



## SAMHSA's National Center for Trauma Informed Care Resources Page

### Trauma Informed Principles Curriculum

**SAMHSA's Trauma-Informed Approach: Key Assumptions and Principles Curriculum** developed by the SAMHSA National Center for Trauma Informed Care provides an introduction to trauma and trauma-informed approaches in behavioral health and human services. No prior knowledge about trauma is necessary. The training is intended for a wide range of potential audiences, including direct service providers, supervisors and administrators, advocates, service recipients, and interested community members. Mixed audiences, with staff from different agencies, roles, or service systems, often work well. Including service recipients or family members along with staff can be especially effective—putting information about trauma directly in the hands of those most affected is empowering, and joint training creates a spirit of collaboration. In addition, the interactions that occur between trainees can lead to the development of new relationships and ultimately to more supportive and healing environments. This training forms the basis for more advanced work in developing trauma-informed environments and practices. It should be completed prior to embarking on more specialized training.

To view and download the curriculum's PowerPoints, click here:

[http://www.nasmhpd.org/sites/default/files/NCTICTraumaCurriculum\\_PPT\\_8\\_18\\_2015.pdf](http://www.nasmhpd.org/sites/default/files/NCTICTraumaCurriculum_PPT_8_18_2015.pdf)

To view and download the curriculum's instructor's manual, click here:

[http://www.nasmhpd.org/sites/default/files/TraumaTIACurriculumTrainersManual\\_8\\_18\\_2015.pdf](http://www.nasmhpd.org/sites/default/files/TraumaTIACurriculumTrainersManual_8_18_2015.pdf)

### Engaging Women in Trauma-Informed Peer Support: A Guidebook



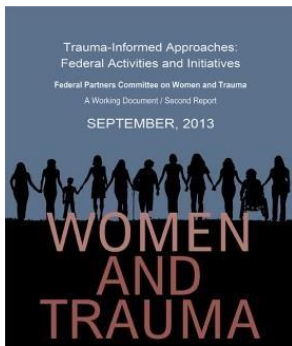
This guide was created by the National Center on Trauma-Informed Care as a technical assistance document to help make trauma-informed peer support available to women who receive or have received services in behavioral health or other human service systems. It is designed as a resource for peer supporters in these or other settings who want to learn how to integrate trauma-informed principles into their relationships with the women they support or into the peer support groups of which they are members. The goal is to provide peer supporters both male and female with the understanding, tools, and resources needed to engage in culturally responsive, trauma-informed peer support relationships with women. The guide can be downloaded as a single file (8MB) or chapter by chapter through this link:

<http://www.nasmhpd.org/content/engaging-women-trauma-informed-peer-support-guidebook-1>

## Trauma Addictions Mental Health and Recovery (TAMAR)

Dr. Andrea Karfgin developed the TAMAR Treatment Manual for use with the TAMAR Program. Dr. Karfgin devised this manual drawing from her years of experience in working with women who are the victims of trauma as well as from several published sources. Permission to use these resources for the TAMAR Program was obtained by the Sidran Traumatic Stress Institute. The TAMAR Program was an original site funded under the Substance Abuse and Mental Health Services Administration's (SAMHSA). Please visit this site for more information - <http://www.nasmhpd.org/content/trauma-addictions-mental-health-and-recovery-tamar-treatment-manual-and-modules>

## Groundbreaking Federal Interagency Report on Women and Trauma-informed Approaches



You are invited to download a groundbreaking report, Trauma-informed Approaches: Federal Activities and Initiatives—the second and highly anticipated Working Document Report of the Federal Partners Committee on Women and Trauma. Completed on September 30, 2013, the report documents the projects, programs, and initiatives of more than three dozen federal agencies, departments, and offices—one of the largest interagency collaborations in federal government history. With agencies' commitment to implementing gender-responsive, trauma-informed approaches, this report addresses the growing national interest in this issue, the work of the Federal

Partners Committee, and the specific progress that participating agencies have made over the past three years (2010-2013), since the Committee's publication of its first report in 2011. This new report, developed with support from SAMHSA's National Center for Trauma-Informed Care, clearly demonstrates the application of trauma-informed approaches across a wide range of settings and systems and encourages other governmental and nongovernmental agencies to implement a cross-sector, interagency, inter-systems' realization, recognition, and response to trauma. Download the report through this link: <http://www.nasmhpd.org/content/federal-partners-committee-women-and-trauma-report>

## Publications

All copies of publications listed below can be found here: <http://www.nasmhpd.org/content/national-center-trauma-informed-care-ntic-0>

- SAMHSA's Promoting Alternative to Seclusion and Restraint through Trauma-Informed Practices pamphlet
- Creating a Trauma-Informed Criminal Justice System for Women: WHY and HOW
- Creating A Place Of Healing and Forgiveness: The Trauma-Informed Care Initiative at the Women's Community Correctional Center of Hawaii
- Promoting Alternatives to Seclusion and Restraint through Trauma-Informed Practices: FY2012 Annual Report
- Reducing Seclusion and Restraint by Creating Trauma-Informed Service Systems: Issue Brief for Policymakers and Administrators
- TASH Shouldn't School Be Safe? Working Together to Keep Every Child Safe from Restraint and Seclusion in School

## Preventing Seclusion and Restraint in School



devastating physical and emotional injuries they suffered as a result. And Carolyn Medina and Wil Beaudoin describe how the restraint and seclusion their children endured had an impact on them as parents.

The film (27 minutes) is available free to the public through <http://stophurtingkids.com/the-film/> for training, professional development and public awareness.

Restraint and Seclusion: Hear Our Stories was produced through a partnership of the National Center on Trauma Informed Care, TASH and the University of New Hampshire Institute on Disability. Support for this film comes from the Substance Abuse and Mental Health Services Administration (SAMHSA).

## Trauma Informed DVDS



**Healing Neen** takes viewers on a journey to places and subjects that most find too difficult or uncomfortable to fathom. But it is Tonier “Neen” Cain’s joyous spirit and astonishing inner-strength that leaps through the screen directly into viewers hearts, inspiring renewed hope and compassion for those still living on the fringes. For two decades, Neen hustled on the streets of Annapolis, Maryland, desperately feeding an insatiable crack addiction and racking up 83 arrests along the way. Rapes and beatings were a routine part of life; home was underneath a bridge or inside the locked cage of a prison. In 2004, pregnant and incarcerated for violation of parole, she was provided the opportunity to go to a community trauma, mental health and addictions program. For more information along with how to order, please visit this website: [www.healingneen.com/](http://www.healingneen.com/)



## Kings Park Stories from an American Mental Institution

On June 21, 1967, at the age of 17, Lucy Winer was committed to the female violent ward of Kings Park State Hospital following a series of failed suicide attempts. Over 30 years later, now a veteran documentary filmmaker, Lucy returns to Kings Park for the first time since her discharge. Her journey back sparks a decade-long effort to face her past and learn the story of the now abandoned institution that once held her captive. Her meetings with other former patients, their families, and the hospital staff reveal the painful

legacy of our state hospital system and the crisis left by its demise. For more information along with how to order, please visit this website: [www.kingsparkmovie.com/](http://www.kingsparkmovie.com/)



**Behind Closed Doors** tells the story of Bettina, Sandy, Valerie and Tonier who have spent decades struggling to overcome childhood abuse. Retraumatized within psychiatric hospital walls, their lives continue to spiral downward into drug abuse, sexual victimization, and homelessness. Their future uncertain, they turn to a non-traditional, community program, hoping to heal. To view this DVD, click here:

<http://www.nasmhpd.org/content/healingneen-bcd>