



TRAUMA & RESILIENCY

Recognizing the impact of trauma on children, families, and professionals within the local tribal community context is an important piece of the trauma-informed and trauma-resilient puzzle. It is an ongoing relationship-building process to recognize and identify the strengths and resiliency of individuals and families. Shifting the question from “what’s wrong with you?” to asking, “what happened to you?” provides an opportunity to learn about traumatic experiences, coping skills, survival skills, and resilience.

KEY WEBSITES TO LEARN ABOUT TRAUMA & RESILIENCY

National Native Children’s Trauma Center (NNCTC)

NNCTC is a treatment and service adaptation center that provides training in evidence-based and promising practices, as well as technical assistance in trauma-informed systems, change across all tribal child-serving systems, including schools, behavioral health providers, child welfare agencies, and juvenile justice systems. NNCTC also assists in the cultural adaptation of evidence-based and promising practices and develop products and practices intended for use in Native communities.

Tribal Information Exchange

The Capacity Building Center for Tribes provides several resources surrounding Healing & Wellness, including resource lists on genetic memory, intergenerational trauma, ACEs, and self-care for tribal child welfare professionals.

Center for Native Child and Family Resilience (CNCFR)

The Center for Native Child and Family Resilience gathers and disseminates information about tribally relevant practice models, interventions, and services that contribute substantively to child maltreatment prevention efforts and family resilience developed by and for American Indian and Native Alaskan populations. They also provide technical assistance and capacity building services and support to organizations working in Indian Country to develop, adapt, or expand these programs.

This literature review by CNCFR outlines a variety of intervention and prevention programs in three categories—Tribally Created; Tribally Adapted and Promising; and Promising, Not Adapted.



Center on the Developing Child

The Center on the Developing Child at Harvard University provides science-based information on a [variety of topics](#), including what toxic stress is, how it impacts the developing brain, and how to build resilience. Information is provided through various media platforms, including podcasts, articles, downloadable PDF summaries with policy and practice implications (e.g., [InBrief: The Science of Resilience](#)), videos (e.g., [InBrief: Resilience Series](#)), and interactive games.

Indian Country Child Trauma Center (ICCTC)

The ICCTC develops trauma-related treatment protocols, outreach materials, and service delivery guidelines specifically designed for American Indian and Alaska Native children and their families. Webinars and [publications](#) by the ICCTC are free, and the [resource page](#) provides various summaries, bulletins, brochures, guides, images, and updates specific to trauma and healing on Indian

National Child Traumatic Stress Network (NCTSN)

The NCTSN [Learning Center](#) provides free access to various curricula and training modules. Online registration for the Learning Center is required to access free resources.

NCTSN also has the [Resource Parent Curriculum](#)—a free resource for providers and resource parents (e.g., foster parents, kinship placements, etc.) who are looking for information about caring for children who have experienced trauma.

NCTSN’s [Child Welfare Trauma Training Toolkit](#) (3rd ed.) was developed under the notion that all segments of the workforce, whether it be leadership, case-carrying social workers, administrative support staff, or building security, can benefit from foundational trauma knowledge.

Indian Health Service (IHS)

IHS provides a variety of webinars, online trainings, and resources that offer professionals knowledge and skill-building specific to providing [trauma-informed care](#). There are multiple seminar archives specific to trauma-informed care including historical trauma, early screening and assessment for trauma, consumer-driven trauma-informed care and services, trauma-informed and responsive workforce, evidence-based practices and emerging best practices, creating safe environments, and community outreach and partnership building. Another topic of interest may include the four-part Childhood Trauma Series.

Remembering Trauma

“Remembering Trauma” was developed by the Center for Child Trauma Assessment, Services and Interventions at Northwestern University’s Feinberg School of Medicine. The goal of the short film is to connect how complex trauma and misdiagnosis in youth frequently happens.

Disclaimer from the developers: This film is inspired by a true story. This story shows the various ways that trauma can impact youth. It contains adult language and includes scenes with family violence and sexual assault, which may be upsetting to watch. People who have experienced historical trauma, institutionalized racism, sexism and other forms of oppression may be uniquely impacted by the content of this film. It is strongly recommended that you view this film in the presence of a trusted adult that can offer support as needed.

Administration for Children and Families: Resources Specific to American Indian/Alaska Native (AI/AN) Communities

This Resource Guide to Trauma-Informed Human Services provides information and resources on recent advances in our understanding of trauma, toxic stress, and executive functioning.

VIDEO OVERVIEW OF ACES AND RESILIENCE

Health Connections Special: ACEs – Adverse Childhood Experiences

This 28-minute video provides a succinct and easy to digest overview of adversity, the Adverse Childhood Experiences Study, the impact of trauma and adversity, and how to support self-healing and resilience.

BOOK RECOMMENDATIONS FROM TRIBAL CHILD WELFARE PROFESSIONALS

- ❖ *Healing the Soul Wound*
Eduardo Duran
- ❖ *Native American Postcolonial Psychology*
Eduardo Duran & Bonnie Duran
- ❖ *Healing and Mental Health for Native Americans*
Ethan Nebelkopf & Mary Phillips
- ❖ *Destroying Sanctuary: The Crisis in Human Service Delivery Systems*
Sandra L. Bloom & Brian Farragher
- ❖ *Restoring Sanctuary: A New Operating System for Trauma-Informed Systems of Care*
Sandra L. Bloom & Brian Farragher
- ❖ *Creating Sanctuary: Toward the Evolution of Sane Societies*
Sandra L. Bloom
- ❖ *The Age of Overwhelm: Strategies for the Long Haul*
Laura van Dernoot Lipsky

