

A CULTURE OF CARE: TRAUMA-INFORMED PRACTICES FOR FAMILY-SERVING SYSTEMS

Conference Primer

This collection of short articles, reports, infographics, and videos is intended to provide foundational knowledge for conference attendees. It covers key terminology and concepts related to trauma- and resiliency-informed practices. Some materials are directed to a specific sector, such as health care or schools, but the ideas and principles are relevant to other sectors as well.

We encourage you to explore these resources at your own pace, reviewing at least one resource from each section before the conference. Please share these resources as well! These are not meant to be comprehensive, but rather a starting point. At the conference, we will go deeper into solutions and best practices for implementation.

Click any of the bolded titles below to access that resource.



WHAT ARE ADVERSE CHILDHOOD EXPERIENCES?

Original ACEs Study *(short text)*.

Learn about the original CDC-Kaiser Permanente Adverse Childhood Experiences (ACE) Study that linked adverse childhood experiences to long-term negative health and well-being outcomes.

3 Realms of ACEs *(infographic)*.

This infographic goes beyond the original 10 household ACEs to show how environmental and community ACEs can affect children, families, and communities.

WHAT IS THE IMPACT OF ACES AND TOXIC STRESS?

How childhood trauma affects health across a lifetime

(video). TED Talk from Dr. Nadine Burke Harris, pediatrician, ACEs pioneer, and current Surgeon General of California.

Understanding ACEs *(infographic)*. Illustrates the effects of toxic stress on children and explains how resiliency can reduce the negative impacts of ACEs.

Epigenetics and Child Development: How Children's Experiences Affect Their Genes *(infographic)*.

Explanation of how negative and positive environmental factors and experiences can affect a developing fetus and young child.

WHAT IS A TRAUMA-INFORMED APPROACH?

Healing Organization Chart *(infographic)*. Trauma Transformed's characteristics of trauma-inducing, trauma-informed, and healing organizations.

Concept of Trauma and Guidance for a Trauma-Informed Approach *(report)*.

SAMHSA's framework for trauma-informed care, including six key principles and ten implementation domains.

Trauma-Sensitive Schools *(short text and video)*. Overview of the core attributes of a trauma-informed school.



If you are having trouble accessing any of these materials, please contact Mai Le at mle@smcgov.org

HOW DO STAFF WITHIN FAMILY-SERVING ORGANIZATIONS EXPERIENCE TRAUMA?

Encouraging Staff Wellness in Trauma-Informed Organizations (*infographic*). Explains chronic emotional stress, and its impact on individuals and organizations.

Secondary Traumatic Stress: A Fact Sheet for Child-Serving Professionals (*fact sheet*). Overview of secondary trauma, including identification, prevention, and interventions.

HOW IS RACISM RELATED TO TRAUMA?

What racism looks like (*infographic*). Explains institutional racism, and how it plays out in various sectors such as health, education, and finances.

Addressing Race and Trauma in the Classroom: A Resource for Educators (*brief*). Defines historical trauma and racial trauma, and its impact on children of all ages.

Historical Trauma and Cultural Healing (*short text and videos*). Explores how people and communities experience historical trauma, and how can reconnecting to cultural practices can be healing.

MORE RESOURCES

ACEs Connection. A hub for news, research and events related to ACEs science and trauma-informed and resilience-building practices.

Join the San Mateo County community page!

HOW CAN WE ENGAGE IN CONVERSATIONS ABOUT RACE AS PART OF TRAUMA-INFORMED PRACTICE?

Cultural Humility (*video*). Locally-produced 30-minute documentary (segmented into 4 short videos) that explains what cultural humility is and why we need it.

White Fragility and the Rules of Engagement (*brief article*). A guide for moving from an individual view of racism to a structural one in order to engage in critical self-reflection and conversations about race.

Encouraging Meaningful Conversations about Race and Trauma

(*brief article/interview*). Jenée Johnson, Program Innovation Leader: Mindfulness, Trauma, and Racial Equity at SFDPH, shares how mindfulness can prepare us for conversations about race and trauma.

WHAT QUESTIONS AND REFLECTIONS DO YOU WANT TO BRING TO THE CONFERENCE?

See you on November 18th!