A variety of events and circumstances can jeopardize young people’s healthy development and well-being, including childhood exposure to caregivers’ maltreatment; household dysfunction; victimization in school and community settings; and negative social determinants such as poverty, inequality, and the experience of discrimination and social exclusion. Studies have shown these elements increase risks not only for substance abuse, but also for physical and mental health problems, academic challenges, high-risk behavior, and involvement in the juvenile justice system. Fortunately, programs, policies, and practices exist to help produce safe and nurturing environments for young people and to enhance resilience and positive coping skills that can help mitigate adversity’s impact.

This resource listing may interest diverse audiences (including advocates, policymakers, researchers, parents and other caregivers, and professionals in child- and family-serving systems) who seek to reduce childhood adversity and promote healthy development for young people, from prenatal stages through late adolescence.

This material was developed with support from the Substance Abuse and Mental Health Services Administration (SAMHSA). The views expressed are those of the authors and do not necessarily represent the standpoint of SAMHSA or any other federal entity.
RESOURCES ON UNDERSTANDING AND ADDRESSING CHILDHOOD ADVERSITY
(LISTED ALPHABETICALLY BY RESOURCE NAME)

**Adverse Childhood Experiences (ACE) Study**
Centers for Disease Control and Prevention (CDC), U.S. Department of Health and Human Services
- This website section maintains information about a landmark research initiative—the ACE Study—including methodology, findings, and a list of journal publications (by health outcome).

**Center for the Study of Social Policy**
- This center promotes public policies that strengthen families and protect and lift children from poverty. The organization’s website includes policy briefs related to strengthening families and improving child welfare.

**Center on the Developing Child at Harvard University**
Harvard University
- This center advances the understanding and use of science-based approaches to improve health outcomes for children. It offers information on child brain development, toxic stress’ neurological impact, and the benefits of reducing child adversity.

**Child Welfare Information Gateway**
Children’s Bureau, Administration for Children & Families, U.S. Department of Health and Human Services
- This resource contains a range of information related to child abuse and neglect, including strategies to protect children and strengthen families, materials about foster care and adoption, and specific state laws/policies related to child maltreatment.

**Child Welfare League of America**
- This coalition of public and private entities addresses the needs of children in the child welfare system. The website contains research data, publications, and teleconference trainings.

**Children of Incarcerated Parents**
The Annie E. Casey Foundation
- This resource list, including books, journals, websites, classes, programs, and policies, aims to help parents, workers, policymakers, and children.

**Children’s Defense Fund**
- This national advocacy organization researches and analyzes issues regarding better protections and opportunities for all children and works to improve related policies.

**National Center for Children in Poverty**
Department of Health Policy & Management, Mailman School of Public Health, Columbia University
- This nonpartisan, public interest research organization focuses on family economic security, strong, nurturing families, and healthy child development.

**National Indian Child Welfare Association (NICWA)**
- This organization addresses the issues of child abuse and neglect through training, research, public policy, and grassroots community development. NICWA’s mission is to improve the lives of American Indian children and families by helping tribes and other service providers implement culturally competent, community-based activities that focus on families’ strengths and assets.
RESOURCES ON UNDERSTANDING AND ADDRESSING CHILDHOOD ADVERSITY, CONTINUED

SAMHSA’s Concept of Trauma and Guidance for a Trauma Informed Approach

Substance Abuse and Mental Health Services Administration (SAMHSA)

- This 2014 publication provides a framework for understanding trauma and its impact and offers guidance on how organizations, systems, and service sectors can inform themselves about trauma.

The National Child Traumatic Stress Network (NCTSN)

SAMHSA
Duke University
University of California, Los Angeles

- This network provides resources to inform diverse national audiences about child trauma, its impact, and strategies for addressing this public health problem. The Learning Center for Child and Adolescent Trauma is an NCTSN resource that offers webinar-based informational training on a number of trauma-related topics, with free continuing education credits available from the National Association of Social Workers and the American Psychological Association.

The National Center on Family Homelessness

- This center offers information on the number of homeless children in every state, data related to risks for child homelessness, and state-level planning and policy activities.

ZERO TO THREE®

- This national nonprofit organization promotes a sound early start in life and offers informational resources for diverse audiences on fostering healthy development and nurturing environments for infants and toddlers.

REGISTRIES TO LOCATE EVIDENCE-BASED PRACTICES, POLICIES, AND PROGRAMS THAT SUPPORT CHILD, YOUTH, AND FAMILY WELL-BEING (LISTED ALPHABETICALLY BY RESOURCE NAME)

Blueprints for Healthy Youth Development

The Annie E. Casey Foundation

- This online resource provides information about research-based programs to prevent problem behavior and promote learning, emotional well-being, physical health, and positive relationships in young people.

CrimeSolutions.Gov

Office of Justice Programs, U.S. Department of Justice

- This website includes a searchable directory of evidence-based prevention and intervention programs and practices relevant to criminal and juvenile justice, including substance abuse.

Excellence in Prevention

Oregon Addiction and Mental Health Services and Washington Division of Behavioral Health and Recovery

- This list of environmental strategies and direct services are relevant to the substance abuse prevention field.
REGISTRIES TO LOCATE EVIDENCE-BASED PRACTICES, POLICIES, AND PROGRAMS THAT SUPPORT CHILD, YOUTH, AND FAMILY WELL-BEING, CONTINUED

**Home Visiting Models**

*MATERNAL, INFANT, AND EARLY CHILDHOOD HOME VISITING (MIECHV)* program, Maternal and Child Health Bureau, Health Resources and Services Administration, U.S. Department of Health and Human Services

- This website section provides resources for home visiting programs to improve parenting practices and strengthen healthy development for infants and toddlers. It also reviews home visiting program models.

**National Child Traumatic Stress Network Empirically Supported Treatments and Promising Practices**

SAMHSA
Duke University
University of California, Los Angeles

- This resource repository—for families, providers, and professionals working in diverse sectors—describes and lists clinical treatment models and trauma-informed services.

**Promise Neighborhoods Research Consortium**

National Institute on Drug Abuse, National Institutes of Health, U.S. Department of Health and Human Services

- This consortium promotes broad-based improvements in well-being for individuals living in high-poverty neighborhoods, capitalizing upon what is shown to be effective. The website contains information on evidence-based programs and policies, and examples of communities implementing such efforts.

**SAMHSA's National Registry for Evidence-based Programs and Practices (NREPP)**

SAMHSA

- This searchable database includes information on more than 300 programs and practices that are relevant to promotion, prevention, treatment, and recovery in mental health and substance abuse.

**Social Programs that Work**

Coalition for Evidence-Based Policy

- This website provides information on research-based programs addressing social issues for children and adults, including substance use, education, health, housing, crime, employment, and welfare.

**STRYVE Strategy Selector**

STRYVE: Striving to Reduce Youth Violence Everywhere, CDC

- This searchable database helps users identify strategies that have been shown to reduce risks, increase buffers, and/or lower the occurrence of youth violence. Because of the various overlapping risk and protective factors for youth violence and youth substance abuse, many of the models highlighted have positive outcomes in both areas.

**youth.gov** (formerly findyouthinfo.gov)

- This website includes a searchable listing of evidence-based youth programs in areas including behavioral health, juvenile justice, teen pregnancy prevention, teen dating violence prevention, youth employment, school climate, and more.
RESOURCES ON CREATING COMPASSIONATE SCHOOL ENVIRONMENTS
(LISTED ALPHABETICALLY BY RESOURCE NAME)

ACEToHigh.org
• This website has resources related to child adversity and examples from different sectors’ work to address this problem, including work in educational settings.

National Technical Assistance Center on Positive Behavioral Interventions and Supports
Office of Special Education Programs, U.S. Department of Education
• This framework and technical assistance center focus on creating supports or systems that assist school personnel in implementing effective strategies at the school, district, and/or state levels via a data-driven, team-led approach that includes ongoing monitoring and professional development.

Restorative Justice: Resources for Schools
Social and Emotional Learning, Edutopia
• This blog post offers resources about restorative justice, which empowers students to resolve conflicts on their own. A growing practice at schools around the country, the purpose is to bring students together in peer-mediated small groups to talk, ask questions, and work through their concerns.

School Climate and Discipline
Law & Guidance, U.S. Department of Education
• This website section offers information on the supportive school discipline initiative; guiding principles; data on use of punitive practices; resources for obtaining assistance from the U.S. Department of Education to improve school climate; a compendium of school laws and state regulations; and archived webinars on creating supportive discipline strategies.

StopBullying.gov
Partners, StopBullying.gov Editorial Board, U.S. Department of Health and Human Services
• This website contains information for diverse stakeholders (including parents, educators, and community members) on understanding different types of bullying and how to address them.

The Heart of Learning and Teaching: Compassion, Resiliency, and Academic Success
Office of Superintendent of Public Instruction, State of Washington
Western Washington University
• This guide offers resources for educators that want to create a nurturing school community. The guidebook has an accompanying 12-minute video describing why it was developed and how teachers can incorporate the initiative’s principles into a classroom setting.

The School Discipline Consensus Report: Strategies from the Field to Keep Students Engaged in School and Out of the Juvenile Justice System
The Council of State Governments Justice Center
• This 2014 report reviews the overuse of punitive discipline practices in schools (and the negative outcomes for youth subjected to them), while outlining positive alternative approaches, including policies and practices to improve school climate, better address students' behavioral health needs, and reduce risks for involvement with juvenile justice.
RESOURCES ON CREATING COMPASSIONATE SCHOOL ENVIRONMENTS, CONTINUED

**Trauma and Learning Policy Initiative**
Massachusetts Advocates for Children
Harvard Law School

- This website includes resources, information, and links to news stories related to schools working to create healthier environments for students exposed to adversity.

**Trauma E-Resources**
Department of Public Instruction, State of Wisconsin

- This webpage includes resources on creating adversity-sensitive educational strategies, including links to articles, videos, and webcasts.

DATA SOURCES FOR COLLECTING INFORMATION ON INDICATORS OF CHILD WELL-BEING AND ASSOCIATED RISK AND PROTECTIVE FACTORS
(LISTED ALPHABETICALLY BY RESOURCE NAME)

**Adverse Childhood Experiences (ACE) Module**
Behavioral Risk Factor Surveillance System (BRFSS), CDC

- This module collects data on adverse childhood experiences related to abuse, neglect, and exposure to household dysfunction.

**American Community Survey**
U.S. Census Bureau, U.S. Department of Commerce

- This ongoing survey generates estimates on social, economic, housing, and demographic status (including issues related to the number of children living in poverty, individuals using food stamps, etc.).

**Behavioral Health Barometer 2014**
SAMHSA

- This publication presents data about key aspects of substance use and mental health care issues, including rates of serious mental illness, suicidal thoughts, substance use, underage drinking, and the percentages of those who seek treatment for these disorders.

**Child Trends DataBank**
Child Trends

- This resource examines more than 100 indicators that focus on risks and positive developments for children. The website section summarizes research related to the importance of such factors to child development, along with trends over time. The data are also arrayed by subgroup and links are provided for given indicators to state, local, and international data sources.
DATA SOURCES FOR COLLECTING INFORMATION ON INDICATORS OF CHILD WELL-BEING AND ASSOCIATED RISK AND PROTECTIVE FACTORS, CONTINUED

Child Welfare Outcomes Report Data
Children’s Bureau, Administration for Children and Families, U.S. Department of Health and Human Services

• This data system features a custom report builder to access the most current Child Welfare Outcomes data before the full report is published. The website provides information on the states in reported cases of maltreatment, rates of entry into foster care, and number of adoptions.

Choosing and Using Child Victimization Questionnaires
Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs, U.S. Department of Justice

• This informational bulletin provides a helpful overview of the purpose, use, scope, and issues addressed in questionnaires that can assess children’s exposure to victimization. It includes listings of surveys related to: exposure to community violence; child maltreatment; sexual assault; peer victimization; witnessing domestic violence; and multi-dimensional victimization instruments.

Civil Rights Data Collection
Office of Civil Rights, U.S. Department of Education

• This data collection allows users to search and compare data across multiple school systems and districts and to compare state and national data. Localities can access data related to school suspensions, expulsions, use of corporal punishment, and school-referred arrests, as applied to students in different racial groups and for students with disabilities.

Communities That Care Youth Survey Research and Results
The Center for Communities That Care, Social Development Research Group, School of Social Work, University of Washington

• This survey is a community needs assessment tool that provides community leaders with estimates of risk and protective factors for youth across different domains.

Community Health Improvement Strengthen Health Planning
Community Commons

• This website provides an online tool that allows communities to identify target populations at the census tract level, while reviewing and mapping conditions that impact well-being, including health needs and social determinants.

County Health Rankings & Roadmaps
The Robert Wood Johnson Foundation
Population Health Institute, School of Medicine and Public Health, University of Wisconsin, Madison

• These datasets include health information and data on child poverty, children in single parent households, community safety/violence, housing shortages, unemployment, food insecurity, and homicide for all counties in the nation.
DATA SOURCES FOR COLLECTING INFORMATION ON INDICATORS OF CHILD WELL-BEING AND ASSOCIATED RISK AND PROTECTIVE FACTORS, CONTINUED

diversitydatakids.org
Institute for Child, Youth and Family Policy, Heller School for Social Policy and Management, Brandeis University
• This online data and analysis tool allows users to assess well-being and equity among the nation’s diverse child population.

Evidence2Success
The Annie E. Casey Foundation
• These assessment tools help communities identify risk and protective factors for their young people. Surveys include youth experience surveys for middle and high school, as well as a childhood survey for parents of children from birth to age 8.

Health Indicators Warehouse
National Center for Health Statistics, CDC
• This website allows users to search for data within a wide range of topics and health indicators.

KIDS COUNT Data Center
The Annie E. Casey Foundation
• This center provides downloadable data on child and family well-being in the areas of economic well-being; education; health; and family and community. It provides data at the national level and for each state and the District of Columbia. Some county-level data are available, too.

Map My Community
youth.gov, Interagency Working Group on Youth Programs
• This interactive tool allows users to search by ZIP code for federally funded programs from multiple federal departments on a wide range of youth topics. The tool can help communities wanting to assess the presence of different types of programming to gauge resource availability and establish relationships with or among local providers.

National Center for Children in Poverty
Department of Health Policy & Management, Mailman School of Public Health, Columbia University
• This website contains user-friendly tools, including a budget calculator to determine the funds necessary to meet basic needs for varying numbers of adults and children within a given county; a young child risk calculator to determine the number of young children in a state with select risks including poverty, teenage parents, residential insecurity, etc.; and state profiles of social policies in place that can help mitigate risks for low-income individuals.

National Survey of Children’s Health
National Center for Health Statistics, CDC
• This phone-based survey is administered to parents/caregivers of children under the age of 18. The Data Resource Center for Child & Adolescent Health (Child and Adolescent Health Measurement Initiative, Bloomberg School of Public Health, Johns Hopkins University in Baltimore) provides online access to these data at the state and national levels (as well as by HRSA region). The website has customizable search features that allow states to see how they compare to the national average for various indicators.
DATA SOURCES FOR COLLECTING INFORMATION ON INDICATORS OF CHILD WELL-BEING AND ASSOCIATED RISK AND PROTECTIVE FACTORS, CONTINUED

**National Violent Death Reporting System**

*Division of Violence Prevention, CDC*

- This surveillance system aggregates data on violent deaths in participating states, including information about homicides perpetrated by an intimate partner and child maltreatment fatalities.

**SAMHSA-CSAT Annual Briefing Book Slides**

*Center for Substance Abuse Treatment, SAMHSA*

- This grantee dataset presentation includes information on provided services and client characteristics. The data reflect a notable pattern among substance abuse treatment recipients of high rates, and multiple types, of stressors and adversity; commonplace family/household problems; and more significant clinical problems associated with more severe victimization.

**State Baby Facts**

*ZERO TO THREE®*

- This website section includes fact sheets for each state and the District of Columbia about the status of infants, toddlers, and families within the framework of good health, strong families, and positive early learning experiences. Among other indicators, it includes data on poverty, maltreatment, and the use of public assistance programs. It also offers comparisons for each state to the national averages.

**The National Center on Family Homelessness**

- This website offers information on the number of homeless children in every state, data related to risks for child homelessness, and state-level planning and policy activities.

**Urban Institute**

- This nonpartisan economic and social policy research group publishes a number of reports and datasets, including materials related to children's health, welfare, and overall well-being.

**Youth Risk Behavior Surveillance System**

*CDC, U.S. Department of Health and Human Services*

- This system includes a national, school-based youth risk behavior survey. The website includes survey information, results and trends, and tools to compare results from states and large districts with national data.
RESOURCES TO AID EFFORTS TO BUILD AND STRENGTHEN COMMUNITY PARTNERSHIPS TO PROMOTE HEALTHY ENVIRONMENTS AND FOSTER CHILD WELL-BEING AND RESILIENCE (LISTED ALPHABETICALLY BY RESOURCE NAME)

**ACEs Connection Network**
- This website has been established as a “community of practice” to share examples of efforts across the country to raise awareness of the prevalence and impact of child adversity and to employ collective efforts to create more nurturing environments.

**ACEsTooHigh**
- This website offers resources related to child adversity and examples from the field of work being done in different sectors to address this problem.

**Addressing and Preventing Trauma at the Community Level**

**Prevention Institute**
- This publication discusses community-level trauma and community-based strategies for addressing it.

**Building Community Commitment for Safe, Stable, Nurturing Relationships and Environments**

**CDC**
- This 2014 guide offers tips for communities to create a shared vision and collective action to foster more nurturing environments for children. A companion piece on *Promoting Positive Community Norms* offers ways in which communities can support safe and stable relationships.

**Communities That Care**
- This coalition-based community prevention operating system uses a public health approach to prevent youth problem behaviors, including underage drinking, tobacco use, violence, delinquency, school dropout, and substance use. The organization helps local leaders identify community risk and prevention priorities and select the right programs to address them.

**Community Anti-Drug Coalitions of America**
- This membership organization of more than 5,000 local coalitions offers resources on topics such as enacting tobacco control polices. It also provides toolkits on preventing prescription drug abuse and building partnerships around substance abuse prevention.

**Community Resilience Cookbook**

**The Robert Wood Johnson Foundation**
- This resource offers context, definitions, and questions to help individuals think about building resilience where they live. It describes how communities in the United States and Canada are practicing theories of Adverse Childhood Experiences (ACEs) and resilience.
RESOURCES TO AID EFFORTS TO BUILD AND STRENGTHEN COMMUNITY PARTNERSHIPS TO PROMOTE HEALTHY ENVIRONMENTS AND FOSTER CHILD WELL-BEING AND RESILIENCE, CONTINUED

**Community Tool Box**

*Work Group for Community Health and Development, University of Kansas*

- This tool box offers free resources for those working to build healthier communities and effect positive social change.

**DoSomething.org**

- This website provides a link for young people to get involved in projects and campaigns to make a positive difference in issues that they may find important. Topics include bullying prevention, discrimination, homelessness, poverty, and more.

**National Network of Statewide Afterschool Networks**

*Charles Stewart Mott Foundation*

- This national network brings together established statewide afterschool networks in their collective mission to build partnerships and policies that develop and sustain quality afterschool programs. The website includes information and resources relevant to these groups.

**Nurturing Environments: Evolving a Nurturing Society**

*Blog, Anthony Biglan, Ph.D., and Dennis Embry, Ph.D.*

- This blog shares research-based information on practices that can help foster more nurturing environments (that produce improved behavioral health outcomes) in the various places where people live, learn, work, and play.

**Preventing Youth Violence: Opportunities for Action**

*CDC*

- This 2014 publication offers suggestions for ways that diverse sectors of the community can collectively work to promote healthy youth development and reduce risks for youth violence.

**The Asset-Based Community Development Institute**

*Center for Civic Engagement, Northwestern University*

- This institute advances the use of local assets as the primary building blocks of sustainable community development. The website contains videos, community mapping tools, and publications that discuss strategies for strength-based collaboration and community development.

**Trauma Informed Community Building: A Model for Strengthening Community in Trauma Affected Neighborhoods**

*Bridge Housing and the Health Equity Institute*

- This 2014 publication discusses challenges and strategies for fostering community building in high-poverty neighborhoods.
RESOURCES FOR PARENTS AND CAREGIVERS
(LISTED ALPHABETICALLY BY RESOURCE NAME)

Administration for Children & Families, U.S. Department of Health and Human Services
• Tip sheets in Chapter 5 help caregivers with parenting topics such as bonding with your baby, managing stress, dealing with temper tantrums, connecting with your teen, caring for a child with developmental delays, making healthy connections with your family, etc. The materials are available in English and Spanish.

Children and Domestic Violence Fact Sheet Series (2015)
National Child Traumatic Stress Network, SAMHSA
Duke University
University of California, Los Angeles
• This fact sheet series is designed for parents whose children have been affected by domestic violence. The user-friendly fact sheets offer insights to support resilience and recovery.

Early Childhood Knowledge and Learning Center
Administration for Children & Families, U.S. Department of Health and Human Services
• This website offers information for parents and other caregivers on positive parenting tips, Head Start centers, and other community groups that promote well-being in young children.

Essentials for Parenting Toddlers and Preschoolers
CDC
• This website section helps parents of 2- to 4-year-olds develop positive relationships with their children, encourage good behavior, and address common challenges such as whining and tantrums.

Family Checkup: Positive Parenting Prevents Drug Abuse
National Institute on Drug Abuse
University of Oregon Child and Family Center
• This website section includes information and sample videos that highlight important parenting skills for reducing risks for initiation/progression of substance use.

FOCUS (Families OverComing Under Stress) Project
Bureau of Medicine and Surgery, U.S. Department of the Navy
• This project is designed to strengthen resilience for military children and families. It teaches practical skills to meet the challenges of deployment and reintegration, to communicate and solve problems effectively, and to successfully set goals together and create a shared family story. The website contains a number of resources and tools for parents, children, and professionals.
RESOURCES FOR PARENTS AND CAREGIVERS, CONTINUED
(LISTED ALPHABETICALLY BY RESOURCE NAME)

HealthyChildren.org
American Academy of Pediatrics
• This resource for parents includes information and fact sheets on stages of development and tips for promoting safety, nutrition, health, and emotional wellness for children.

Little Kids, Big Questions
ZERO TO THREE®

MetLife
• This parenting podcast series feature interviews with experts that focus on applying early childhood development research to parents’ daily interactions with their baby/toddler to support nurturing parenting practices and healthy child emotional development.

Parent Brochures and Guides
ZERO TO THREE®
• This national nonprofit organization provides parents, professionals, and policymakers with information on how to nurture early child development. The parent brochure series includes tips for fostering healthy development from birth to age 3.

Preconception Health
Office of Women’s Health, U.S. Department of Health and Human Services
• This website offers tips to women who are considering becoming pregnant for creating a healthier environment for babies. Topics include nutrition, avoiding substance use during pregnancy, managing stress, and addressing problematic issues such as domestic violence.

Sesame Street
Public Broadcasting Service
• This website of the young children’s educational series includes information on developmental milestones and tips on developing social and emotional skills.

Text4Baby
National Healthy Mothers. Healthy Babies Coalition
• This public health outreach project allows pregnant women to sign up to receive free text messages about the health and safety of their baby, both before and after the baby arrives.