other focused on trauma and prenatal substance use exposure.
- [Service Systems Brief \(Vol. 1, No. 1\): Creating Trauma-Informed Child-Serving-Systems \(2007\)](#)
Summarizes the importance of trauma-informed systems. This brief describes how to create trauma-informed systems including school systems, child welfare systems, health care systems, juvenile justice systems, mental health systems, and trauma-informed law enforcement or first responder systems.

- [Sharing Power: A Tool for Reflection \(2016\)](#)
Offers tips for providers on sharing power in trauma-responsive care. This tip sheet encourages providers to broaden their perspective and deepen their insights by “wearing the hats” of others at their agency (i.e., parents, intake workers, administrators). It covers language and tone of agency outreach materials, intake and registration, conducting an initial meeting, giving jargon-free assessment/evaluation feedback, the course of care, obstacles and crises, and ending treatment services.
- [What is a Trauma-Informed Child and Family Service System? \(2016\)](#)
Answers the question what is a trauma-informed child and family service system. This fact sheet details the components of a trauma-informed child and family service system.
- [What’s Sharing Power Got to Do with Trauma-Informed Practice? \(2016\)](#)
Encourages providers to share power in the context of trauma-responsive practice. This fact sheet describes what sharing power is, how it is integral to trauma-informed services, and how sharing power can improve outcomes of trauma-informed care

For Educators

- [Child Trauma Toolkit for Educators \(2008\)](#)
Provides school administrators, teachers, staff, and concerned parents with basic information about working with traumatized children in the school system. Additional multimedia resources on related to this toolkit are available in the NCTSN Learning Center for Child and Adolescent Trauma.
- [Complex Trauma: Facts for Educators \(2014\)](#)
Helps educators and school staff recognize the signs and symptoms of complex trauma and offers recommendations on how to help students heal.

For Juvenile Justice Professionals

- [Helping Traumatized Children: Tips for Judges \(2009\)](#)
Outlines the impact of trauma on children's development, beliefs, and behaviors. This tip sheet is designed to help professionals in the juvenile justice and family court system become more effective in addressing the unique needs and challenges of the traumatized children and adolescents they work with.
- [NCTSN Bench Card for the Trauma Informed Judge \(2013\)](#)
Provides judges with questions to help identify children who need or could benefit from trauma-informed services from a mental health professional. Includes sample addendum.
- [Ten Things Every Juvenile Court Judge Should Know About Trauma and Delinquency \(2010\)](#)
Highlights what ten things juvenile court judges should know to best meet the needs of traumatized children who come into their system. This guide breaks down each of the ten items for judges to offer information on how they are related to delinquency and the behaviors of youth involved in the juvenile justice system.
- [Think Trauma: A Training for Staff in Juvenile Justice Residential Settings \(2013\)](#)
Provides an overview for juvenile justice staff on how to work towards creating a trauma-informed juvenile justice residential setting. This training includes four modules including trauma and delinquency; trauma’s impact on development; coping strategies; and vicarious trauma, organizational stress, and self-care.

- [Trauma-Informed Juvenile Justice Roundtable: Current Issues and New Directions in Creating Trauma-Informed Juvenile Justice Systems \(2013\)](#) Provides an introduction to the NCTSN Trauma-Informed Juvenile Justice Roundtable, describes the current issues and essential elements of a trauma-informed juvenile justice system, and outlines possible new directions for the future. This collection of briefs written by experts invited to the NCTSN.
- [Trauma-Informed Assessment and Intervention \(2013\)](#) Outlines the importance of trauma-informed assessment and intervention in the juvenile justice system. This brief describes how to integrate trauma-informed assessment and intervention in juvenile justice systems, challenges for assessment and treatment, success stories, and recommendations.
- [The Role of Family Engagement in Creating Trauma-Informed Juvenile Justice Systems \(2013\)](#) Outlines the role of family engagement in creating trauma-informed juvenile justice systems. This brief, written by Liane Rozzell at Families and Allies of Virginia Youth, offers information on family engagement, why it is a key element in a trauma-informed juvenile justice system, how family engagement supports a trauma-informed juvenile justice system, the challenges to family engagement in juvenile justice, what family engagement looks like in the justice system, and recommendations to address the challenges.
- [Cross-System Collaboration \(2013\)](#) Outlines practice examples for continuity of care and collaboration across systems, a vital activity for youth involved in multiple service systems. This brief, written by Macon Stewart from the Center for Juvenile Justice Reform describes its Youth Practice Mode.
- [Trauma and the Environment of Care in Juvenile Institutions \(2013\)](#) Outlines the environment of care in juvenile institutions. This brief, written by Sue Burrell at the Youth Law Center, describes incarceration as a traumatic event, how to do trauma-informed care in institutions, how to create a safe environment, protect against re-traumatization, challenges to creating a trauma-informed environment of care, and best practices and support for a trauma-informed environment.

For Military Families

- [Working Effectively with Military Families: 10 Key Concepts All Providers Should Know \(2014\)](#) Outlines the top ten things to keep in mind when working with military families. This tip sheet includes information on family separation, stigma about mental health care, access to programs, involving peers and civilian providers and more.

For Parents and Caregivers

- [Caring for Children Who Have Experienced Trauma: A Workshop for Resource Parents \(2010\)](#) Is a centralized resource for providers and resource parents who are using or interested in using Caring for Children Who Have Experienced Trauma: A Workshop for Resource Parents in their communities.
- [Complex Trauma: Facts for Caregivers \(2014\)](#) Helps parents and caregivers recognize the signs and symptoms of complex trauma and offers recommendations on how to help children heal.
- [Helping Your Teen Cope with Traumatic Stress and Substance Abuse \(2008\)](#)
<https://www.nctsn.org/resources/helping-your-teen-cope-traumatic-stress-and-substance-abuse>

>[En Español \[Ayudando a Su Adolescente a Enfrentarse al Estrés Traumático y Abuso de Sustancias\]](#)

Offers parents and caregivers whose teen might be or is experiencing substance abuse and/or stress from a traumatic event. This fact sheet is a part [Understanding the Links Between Adolescent Trauma and Substance Abuse: A Toolkit for Providers](#).

- [Recognizing Drug Use in Adolescents: A Quick Guide for Caregivers and Adults \(2007\)](#)
Summarizes the signs of intoxication, substance use, and abuse commonly reported by substance users. This guide for parents and caregivers describes different substances teens use, how a teen may look when on that substance, how they may act, and how the substance may make them feel.
- [Trauma and Your Family \(2011\)](#)
Offers parents and caregivers information about trauma. This fact sheet defines traumatic stress and describes how common it is, how it can impact a family, and things a family can do to cope with traumatic stress.
- [What You Should Expect from Treatment: Building Strong Parent-Child Relationships \(2012\)](#)
Highlights the importance of parent-child relationships and how to use treatment as a way to build these relationships. This tip sheet outlines qualities that treatment programs should have in order to build stronger parent-child relationships.

For Policy Makers

- [Child Traumatic Stress: What Every Policymaker Should Know \(2008\)](#)
Educates policymakers about the scope and impact of childhood trauma, offers effective solutions that can be implemented with the support of trauma-informed public policy, and provides information about additional resources.
- [Effectively Communicating with Policymakers and Key Stakeholders about Child Trauma and the NCTSN \(2014\)](#)
Offers strategies for fostering effective communication with stakeholders on such topics as identifying child trauma policy issues; developing an effective change strategy; identifying policymakers and staff and scheduling meetings; and communication considerations, rules, and strategies.
- [The Need for an Integrated System of Care for Youth with Traumatic Stress & Substance Use Disorders \(2011\)](#)
Describes the need for an integrated system of care for youth with traumatic stress and substance use disorders among NCTSN care recipients and includes recommendations for developing a youth-oriented integrated system of care as well as policy implications of the findings.
- [Trauma-Informed Integrated Care for Children and Families in Healthcare Settings \(2018\)](#)
Provides policymakers and other stakeholders an overview of trauma-informed integrated care and its importance for children who have experienced trauma, as well as policy-relevant and child trauma-focused recommendations to assist them in their response to child trauma and healthcare issues.
- [Understanding Child Trauma and the NCTSN \(2014\)](#)
Provides an overview of child traumatic stress and the National Child Traumatic Stress Network.

For Youth

- [Community Violence: Reactions and Actions in Dangerous Times \(2013\)](#)
Helps youth recognize that community violence does not have to dominate their lives if they understand their reactions to it, understand how to keep themselves safe, and understand how to make positive choices in dangerous times.
- [Coping in Hard Times: Fact Sheet for Youth High School and College Age \(2011\)](#)
Designed for students in high school and college to help them understand how their families' and their own economic hardships may affect them. Offers practical ways to cope by improving a sense of safety, calming, self- and community efficacy, connectedness, and hope.
- [Staying Safe While Staying Connected: Facts and Tips for Teens \(2011\)](#)
Provides information to teens about staying safe while they are online. This fact sheet describes why sexting is not smart and how sexts can be used to hurt or bully. It offers tips for keeping teens safe when they are online, including privacy settings and protecting their identity.
- [Using Drugs to Deal with Stress and Trauma: A Reality Check for Teens \(2008\)](#)
>[En Español \[El Uso de Drogas Para Manejar el Estrés y el Trauma: Una Dosis de Realidad para los Jóvenes\]](#)
Offers teens information about trauma, how it can affect them, and why they might use alcohol or drugs to deal with their experiences. This fact sheet helps teens understand the dangers of alcohol and drug abuse, helps them recognize signs that they are abusing drugs, and provides suggestions for dealing with alcohol and drug abuse
- [Violent Places, Dangerous Times: Does Community Violence Control Your Life? \(2013\)](#)
Gives questions for youth to answer to determine if they have experienced community violence. This checklist is intended to be used with the Community Violence: Reactions and Actions in Dangerous Times fact sheet, which discusses the impact of violence, how to stay safe, and when to talk with a trusted adult.