

# Understanding Childhood Trauma

## (Course Resources & Internet Links)

### **COVID-19 and Toxic Stress**

The Centers for Disease Control and Prevention's COVID-19 Parental Resources Tool Kit: Ensuring Children and Young People's Social, Emotional, and Mental Well-being

<https://www.cdc.gov/mentalhealth/stress-coping/parental-resources/index.html>

### **Trauma Response Behaviors**

Effects | [The National Child Traumatic Stress Network \(nctsn.org\)](https://nctsn.org/)

[Signs-of-possible-trauma-in-children-and-adolescents\\_02.pdf \(anu.edu.au\)](#)

[Recognizing and Treating Child Traumatic Stress | SAMHSA](#)

### **Rest and Resilience**

Joe Tedesco NISD: <https://youtu.be/N77fnitNKhk>

Sample Handout: <https://childhood101.com/take-5-breathing-exercise/>

Mindful Walking, Body Scan, Mindful Breathing

<https://www.mindfulschools.org/resources/explore-mindful-resources/>

## **Resources**

### **Texas Mental Health Resources for School-Aged Children – Find Your Local Mental Health Authority**

- 37 Local Mental Health Authorities located across Texas
- Adult and Children Mental Health Services, Hotlines and Helplines

<https://www.hhs.texas.gov/services/mental-health-substance-use/childrens-mental-health>

### **MentalHealth.gov – Resources for Parents and Caregivers**

<https://www.mentalhealth.gov/talk/parents-caregivers>

### **Substance Abuse and Mental Health Services Administration (SAMSHA): Understanding Child Trauma**

<https://www.samhsa.gov/child-trauma/understanding-child-trauma>

### ***Adverse Childhood Experiences (ACEs)***

<https://www.cdc.gov/violenceprevention/aces/index.html>

**The Centers for Disease Control and Prevention’s COVID-19 Parental Resources  
Tool Kit: Ensuring Children and Young People’s Social, Emotional, and Mental  
Well-being**

<https://www.cdc.gov/mentalhealth/stress-coping/parental-resources/index.html>

**SACRD – San Antonio Community Resource Directory**

Directory of human services including nonprofit organizations, congregations, government agencies, and compassionate groups in and around San Antonio.

<https://www.sacrd.org/directory/>

**American Psychological Association: Resilience Booster – Parent Tip Tool**

<https://www.apa.org/topics/parenting/resilience-tip-tool?tab=1>

**The Center for Child Trauma Assessment, Services and Interventions**

<http://cctasi.northwestern.edu/parents-caregivers/>

**Sesame Street in Communities – Traumatic Experiences**

<https://sesamestreetincommunities.org/topics/traumatic-experiences/>

## **Mindfulness:**

### **Mindful – Healthy Mind, Healthy Life**

<https://www.mindful.org/>

### **UCLA Health: Guided Meditations**

<https://www.uclahealth.org/marc/mindful-meditations>

## **Helplines and Hotlines**

### ***National Suicide Prevention Lifeline***

<https://suicidepreventionlifeline.org/>

1-800-273-TALK (8255)

## **Crisis Text Line**

<https://www.crisistextline.org/>

Text HOME to 741741 from anywhere in the United States

## **Boys Town National Hotline**

<https://www.boystown.org/who-we-help/Pages/National-Hotline.aspx>

1-800-448-3000

Help in immediate crisis: Parenting issues, suicidal thoughts, self-harm, bullying issues, physical/emotional/sexual abuse

## **National Runaway Safeline**

<https://www.1800runaway.org/>

1-800-RUN-AWAY (1-800-786-2929)

## **National Human Trafficking Hotline**

<https://humantraffickinghotline.org/>

1-888-373-7888

Text: 233733