

Please be advised that you do not have to pay for a training certificate. By thoroughly completing the Wright County **study sheet**, you will receive credit for your learning.

TRAUMA & BRAIN DEVELOPMENT

Resource with Link	Source	Description
1-2-3 Care: A Trauma-Sensitive Toolkit for Caregivers of Children	Spokane Regional Health District	Toolkit for caregivers of children (178 pages)
Brain Development	Zero to Three	Learn how to help babies develop healthy brain connections.
The Adolescent Brain	Dan Siegel	Easy to use explanation of the adolescent changes in the brain.
The Amazing Brain Series	Multiplying Connections	The series is broken down into easy-to-read information. Click through the links on the left under Amazing Brain Series.
Brain Development in Traumatized Children and Youth	Advokids	Article
Brains: Journey to Resilience	Alberta Family Wellness	Learn about the resilience scale in this scientifically rigorous (and cinematically epic) video created by the Alberta Family Wellness Initiative in consultation with the FrameWorks Institute and the Harvard Center on the Developing Child.
Brain Model of PTSD	London Trauma Specialists	Video
Building Adult Capabilities to Improve Child Outcomes: A Theory of Change	Harvard Center on the Developing Child	A 5-minute video that shows how change can improve outcomes for children and families.
Childhood Trauma	Dr. Bruce Perry & Oprah	Video
Child Trauma Academy	Dr. Bruce Perry and associates	Under the library tab are articles and videos about interventions, abuse & neglect, brain development & neuroscience, child development & early childhood, trauma & PTSD and violence & public health
Complex PTSD Preverbal Memories, Healing Childhood	Dr. Arielle Schwartz	Article about preverbal memories and trauma.
Early Brain Development: Reducing the Effects of Trauma	Dr. Bruce Perry	Video
Epigenetics and Child Development: How Children's Experiences Affect Their Genes	Harvard Center on the Developing Child	How children's experiences affect their genes.
Executive Function & Self Regulation	Harvard Center on the Developing Child	Explores the mental processes that enable us to plan, focus and remember instructions.

Explaining the Brain to Children and Adolescents	GU Center for Child & Human Development	Simple explanation for teaching brain function.
The Hand Model of the Brain	Dan Siegel	Demonstration of “Flip your lid”.
Helping Teens with Traumatic Grief: Tips for Caregivers	National Child Traumatic Stress Network	Tip sheet for working with teens and trauma. What they want you to know and how you can help them.
How Brains are Built: The Core Story of Brain Development	Alberta Family Wellness	Using metaphors to teach about how brains are built.
How Trauma Can Impact Four Types of Memory	National Institute for the Clinical Application of Behavioral Medicine	Infographic
The Human Brain Sensitization and Tolerance Threat Response Patterns State-dependent Functioning	Dr. Bruce Perry	A brief introduction to core concepts regarding brain structure and function that provide the basis for developmentally sensitive and trauma-informed caregiving, education and therapy.
Impact of Trauma on the Developing Child Part 1 & Part 2	Abigail Gewirtz	Review research and impact of trauma as well as tips for identifying and treating trauma.
Impact of Trauma on Early Brain Development	Frank Putnam	Audio Recording
Integrating the Upstairs and Downstairs Brain: Teaching how to make good decisions in high-emotions situations	Dan Siegel	Adapted from The whole-brained child: Twelve revolutionary strategies to nurture you child’s developing mind
The Learning Center	National Child Traumatic Stress Network (NCTSN)	To access free online education, you must create a free account through NCTSN.
Recognizing and Treating Child Traumatic Stress	Substance Abuse and Mental Health Services Administration (SAMHSA)	Learn about the signs of traumatic stress, its impact on children, treatment options, and how families and caregivers can help.
The Repair of Early Trauma: A Bottom Up Approach	Beacon House	The voices of children put together the puzzle of developmental trauma.
Social & Emotional Development in Early Childhood	Dr. Bruce Perry	Video
The Trauma Tree – Understanding the Impact of Childhood Trauma	By Shelley	Article

Toxic Stress	Alberta Family Wellness	This video explains how negative experiences in childhood can impose large costs on brain health and development later in life.
Trauma, Brain & Relationship: Helping Children Heal	The Post Institute	Video that gives information about how trauma affects the development of the mind body system, and how it affects children's behaviors and social relationships.
Trauma-Informed Care Training	Texas Department of Family and Protective Services	DFPS provides this training to assist families, caregivers and other social service providers in fostering greater understanding of trauma informed care and child traumatic stress.
Understanding the Effects of Maltreatment on Brain Development	Child Welfare Information Gateway	Resource guide
Understanding Trauma: Learning Brain vs. Survival Brain	Jacob Ham	This video reframes a trauma perspective in terms of learning brain versus survival brain to make it easier for teachers to talk about trauma with students.
Why Empathy is Essential and Endangered	Dr. Bruce Perry	Video

ADVERSE CHILDHOOD EXPERIENCES (ACES)

RESILIENCE

Resource with Link	Source	Description
Adverse Childhood Experience in Minnesota	MN Department of Health	Article and resources
Building Resilience	Zero to Three	Article regarding infants and toddlers
The Hidden Cost of Resilience	One in Ten	Podcast recording
How to Foster Resilience in Kids	Child Mind Institute Alan Ravitz	Article
Introductory Training Modules	CDC	Free training videos.
What are ACEs and How Do They Relate to Toxic Stress	Center on the Developing Child Harvard University	Infographic and article
Preventing early trauma to improve adult health	CDC	Handout
Promoting Development of Resilience Among Young People in Foster Care	The Annie E. Casey Foundation	Report
Promoting the resilience of young people in foster care	Fostering Perspectives North Carolina	Article
Protective Factors-Parental Resilience	The Center for the Study of Social Policy	Video presentation (no audio – slides only)
The Resilience of Foster Children	Dr. John DeGarmo	Article

<u>Strengthening Families and The 5 Protective Factors Series: Parent Resilience</u>	The Father Factor	Article
<u>Three Principles to Improve Outcomes for Children and Families</u>	Center on the Developing Child Harvard University	Infographic and article