

Resilience & Trauma: Online Links to Resources for Understanding & Advocacy

We know that our CASA kids have experienced (and may still be experiencing) significant trauma and upheaval in their lives. Left unaddressed, this will have a lifelong, negative impact on their development, coping skills, ability to learn, social interaction, and quality of life.

In order to help, we need proven (yet uncomplicated) information and approaches to trauma, developing brains, child interaction, and development. Fortunately, an accessible and high-quality resource exists at the website of the Center for the Developing Child at Harvard: <https://developingchild.harvard.edu/>

The following topics – and more - are covered (via videos, documents, articles) at the links provided below:

Toxic Stress/Trauma – impact on developing brains

<https://developingchild.harvard.edu/resourcetag/toxic-stress/>

Resilience – and how to build it

<https://developingchild.harvard.edu/resourcetag/resilience/>

Early Childhood Mental Health

<https://developingchild.harvard.edu/resourcetag/mental-health/>

Brain Architecture – Experience & Interaction Shape Brain Circuitry

<https://developingchild.harvard.edu/resourcetag/brain-architecture/>

Building Core Capabilities for Life – Using Science to Coach Caregivers

<https://developingchild.harvard.edu/innovation-application/innovation-in-action/find/>

<https://developingchild.harvard.edu/resourcetag/adult-capabilities/>

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Another excellent online resource is the National Child Traumatic Network (NCTN) at: <https://www.nctsn.org>

Trauma Types <https://www.nctsn.org/what-is-child-trauma/trauma-types> –

Includes information about Effects, Interventions, Screening & Assessment, and Resources on the following:

- Medical Trauma
- Domestic Violence
- Early Childhood Trauma (ages 0 to 6)
- Traumatic Grief

Trauma Treatments <https://www.nctsn.org/treatments-and-practices/trauma-treatments> – Explanations about common treatments or interventions which

advocates may encounter on their cases, including:

- Parent-Child Interaction Therapy (PCIT)
- Cognitive Behavioral Intervention for Trauma in Schools (CBITS)
- Child and Family Traumatic Stress Intervention (CFTSI)
- Trauma & Grief Component Therapy for Adolescents (TGCT-A)
- ...and many, many more

Becoming more informed about childhood trauma, its impact, and the treatments used to address it will help you to better understand your CASA children and prepare you to advocate for them more effectively.