



Supporting children affected by trauma

Trauma resources

Australian Child & Adolescent Trauma, Loss and Grief Network

This website is a way to link people from different settings and contexts, help build and circulate knowledge and information, so we can better recognise and respond to children and young people's diverse and often complex needs in the face of threats and losses encountered early in their lives.

www.earlytraumagrief.anu.edu.au

- Resources of abuse, neglect and violence for people working with children:
 - <http://earlytraumagrief.anu.edu.au/resource-centre/abuse-neglect-violence>
- Resources on trauma for people working in schools:
 - <http://earlytraumagrief.anu.edu.au/resource-centre/schools-and-trauma>
- Trauma & Grief Network: Supporting families - website for families and carers:
 - www.tgn.anu.edu.au
- Abuse, neglect and violence resources for families:
 - <http://tgn.anu.edu.au/resource/abuse-neglect-and-violence/>
- Family troubles - resources for families
 - <http://tgn.anu.edu.au/resource/family-troubles/>
- Resources for Indigenous families:
 - <http://tgn.anu.edu.au/resource/indigenous/>
- Resilience and recovery - resources for families:
 - <http://tgn.anu.edu.au/resource/resilience-and-recovery/>
- ACATLGN Trauma, Kids & Adversity blog:
 - <http://helpingkidswithtrauma.blogspot.com.au/>

Royal Australian College of General Practitioners

- Abuse and violence: Working with our patients in general practice <http://www.racgp.org.au/your-practice/guidelines/whitebook/> which is a guide for GPs: abuse and violence -working with patients in general patients.

KidsMatter

The following trauma-focussed resources are available on the KidsMatter website:

- **Early Childhood educators and families with children aged 0-5**
 - Trauma: When times get tough
<https://www.kidsmatter.edu.au/mental-health-matters/mental-health-difficulties/trauma>
 - Trauma: Suggestions for families and staff
<https://www.kidsmatter.edu.au/mental-health-matters/trauma/suggestions-families-schools-and-early-childhood-services>
 - Trauma: Resources for families and staff
<https://www.kidsmatter.edu.au/mental-health-matters/trauma/further-resources>
 - Families working together with early childhood services
<http://www.kidsmatter.edu.au/early-childhood/about-partnerships/about-working-together/families-working-together-early-childhood>
- **Primary school teachers and staff**
 - Understanding trauma (video and information sheet)
<https://www.kidsmatter.edu.au/families/information-sheets/about-mental-health/trauma/understanding-trauma>

National Child Trauma Stress Network, UCLA

Psychological first aid training online

<http://www.nctsn.org/content/psychological-first-aid-schoolspfa>

The National Child Traumatic Stress Network

- Psychological first aid online training course
<http://learn.nctsn.org/course/index.php?categoryid=11>
- Trauma focused cognitive behavioural therapy
<http://tfcbt.musc.edu/>
- Core elements of the trauma sensitive school
[http://homepages.wmich.edu/~atchison/School%20Intervention%20Project%20CD%20Revised%20\(SIP\).pdf](http://homepages.wmich.edu/~atchison/School%20Intervention%20Project%20CD%20Revised%20(SIP).pdf)

Trauma Sensitive Schools

A guide to creating trauma-sensitive schools

<http://traumasensitiveschools.org/tlpi-publications/download-a-free-copy-of-a-guide-to-creating-trauma-sensitive-schools/>

Australian Childhood Foundation

The vision of the Australian Childhood Foundation is “All children are safe from the trauma of abuse, violence and neglect.”

www.childhood.org.au

- Making SPACE for learning: Tips for trauma informed practice in the classroom.
<http://www.childhood.org.au/~media/Files/Fundraising%20files/Fundraising%20resource%20files/Making%20space%20for%20learning%20ACF.ashx>

Red Cross Australia

- Helping children and young people cope with crisis: Information for parents and caregivers http://www.redcross.org.au/files/Helping_Children_and_Young_People_Cope.pdf
- Get ready!
This activity book is designed to help lower primary school-aged children learn about emergencies and the things they can do to be prepared.
http://www.redcross.org.au/files/Emergency_services_Get_Ready_Childrens_activity_book_20110609.pdf
- Emergency services after the emergency – kids booklet
http://www.redcross.org.au/files/Emergency_services_after_the_emergency_kids_booklet_20110609.pdf
- Resources to help teachers educate students from pre-school to year 12 about important emergency preparedness and recovery information.
<http://www.redcross.org.au/schools.aspx>

Trauma recovery blog by Eva Alisic

This blog has monthly updates regarding traumatic exposure and recovery in children, adolescents, and their families. It includes news, practical tools, and key insights from research findings.

Eva's interest in children and trauma was born when she worked at the Childline, an anonymous Dutch telephone service. She was intrigued by children's resilience and their perspectives on life.

<http://trauma-recovery.net/>

Child Safety Commissioner

Calmer classrooms: A guide to working with traumatised children Information for school staff about supporting children affected by trauma

http://www.ccyp.vic.gov.au/childsafetycommissioner/downloads/calmer_classrooms.pdf

Department of Human Services (Victoria)

Child Development and Trauma Guide

<http://www.secasa.com.au/assets/Documents/child-development-and-trauma-guide-introduction.pdf>

Department of Families, Community Services and Indigenous Affairs

Literature Review: A Trauma sensitive approach for children aged 0-8

<http://www.whealth.com.au/documents/work/trauma/LiteratureReview.pdf>

Phone support for families

- 1800RESPECT is a 24-hour telephone line that provides online and telephone crisis and trauma counselling. Available at www.1800respect.org.au
- Kids Helpline 1800 55 1800

Reading for professionals

- Powell, O., Morrison, K., “*Psychological Intervention for Children and young people who have experienced family violence*”. In Psych, October 2015, Vol 37. Issue 5
<http://www.psychology.org.au/inpsych/2015/october/powellmorrison/>
- *Spillane Elementary School Adverse Childhood Exposure Study 2012*
http://acestudy.org/files/Review_of_ACE_Study_with_references_summary_table_2_.pdf

Reading for children

- “*A family that fights*”, Sharon Chester Bernstein, 1991, published by Albert Whitman & Company
- “*Your fantastic elastic brain*”, JoAnn Deak, 2010, published by Us Imports
- “*Healing Days: A Guide for kids who have experienced trauma*”, Susan Farber Straus, 2013, published by Magination Press

General children’s mental health resources

KidsMatter

The KidsMatter website is designed to provide information to schools, early childhood services, health and community services and families to help support the mental health and wellbeing of children. Some helpful information includes:

- **Mental health [Information sheets](#)** - KidsMatter offers a range of evidence-based information sheets for families that have been developed by mental health professionals experienced in child development. These include:
- **[Working with KidsMatter](#)** - These resources provide information about how health and community services can work with KidsMatter schools to support children’s mental health and wellbeing.
- **[Elearning - Connecting with families](#)** - This free elearning course has been developed by KidsMatter to support early childhood educators and teachers in their work with families.
- **[Working in partnership](#)** - These stories show how community partnerships between early learning services and health and community services can work.
- **[Tools for partnerships](#)** - KidsMatter has lots of resources for supporting partnerships and connections.
- **Information for and about [families](#)** - To further your understanding about children’s mental health, KidsMatter has resources for families you might find helpful.
- **Aboriginal & Torres Strait Islander children’s [wellbeing resources](#)** - The page brings together a range of public resources about the social and emotional wellbeing of Aboriginal and Torres Strait Islander people.
- **[Directory for kids’ mental health and wellbeing](#)** - The directory is a comprehensive list of websites, phone lines, national services and definitions of professionals, for use with families.

- **The [Programs Guide](#)** - assists parents and early childhood services in making informed decisions about appropriate and effective early childhood social and emotional learning (SEL) programs
- **[Enewsletters](#) from KidsMatter** - sign up and tick the option to receive any of the following newsletters:
 - Health and Community
 - Families
 - Early childhood
 - Schools

