

## TRAUMA-INFORMED SCHOOLS: RESOURCES

Compiled by Joyce Dorado, PhD, Director and Co-Founder, UCSF HEARTS  
(Healthy Environments and Response to Trauma in Schools)  
Revised 8/1/17

**For more information about UCSF HEARTS and our approach to creating trauma-sensitive schools, please see the websites below:**

- [acestoohigh.com/2014/01/28/hearts-el-dorado-elementary/](http://acestoohigh.com/2014/01/28/hearts-el-dorado-elementary/)
- [edsources.org/today/2013/schools-focus-on-trauma-informed-to-reach-troubled-students](http://edsources.org/today/2013/schools-focus-on-trauma-informed-to-reach-troubled-students)
- [www.whatworksforamerica.org/san-franciscos-el-dorado-elementary-school-uses-trauma-informed-suspensions-drop-89/](http://www.whatworksforamerica.org/san-franciscos-el-dorado-elementary-school-uses-trauma-informed-suspensions-drop-89/)
- [greatergood.berkeley.edu/article/item/the\\_silent\\_epidemic\\_in\\_our\\_classrooms](http://greatergood.berkeley.edu/article/item/the_silent_epidemic_in_our_classrooms)
- [greatergood.berkeley.edu/article/item/how\\_to\\_support\\_stressed\\_out\\_teachers](http://greatergood.berkeley.edu/article/item/how_to_support_stressed_out_teachers)
- [coe.ucsf.edu/coe/spotlight/ucsf\\_hearts\\_story.html](http://coe.ucsf.edu/coe/spotlight/ucsf_hearts_story.html)
- [coe.ucsf.edu/coe/spotlight/ucsf\\_hearts.html](http://coe.ucsf.edu/coe/spotlight/ucsf_hearts.html)
- [www.fixschooldiscipline.org/toolkit/educators/ucsf](http://www.fixschooldiscipline.org/toolkit/educators/ucsf)

### Resources for developing trauma-informed schools:

- Massachusetts Advocates for Children: Trauma and Learning Policy Initiative
  - Helping Traumatized Children Learn, Volumes 1 and 2 (Susan Cole et al.)
    - Freely downloadable at [traumasensitiveschools.org/](http://traumasensitiveschools.org/)
- Craig, Susan E. (2008). Reaching and Teaching Children Who Hurt: Strategies for Your Classroom. Baltimore, MD: Paul H. Brookes Publishing Co.
- Craig, SE. (2015). Trauma-Sensitive Schools: Learning Communities Transforming Children's Lives, K-5. NY: Teachers College Press.
- Souers K., and Hall P. (2016). Fostering Resilient Learners: Strategies for Creating a Trauma-Sensitive Classroom. Alexandria, VA: ASCD.
- Trauma Informed Care Project: Wisconsin Department of Public Instruction
  - [www.traumainformedcareproject.org/resources/bibliography%20of%20resources%20for%20schools%20to%20be%20trauma%20informed.PDF](http://www.traumainformedcareproject.org/resources/bibliography%20of%20resources%20for%20schools%20to%20be%20trauma%20informed.PDF)
  - [sspw.dpi.wi.gov/sites/default/files/imce/sspw/pdf/traumastrategies.pdf](http://sspw.dpi.wi.gov/sites/default/files/imce/sspw/pdf/traumastrategies.pdf)
- National Child Traumatic Stress Network
  - [www.nctsn.org](http://www.nctsn.org)
    - For Educators: Resources for School Personnel
- The Heart of Learning: Compassion, Resiliency, and Academic Success (Ray Wolpov, et al.)
  - Freely downloadable at [www.k12.wa.us/CompassionateSchools/HeartofLearning.aspx](http://www.k12.wa.us/CompassionateSchools/HeartofLearning.aspx)
- Restorative Practices
  - [www.iirp.org](http://www.iirp.org)
  - [www.healthiersf.org/RestorativePractices/](http://www.healthiersf.org/RestorativePractices/) (SFUSD Restorative Practices Program website)
- Fix School Discipline Toolkit
  - [www.fixschooldiscipline.org/](http://www.fixschooldiscipline.org/)
- Mindfulness in Education
  - [www.mindfuleducation.org/resources.html](http://www.mindfuleducation.org/resources.html)
- Collaborative Problem Solving (Ross Greene)
  - [www.livesinthebalance.org](http://www.livesinthebalance.org)

### Toolkit for professionals working with youth who have experienced complex trauma:

- Adolescent Health Working Group “Trauma Resilience Module”
  - [www.ahwg.net/uploads/3/2/5/9/3259766/traumaresbooklet-web.pdf](http://www.ahwg.net/uploads/3/2/5/9/3259766/traumaresbooklet-web.pdf)

