



Defense Health Agency (DHA) Clinical Communities Speaker Series

APR 2023 CCSS: Targeted Interventions Focused on the Whole Health and Wellbeing of the Military Child

S06: Integrating Trauma Informed Care into the Patient Care Model Across the Health Professions Serving Military Children and Youth

Resource List

[American Academy of Pediatrics \(2023\)](#) publishes the website [healthychildren.org](https://www.healthychildren.org) that captures information produced by pediatricians and therefore, trusted by parents. Childhood Trauma is a topic that can be located by searching “Healthy Living” then “Emotional Wellness”. This section identifies three ways to help kids cope that align with trauma-informed care practices. This section emphasizes the importance of creating safe environments, healthy routines and managing emotions to build resilience in children and youth.

The [Centers for Disease Control and Prevention \(2022\)](#) acknowledge the importance of adopting trauma-informed practices even if this may require a cultural change at an organizational level. A trauma-informed approach to emergency response is about acknowledging past trauma and showing sensitivity to the effects it can have on the survivors of traumatic events. Knowing how to approach a person or group of people after a traumatic event can reduce the likelihood of re-traumatization. This resource will assist others with creating trauma informed communities that can be a resource for children, families and other individuals who have experienced trauma.

The [Substance Abuse and Mental Health Services Administration \(SAMHSA, 2022\)](#) is one of several key members of the Interagency Task Force on Trauma-Informed Care. Among the other duties this task force is responsible for carrying out, they must develop a set of evidence-based, evidence-informed, and promising best practices and prevention strategies for individuals at risk of experiencing or being exposed to trauma. A key population to receive these services are infants, children, youth, and their families. This link will outline the mandate explaining that this population must be expeditiously referred to trauma informed practitioners and support services to prevent and mitigate the effects of trauma.

The [U.S. Department of Education \(2023\)](#) sponsors the National Center on Safe and Supportive Learning Environments, an organization that has produced a training package entitled “Trauma-Sensitive Schools”. Building Trauma-Sensitive Schools is a component of the Training Package. This resource introduces all school staff to the concept of trauma sensitivity and provides examples of trauma-sensitive practices that can be adopted in the classroom and schoolwide. Resources include an online module, downloadable handouts, and a facilitation guide that includes suggestions for how to conduct in-person training sessions using the module and handouts.

The [U.S. Department of Health and Human Services Administration for Children and Families \(2022\)](#) published a Resource Guide to Trauma-Informed Human Services. This guide provides human services leaders at the local, State, Tribal, and Territorial levels with information and resources on recent advances in our understanding of trauma, toxic stress, and executive functioning. It especially highlights what these advances mean for program design and service delivery. The guide helps professionals learn about trauma-informed care and helps those currently engaged in trauma-informed work to improve their practice.



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References

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Centers for Disease Control and Prevention. (2022). Building Trauma-Informed Communities. Public

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U.S. Department of Health and Human Services. Administration for Children and Families:

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<https://www.acf.hhs.gov/trauma-toolkit>