



Transforming Prince George's County
through Trauma-Informed Care
Resource Guide for Professionals

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This document was created by Paths for Families staff with the intention of providing easy to access resources to supplement learning and development following the trauma-informed care training series.

I. Introduction to Trauma-Informed Care

Introduction

- [Trauma-Informed Care and Restorative Practices](#)
- [Six Principles of Trauma-Informed Care](#)
- [Building Healing Behavioral Health Systems: Data to Action Toolkit](#)

What is Trauma?

- [The 3 E's of Trauma](#)
- [Acute, Chronic, Complex Trauma](#)
- [Neurodevelopmental Trauma](#)
- [Trauma Exposure Responses Handout](#)

Adverse Childhood Experiences (ACEs) & Positive Childhood Experiences (PCEs)

- [ACEs and PCEs](#)
- ACEs Infographic: [English](#) & [Spanish](#)
- [ACEs – Risk & Protective Factors - CDC](#)

Understanding the Impact of Trauma on Clients & Supportive Strategies

- [Grounding Techniques: 30 Examples & How They Help](#)
- [Common Reactions to Trauma](#)

II. Trauma, Communities, and The Workplace

Trauma-Informed Care in Communities

- [Creating Transformational Resilience Coordinating Coalitions for and by Community](#)
- [A Healing Framework for Indigenous Communities](#)

Trauma-Informed Care in the Workplace

- [Roadmap to a Trauma-Informed Workforce](#)
- [TIC in the Workplace Toolkit](#)
- [Blueprint for a Vicarious Trauma-Informed Organization](#)
- [Trauma-Informed Leadership and Posttraumatic Growth](#)

Workplace Resilience

- [Trauma and Resilience at Work](#)
- [US Surgeon General: Five Essentials for Workplace Mental Health and Well-Being](#)

III. Trauma, Systemic Change, and Collective Healing

Intergenerational Trauma

- [Science of Trauma & Resilience](#)

Racialized Trauma

- [Racial Justice and Trauma-Informed Care](#)
- [Racial Equity Tools](#)

Social Justice & Transformative Approaches to Care

- [Trauma-Informed Care and Restorative Practices](#)
- [Defining Restorative Practices](#)

IV. Additional Resources

Professional Health & Wellbeing

- [3 Resilience Exercises for Professionals](#)
- [Compassion Fatigue: Signs, Symptoms, and Self-Care Tips](#)
- [Stress Busters](#)

Assessment Tools

- [ACEs Questionnaire](#)
- [Professional Quality of Life Scale \(ProQol\)](#)
- [Burnout Self-Test; Psychology Today](#)
- [Organizational Self-Assessment for Trauma-Informed Care Practices in Youth Residential Setting](#)

Books

- [Break the Cycle: A Guide to Healing Intergenerational Trauma](#) by Mariel Buqué
- [Follow the Love](#) by Dr. Elizabeth Wynter, Marisha Kashyap, Gaelin Elmore
- [Hope and Healing in Urban Education](#) by Shawn Ginwright, PhD
- [My Grandmother's Hands](#) by Resmaa Menakem
- [Trauma Stewardship](#) by Laura van Dernoot Lipsky
- [The Pain We Carry: Healing from Complex PTSD for People of Color](#) by Natalie Y. Gutiérrez
- [What Happened to You?: Conversations on Trauma, Resilience, and Healing](#) by Oprah Winfrey & Bruce D. Perry
- [You Are the Prize: Seeing Yourself Beyond the Imperfections of Your Trauma](#) by Amnoni Myers

Workshops & Trainings

- [Dr. Joy Degruy](#) - (Trainings on intergenerational trauma)
- [Preventing Adverse Childhood Experiences](#) (Free training modules for educators, health care providers, and faith, spiritual, and religious communities)
- [Radical Mental Health First Aide](#) with Oumou Sylla