

PORTFOLIO OF TRAUMA-INFORMED TOOLS FOR 2GEN APPROACHES



COMPREHENSIVE
TOOLKITS



TRAININGS



SCREENING &
ASSESSMENT TOOLS



RESOURCES



NETWORK PARTNERS
& ASCEND FELLOWS

Trauma-informed care is often referred to as medical care in which all parties involved assess, recognize, and respond to the effects of traumatic stress on children, caregivers, and providers (National Child Traumatic Stress Network). In the context of two-generation (2Gen) approaches, trauma-informed care encompasses practices that promote a culture of safety, empowerment, and healing (Harvard Medical School).

This portfolio features a collection of resources and tools gathered from the Ascend Network over 2022-2023, with a specific focus on practitioners and Ascend Fellows who have developed and/or refined tools and resources that support families through 2Gen approaches with a trauma-informed lens. We have prioritized resources that utilize a racial equity and gender lens in their application, as well as incorporated family voice.

These tools and resources are illustrative, not comprehensive, and are organized to demonstrate how Ascend Network Partners and Ascend Fellows implementing 2Gen approaches also incorporate trauma-informed practices with families and staff. This portfolio is designed to strengthen trauma-informed care with families, utilizing resources that focus on intake processes; staff support and training; providing guidance on secondary trauma; and understanding the integration of whole-family approaches and trauma-informed care. It is organized by tools type and links direct to the organization's website, where additional guidance on implementation is provided.

We are grateful to our Network Partners and Ascend Fellows who provided guidance on this portfolio; they are listed at the end of this document.

COMPREHENSIVE TOOLKITS



These toolkits have multiple resources and tools that include an overview of trauma-informed care, definitions, practices, and tools for implementation.

NAME + LINK	DESCRIPTION
EGG Toolkit	<p>Developed by The Family Partnership in collaboration with early childhood educators and leading experts in brain science, child development, and curriculum design, this early childhood supplemental curriculum, EGG, was designed to buffer children ages 3-5 against ACEs and toxic stress, as the first impact of ACEs is on the development of executive function and self-regulation skills during this developmentally sensitive period. EGG contains a half day of professional development and all the materials needed to implement EGG across the school year.</p>
Michigan Department of Health & Human Services	<p>This is a PDF guide developed by the MDHHS that guides agencies on becoming trauma informed. This guide includes assessment checklists, planning tools, recommendations, implementation strategies, and training models.</p>
The National Child Traumatic Stress Network	<p>The NCTSN works to raise the standard of care and increase access to services for children and families who experience or have exposure to traumatic events. They work to provide clinical services, develop and disseminate new interventions and resource materials, offer education and training programs, collaborate with established systems of care, engage in data collection and evaluation, and inform public policy and awareness efforts. The NCTSN offers resources, education, and trainings for the public, professionals, and others to understand the impact of trauma exposure on children and their families, which can be used on the individual or organizational level.</p>
National Compendium of Trauma-Responsive Policies and Programs: Charting a Path to Healing & Resilience	<p>Published by Pathways to Resilience, this compendium is a collection of interventions, policies, programs, and governing bodies that communities are leveraging to prevent and address trauma and promote healing across the country. Each resource in the compendium includes a brief summary, a list of sector(s) involved, and relevant links.</p>
National Family Support Network Standards of Quality for Family Strengthening and Support Implementation Training and Certification	<p>These nationally-adopted Standards of Quality for Family Strengthening & Support are designed to be used by all stakeholders – public departments, foundations, networks, community based organizations, and families – as a tool for planning, providing, and assessing quality practice. The Standards have created a common language across different kinds of Family Strengthening and Family Support programs such as Family Resource Centers, home visiting programs, and child development programs. These trainings and implementation tools aid staff and organizations to implement these best practices in their work.</p>
Resilient Lehigh Valley	<p>This toolkit provides multiple resources for direct service organizations who want to be trauma informed. This includes an organizational self-assessment, toolkit for homeless services, emotional regulation for youth in secondary grades, and much more.</p>

COMPREHENSIVE TOOLKITS (CONTINUED)



These toolkits have multiple resources and tools that include an overview of trauma informed care, definitions, practices, and tools for implementation.

NAME + LINK	DESCRIPTION
The Sanctuary Model	The Sanctuary Model is a blueprint for clinical and organizational change which, at its core, promotes safety and recovery from adversity through the active creation of a trauma-informed community. The Sanctuary Model is comprised of three primary components: 1) Theoretical philosophies which form the underpinnings of the model; 2) The trauma-informed shared language represented by the acronym S.E.L.F.; 3) A set of practical tools, known as the Sanctuary Tool Kit.
Trails to Wellness	A free, comprehensive collection of resources for teachers, students, and parents to help address mental health for youth.
Trauma-Informed Care Implementation Resource Center	This toolkit outlines the basics of trauma-informed care which includes foundational steps that organizations can take toward fully adopting a trauma-informed approach to care as well as comprehensive treatment approaches.
Virginia H.E.A.L.S.	This toolkit is geared towards direct-service organizations with the goal of providing a welcoming and inclusive environment for children and families using a trauma-informed lens. Included in the toolkit is community resource mapping, learning courses, and agency self-assessments.
Whole Family Approach	The Whole Family Approach toolkit helps the user to move past trauma and break the cycle of struggles to heal themselves by exploring past experiences. This toolkit centers on the individual and their family. The activities in the tools can be done on one's own, with a coach, and in some cases, with the family.

TRAININGS



These resources are online, asynchronous, and in-person trainings for staff to learn about implementing a trauma-informed lens to their work.

NAME + LINK	DESCRIPTION
Be Strong Families	Provides professional development workshops and trainings for staff that includes trainings on trauma-informed care and practice, as well as how to facilitate parent support groups, such as parent cafes.
Components for Enhancing Career Experience and Reducing Trauma (CE-CERT) Training	Training for staff to develop a suite of skills designed to support well-being in professionals who are exposed to secondary trauma. The goal of CE-CERT is not merely to help professionals survive this work. Rather, the goal is to support professionals to have a vocation that is uniquely and deeply satisfying. CE-CERT goes beyond the usual discussion of secondary traumatic stress and burnout to provide specific, practical skills that can be applied to the very real stress that is produced by this work.
Conscious Discipline	A method and framework for discipline that is trauma-informed with a foundation of safety, connection, and problem solving. This organization provides in-person professional development workshops as well as e-learning and digital classes.
CTRAC (CSU Trauma and Resilience Assessment Center)	CTRAC offers a variety of training and consultation opportunities in the area of trauma-informed practices.
Fostering Equity Modules	This training helps policymakers, researchers, academics, nonprofits, and other stakeholders understand the trauma and disparities that stem from structural racism, but also support constructive conversations that lead to policy and systems change.
ParentCorps	ParentCorps provides professional development (live, online, asynchronous) to support early childhood teachers and staff in forming strong, culturally responsive relationships with families and promoting children’s social-emotional well-being. ParentCorps’ full model includes a pre-K classroom-based social-emotional learning program and a parenting program for the caregivers of young children.
Resilient Georgia	Trainings are divided into 4 stages of becoming trauma informed: 1. Trauma Aware, 2. Trauma Sensitive, 3. Trauma Responsive, and 4. Trauma Informed. This site also contains several others tools and resources to help organizations and outline the vision of the State of Georgia to have every child and young adult in the state to have access to high-quality, integrated behavioral health services and support.
TraumaSmart Program	Trainings for organizations to become a “trauma smart agency.” Provides training for staff, particularly caregivers in an educational environment, over a 2-3 year timeline.

SCREENING & ASSESSMENT TOOLS



These are various tools organizations can use for organizational self-assessment or tools for screening or assessment of families and children.

NAME + LINK	DESCRIPTION
Organizational Assessments:	
Creating Trauma-Informed Environments (University of Southern Florida)	This is an organizational self-assessment for trauma informed-care practices in youth residential settings. This tool helps organizations assess, plan, prepare, and implement the changes identified.
Guide to Trauma Informed Organizational Development from the National Health Care for the Homeless Council	This guide with tools is designed to aid agencies developing strategies to create and enhance trauma-informed system of care service approaches. The guide covers various areas of review for any organization, including stages of implementation, continuous quality improvement, safety, trustworthiness, commitment to trauma-informed philosophy, and cultural competence, among others.
ProQOL (Professional Quality of Life)	ProQOL is intended for any helping professional to understand the positive and negative aspects of working with populations who experience trauma and suffering to improve the ability to help clients and maintain self-balance. The self-score tool measures compassion satisfaction, burnout, and compassion fatigue. ProQOL also includes resources for understanding the concepts of burnout, compassion fatigue, compassion satisfaction, secondary traumatic stress, etc, as well as resources of fundamental skills for self-care (better sleep, boundaries, breathing, intentional avoidance and focus, grounding techniques, mindfulness, progressive muscle relaxation, etc). ProQOL allows helping professionals to measure the positive and negative impact of their work in populations with trauma and suffering and gives resources to understand these impacts. They also give strategies to implement self-care into one's routine on an individual level.
Secondary Traumatic Stress Informed Organization Assessment Tool (STSI-OA) (Uni. of KY)	The STSI-OA identifies specific areas of strength and opportunities to implement secondary traumatic stress-informed policies and practices into a workplace or organization. This assessment tool can be used by organizations or companies to evaluate the degree to which their organization is STS-informed and able to respond to the impact of STS in the workplace. This helps to identify which workplace policies and practices need to shift to be more trauma-informed to support their helping professional staff on an organizational level.
Trauma Informed Care for Displaced Population: A Guide for Community-Based Service Providers	This guide, published by the American Institutes for Research and the National Center on Family Homelessness, was adapted from the Trauma-Informed Organizational Toolkit for homeless services as part of the Healing Hearts Promoting Health (HHPH) pilot project. The guide provides templates for self-assessment for organizations.
Trauma Informed Organizational Self-Assessment for Child Abuse Prevention Agencies	Developed by the Wisconsin Children's Trust Fund, this document serves as a guide for implementing service- and systems-level change for child abuse and neglect prevention agencies who would like to become more trauma informed.
Trauma Informed Screening Tool	Developed by Trauma Informed Oregon, this tool was created to assist organizations implementing trauma informed care to identify where they are in the process and the next steps to take to move toward a more trauma-informed agency.

SCREENING & ASSESSMENT TOOLS [CONTINUED]



These are various tools organizations can use for organizational self-assessment or tools for screening or assessment of families and children.

NAME + LINK	DESCRIPTION
Youth/Family Screener or Assessment:	
Adverse Childhood Experiences Screening Assessment	This is a widely used screening tool that also seeks to identify positive childhood experiences. This it to be completed by a parent of caregiver.
Child and Adolescent Trauma Screen (CATS) University of Washington	The CATS questionnaire is a measure of potentially traumatic events and corresponding post-traumatic stress symptoms. This can be administered as a self-report or by a professional as an interview. The CATS Screener can be used to verify experience or exposure with potentially traumatic events and their responding symptoms and functioning.
CTAC Trauma Screening Checklist (Western Michigan Uni.)	The CTAC Trauma Screening Checklist was developed to help identify children at risk. Identified trauma exposure does not necessarily mean substantiation of the child's experience; it is for screening purposes only and reflects information reported by the person completing the form about known or suspected trauma exposure, as well as behavioral, emotional, and relational concerns often associated with trauma exposure. The CTAC Trauma Screening Checklist can be used to help identify known or suspected exposure to trauma and correlating behavioral, emotional, and relational outcomes.
Universal Screening Tool	Developed by Children's Institute in LA, the goal is to have one universal screening tool for families when they start any services with Children's Institute or its partners. It is designed to identify areas of strength and needs in one intake.

RESOURCES



These are additional resources that are useful to deepen one’s understanding of trauma-informed care approach, ACES, secondary trauma, and resilience.

NAME + LINK	DESCRIPTION
2023 Latino Survey Report	Report prepared by Abriendo Puertas on various topics related to the Latino Community, which includes child care and mental health.
Cuidado Personal para padres y Cuidadores: Ser Compasivo con Nosotros Mismos (Self-Care for Parents and Caregivers - Being Kind to Ourselves)	Webinar in Spanish hosted and led by Abriendo Puertas for families and caregivers on the importance of and how to develop a self-care routine for themselves.
Crisis Prevention Institute Resources Guide for Trauma Informed Care	This PDF resource provides a informative overview of trauma and includes tips for preventing re-traumatization and tool for de-escalation.
Guide to Trauma-Informed Meetings, Discussions & Conversations	CTIPP developed this short guide to help facilitators navigate the process of trauma informed conversations and re-establish a healthy space if the discussion becomes unfocused and unproductive.
Harvard Toxic Stress	An overview from Harvard's Center on the Developing Child on toxic stress and its impact on children, designed for practitioners and caregivers.
How to Cope with Traumatic Events	A short guide for youth and young adults on how to cope with traumatic events.
Inner Explorer Mindfulness Practice	A tool for schools to use with teachers and students to practice daily mindfulness. Parents are also able to access for free the mindfulness lessons and practice. The program itself is paid for by schools.
Mental Health Resources for Families	A curation of culturally competent mental health resources for Abriendo Puertos families (English Version).
NAPIESV (National Organization for Asians and Pacific Islanders Ending Sexual Violence)	Documentary, <i>Amot Para I Hinemlo'ta</i> , highlights the Chamorro traditional health practice as it exist today.
NAPIESV Wellness Guide	An Asian & Pacific Islander Wellness Guide: This guide aims to uplift individuals and communities by offering culturally-relevant practices that nurture vitality and foster harmony in life. By implementing practical strategies and techniques, readers can enhance their overall well-being, achieving balance and harmony in mind, body, and spirit.
The National Council for Mental Wellbeing	A collection of more than 30 resources on trauma-informed care that includes tools and training on resilience and recovery-oriented care.

RESOURCES [CONTINUED]



These are additional resources that are useful to deepen one’s understanding of trauma-informed care approach, ACES, secondary trauma, and resilience.

NAME + LINK	DESCRIPTION
Practical Guide for Implementing a Trauma Informed Approach	Developed by SAMHSA, this guide is a comprehensive one with multiple links to additional resources. This guide highlights the need for organizational assessment of readiness and capacity before implementing TIA and describes strategies for such assessments. The guide focuses on implementation strategies across the following 10 domains: Training and Workforce Development, Governance and Leadership, Cross Sector Collaboration, Financing, Physical Environment, Engagement and Involvement, Screening, Assessment, and Treatments Services, Progress Monitoring and Quality Assurance, Policy, and Evaluation.
Que es la salud mental	Short video in Spanish defining mental health.
Recursos para familias sobre la Salud Mental	A curation of culturally competent mental health resources for Abriendo Puertos families (Spanish Version).
Resource Guide to Trauma Informed Human Services	The guide is intended to provide an introduction to the topic of trauma, a discussion of why understanding and addressing trauma is important for human services programs, and a “road map” to find relevant resources. This guide was developed by the Administration for Children and Families, the Substance Abuse and Mental Health Services Administrations, the Administration for Community Living, the Offices of the Assistant Secretary for Health and the Assistant Secretary for Planning and Evaluation at HHS.
Social-Emotional Development & Health by ACF	This letter includes recommendations and evidence-based practices to support social-emotional development and health by the Administration for Children & Families.
The Institute on Trauma & Trauma Informed Care at the University of Buffalo	This resource includes a helpful graphic illustration on the “Road to Trauma Informed Care.” The Center and website have additional resources, guides, and tools. They also offer training and certification for groups for a fee.
Toolkit for Trauma Informed Workplaces: Concepts, Strategies, and Tactics to Build Workplaces that Support Well-Being	This guide provides educational concepts and practical strategies to support team members in advocating for a more trauma informed workplace. Developed and published by the Campaign for Trauma Informed Policy and Practice (CTIPP), this is a free and comprehensive collection of resources and tools for teachers, students, and parents to help address mental health for youth. CTIPP’s work is grounded in NEAR science (Neuroscience, Epigenetics, ACEs, and Resilience). NEAR illustrates how adversity, stress, and trauma impact individuals and society, as well as protective factors that promote better outcomes.
Trauma is an Intergenerational Experience; Resilience Can Be Too: An Integrated, 2Gen Approach to Addressing Trauma	Overview of the work of the Child Trauma and Resilience Assessment Center at Colorado State University in Fort Collins, Colorado.
Vicarious Resilience: A New Concept in Work with those who Survive Trauma	This study explores the formulation of a new concept: vicarious resilience. It addresses the question of how psychotherapists who work with survivors of political violence or kidnapping are affected by their clients’ stories of resilience.

NETWORK PARTNERS & ASCEND FELLOWS



The below Ascend Network Partners and Ascend Fellows incorporate trauma-informed practices in their 2Gen approaches and have provided invaluable guidance on this document.

[Abriendo Puertas](#)

[Buckner Children and Family Services](#)

[Campaign for Grade Level Reading](#)

[Center for Community Resilience & Wendy Ellis, 2018 Ascend Fellow](#)

[Children's Institute](#)

[Cleveland Central Promise Neighborhood](#)

[COTS Detroit](#)

[Family Scholar House](#)

[Inner Explorer](#)

[Kennesaw State University Children and Family Programs](#)

[Lorelei Atalie Vargas, 2018 Ascend Fellow](#)

[New Moms Chicago](#)

[The Family Partnership](#)

[The Jed Foundation](#)

[New Mexico Asian Family Center](#)

[Office of Trauma and Resiliency Policy at the Virginia Department of Social Services](#)

[Starfish Family Services](#)

[Stephanie Seng, 2017 Ascend Fellow](#)