

Resources for Becoming Trauma-Informed in Response to the COVID-19 Pandemic (April 27, 2020)

With the four initial laws that Congress has passed to begin the nation's response to the pandemic, there is an opening to influence the direction of flexible, federal funding toward trauma-informed approaches and building resiliency. While none of the laws specifically direct funds toward trauma-informed approaches, there are provisions that reference "mental health" and "social-emotional" supports. With guidance and leadership from trauma and resilience advocates, decision makers could choose to direct funds to making many or all public systems trauma-informed and hope-building.

Toolkits and Resources for Building a Trauma-Informed System of Care

Community-wide

- **America's Promise – Creating Cultures of Care: Supporting the Whole Child through Trauma-Informed Practice**
<https://www.americaspromise.org/resource/creating-cultures-care-supporting-whole-child-through-trauma-informed-practice>

Note: To access this toolkit, follow the link above, then scroll down on the webpage until you see a large red button labeled "DOWNLOAD THIS RESOURCE." Click to download.

- **Building Strong Brains Tennessee – Building a Trauma-Informed System of Care**
<https://www.tn.gov/content/dam/tn/dcs/documents/health/aces/building-strong-brains-tn/Building%20a%20Trauma%20Informed%20System%20of%20Care%20Toolkit.pdf>

Note: This toolkit was developed before the pandemic. It is organized around three key steps – advocate, educate and collaborate, all of which are necessary. Users of the toolkit will need to review all of the tips and materials through the lens of doing this work in the "COVID-19 era." There is a greater urgency for taking the steps, but the steps, ideas and advice remain applicable.

Schools and Early Care

- **Teaching Tolerance – A Trauma-Informed Approach to Teaching Through Coronavirus**
<https://www.tolerance.org/magazine/a-trauma-informed-approach-to-teaching-through-coronavirus>
- **The Wellness Society – The Coronavirus Anxiety Workbook**
<https://thewellnesssociety.org/wp-content/uploads/2020/04/Coronavirus-Anxiety-Workbook-1.pdf>
- **Starr Commonwealth – Trauma-Informed Resilient Schools**
<https://store.starr.org/Course/view/trauma-informed-resilient-schools>

Work Settings

- **Trauma-Informed Oregon** – *COVID-19: Considerations for a Trauma-Informed Response for Work Settings (Organizations, Schools, Clinics)*
<https://traumainformedoregon.org/wp-content/uploads/2020/03/Considerations-for-COVID-19-Trauma-Informed-Response.pdf>

For additional resources to inform advocacy and system building efforts, visit the National Trauma Campaign's [Advocacy and Systems Change Tools](#) document.

Background Information on New Federal COVID-19 Response Laws

- **Center for Community Resilience** – *Overview of Key Provisions in Legislation Related to Coronavirus Response* (April 17, 2020)
<https://ccr.publichealth.gwu.edu/sites/ccr.publichealth.gwu.edu/files/COVID-19%20Response%20Legislation%20Key%20Provisions%20-%204.17.20.pdf>
- **National Conference of State Legislatures** – *COVID-19 Stimulus Bill (The CARES Act): What It Means for States* (Note: For the purposes of advocating for trauma-informed systems approaches, it may be useful to click the tabs: Labor-Related Provisions; Health Provisions; Human Services; Education)
<https://www.ncsl.org/ncsl-in-dc/publications-and-resources/coronavirus-stimulus-bill-states.aspx>
- **National Trauma Campaign** – *PowerPoint Deck on Federal COVID-19 Response and the Case for Influencing Flexible Funds Toward a Trauma-Informed Approach*
<http://www.ctipp.org/wp-content/uploads/2020/04/CTIPP-Webinar-Slides-4.23.2020-Final.pdf>

Resources to Educate and Inform Decision-Makers on the Science of Trauma and Resilience

- **Neurosequential Network** – *Dr. Bruce Perry's COVID-19 Stress, Distress, and Trauma Series*
<https://www.neurosequential.com/covid-19-resources>
- **Starr Commonwealth** – *The Trauma Tsunami Video (three-minutes)*
https://youtu.be/dl_w5B6cwU8
- **Alive & Well** – *A Trauma-Sensitive Response to COVID-19*
<https://www.awcommunities.org/traumasensitivecovid19>

Analyzing Policies Through the Lens of the Science of Trauma and Building Resilience

- **National Trauma Campaign** – *Tool for Analyzing COVID-19 Pandemic Response and Recovery Policy Through the Lens of Trauma Science and Practice*
<http://www.ctipp.org/wp-content/uploads/2020/04/Policy-Analysis-Tool.pdf>

Articles Describing the Traumatic Impact of Disasters/the Pandemic

- **The Atlantic** – *The Kids Aren't All Right*
<https://www.theatlantic.com/health/archive/2020/03/what-coronavirus-will-do-kids/608608/>
- **World Economic Forum** – *Lockdown is the World's Biggest Psychological Experiment - and We Will Pay the Price*
<https://www.weforum.org/agenda/2020/04/this-is-the-psychological-side-of-the-covid-19-pandemic-that-were-ignoring/>
- **Fast Company** – *Another Silent Pandemic Could Sweep the Country Alongside COVID-19*
https://www.fastcompany.com/90492874/a-second-silent-pandemic-will-sweep-the-country-alongside-covid-19?partner=rss&utm_campaign=rss+fastcompany&utm_content=rss&utm_medium=feed&utm_source=rss
- **Jama Internal Medicine** – *The Mental Health Consequences of COVID-19 and Physical Distancing: The Need for Prevention and Early Intervention*
<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2764404>
- **NPR** – *Coronavirus is Isolating Some Kids in Protective Care from Parents and Services*
<https://www.npr.org/2020/03/21/817991076/coronavirus-is-isolating-some-kids-in-protective-care-from-parents-and-services>
- **Reuters** *Researchers Warn the COVID-19 Lockdown Will Take its Own Toll on Health*
<https://www.reuters.com/investigates/special-report/health-coronavirus-usa-cost/>
- **Voices4Kids** – *The COVID-19 Crisis is Catastrophic for Children Too*
<https://medium.com/voices4kids/the-covid-19-crisis-is-catastrophic-for-children-too-572953c1eef9>