**Trauma in the Classroom: Minimizing Disruptions to Learning**

**Resource List**

**Resources on Secondary Trauma:** This section focuses on self-care, prevention, and mediation of secondary trauma. Materials include self-assessment tools, information on developing self-care plans and exercises, as well as links to a tool based on the Adverse Childhood Experiences Study.

Professional Quality of Life Measure

[www.proqol.org/ProQol\_Test.html](http://www.proqol.org/ProQol_Test.html)

Self-Care Starter Kit (University of Buffalo)

<http://socialwork.buffalo.edu/resources/self-care-starter-kit.html>

Self-Care for Educators

[www.nctsn.org/sites/all/modules/pubdlcnt/pubdlcnt.php?file=/sites/default/files/assets/pdfs/CTTE\_Educators.pdf&nid=84](http://www.nctsn.org/sites/all/modules/pubdlcnt/pubdlcnt.php?file=/sites/default/files/assets/pdfs/CTTE_Educators.pdf&nid=84)

Secondary Traumatic Stress Fact Sheet

[www.nrccps.org/wp-content/uploads/secondary\_traumatic\_tress.pdf](http://www.nrccps.org/wp-content/uploads/secondary_traumatic_tress.pdf)

**Resource Organizations:** Organizations included in this section provided information included in the webinar. Their websites provide both general and specific information related to trauma, including planning and assessment guides to evaluate the extent to which your agency is trauma informed.

National Child Traumatic Stress Network

[www.nctsn.org/](http://www.nctsn.org/)

National Center for Trauma Informed Care (SAMHSA)

[www.samhsa.gov/nctic](http://www.samhsa.gov/nctic)

Treatment and Services Adaptation Center

<https://traumaawareschools.org/>

Trauma Informed Oregon

<http://traumainformedoregon.org/resources>

**Resource Documents:** Includes tip sheets and toolkits specifically for educators.

Child Trauma Toolkit for Educators

[www.nctsn.org/sites/all/modules/pubdlcnt/pubdlcnt.php?file=/sites/default/files/assets/pdfs/Child\_Trauma\_Toolkit\_Final.pdf&nid=84](http://www.nctsn.org/sites/all/modules/pubdlcnt/pubdlcnt.php?file=/sites/default/files/assets/pdfs/Child_Trauma_Toolkit_Final.pdf&nid=84)

Tip Sheet: Suggestions for Educators

[www.nctsn.org/sites/all/modules/pubdlcnt/pubdlcnt.php?file=/sites/default/files/assets/pdfs/CTTE\_Educators.pdf&nid=84](http://www.nctsn.org/sites/all/modules/pubdlcnt/pubdlcnt.php?file=/sites/default/files/assets/pdfs/CTTE_Educators.pdf&nid=84)