



# Trauma-Informed Community Resources at the Tarpon Springs Public Library



## Recommended Books and Other Resources on Preventing or Helping with Difficult or Traumatic Experiences

Books and other materials are listed by subject category and call number. The first section contains materials for children and the next section contains materials for adults, parents or professionals. The final section has online resources, which are listed by website address. Please contact library staff if you have questions.

## **CHILDREN'S RESOURCES**

### **BULLYING**

#### E ALE

*Lucy and the Bully* by Claire Alexander

When a mean classmate in preschool wrecks Lucy's artwork, she discovers that they can be friends once he stops being jealous of her.

#### E CAR

*Henry and the Bully* by Nancy Carlson

When a new second grader begins bullying Henry, Henry stumbles on a secret that might save him and his classmates.

#### E DIC

*Knuckleball Ned* by R.A. Dickey with Michael Karounos

Teased by the Foul Ball Gang, a young baseball learns that his differences make him unique and strong.

#### E GRA

*Leave Me Alone* by Kes Gray

A little boy struggles to stand up to a bully until his friends show him that eight loud voices are stronger than one.

#### E HEN

*Chrysanthemum* by Kevin Henkes

Chrysanthemum loves her name, until she starts school and the other children make fun of it.

#### E SEE

*Bully* by Laura Vaccaro Seeger

A little bull discovers that he has been a big bully.

#### J GAL

*The Bully Book* by Eric Kahn Gale

In this story told alternately through journal entries and instructions from a bullying manual, sixth-grader Eric embarks on a quest to find the reason why he is being teased and tormented in middle school.

#### J POL

*Bully* by Patricia Polacco

Sixth-grade friends, both new to the school, stand up for each other when a group of popular girls bullies them online.

J PRE

*Bystander* by James Preller

Thirteen year old Eric discovers there are consequences to not standing by and watching as the bully at his new school hurts people, but although school officials are aware of the problem, Eric may be the one with a solution.

J 302.34 FRA

*Tough!* by Erin Frankel

When Sam is confronted by a teacher about her bullying, and her friend turns on her, she begins to rethink her treatment of others.

J 302.34 FRA

*Weird!* by Erin Frankel

Luisa changes everything about herself to avoid being called weird, but it doesn't work; book includes notes to parents and teachers.

DVD J302.34 INT

*Internet Bullies: What Should I Do?*

Kids are using instant messaging, blogs, email, chat rooms, and social networks to spread gossip and rumors to harass and embarrass their peers. In this program, viewers will come to understand that using the Internet for those purposes is actually bullying.

## **DIVORCE**

E ADA

*On the Day His Daddy Left* by Eric Adams and Kathleen Adams

Danny's teacher, friends and family reassure him that his parents' divorce is not his fault.

E CLA

*The Best of Both Nests* by Jane Clarke

Stanley the stork is upset when his father goes to live in a separate nest.

E RAN

*I Don't Want to Talk About It* by Jeanie Franz Ransom

Child learns divorce involves big changes, but her parents' love for her will remain the same; includes note to parents.

E SCH

*Standing on My Own Feet: A Child's Affirmation of Love in the Midst of Divorce* by Tamara Schmitz

Addison's parents are divorced and he now lives in two houses, but he know that both his parents love him and always will.

E SME

*I Have Two Homes* by Marian De Smet

A young girl recounts her feelings about her parents' divorce and describes what it is like to live in two households.

J 306.89 LEV

*Was It the Chocolate Pudding? A Story for Little Kids About Divorce* by Sandra Levins

Explains divorce is not the child's fault, that it is a grown-up problem; has note to parents section.

**DOMESTIC VIOLENCE**

J 362.73 CHA

*Changing Places: A Kid's View of Shelter Living* by Margie Chalofsky

Stories of children who were homeless and lived in shelters, some who had experienced domestic violence.

J 362.82 DAV

*Something Is Wrong at My House: A Book About Parents Fighting* by Diane Davis

Offers children ways to cope with the violence they see and helps break the cycle of domestic violence.

DVD J 303.69 MCG

*McGruff on Anger, Conflict & Violence*

McGruff examines the negative effects of violence, alternatives to violence, and how to avoid and diffuse violent situations.

**EMOTIONS**

E EMB

*Glad Monster, Sad Monster* by Ed Emberley and Anne Miranda

Monsters explain what makes them feel glad, sad, loving, worried, silly or angry; fold out masks encourage children to discuss their feelings.

E EVE

*Mean Soup* by Betsy Everitt

Horace feels really mean at the end of a bad day, until he helps his mother make Mean Soup.

E HOL

*A Terrible Thing Happened* by Margaret Holmes

Story designed to help children who have witnessed any kind of violence or trauma, includes a list of resources for parents.

E JON

*When Mommy Was Mad* by Lynne Jonel

A young boy helps his mother realize how her bad mood is affecting everyone in the family.

E KUR

*When Miles Got Mad* by Samantha Kurtzman-Counter

Miles learns how to deal with his anger when little brother Max breaks his toy airplane.

E MAI

*Ben's Flying Flowers* by Inger Maier

Follows Emily as she tries to overcome her grief following her brother's death; includes note to parents.

E MAR

*Into the Great Forest : A Story for Children Away from Parents for the First Time* by Irene Wineman Marcus

Reluctant to leave home for his first day of school, a young boy has a reassuring dream in which he leaves his royal parents for an adventure in the forest and returns safely to the castle.

## E MUR

*Percy Gets Upset* by Stuart J. Murphy

Mommy and daddy help their son calm down and feel better when situations make him angry.

## E YAM

*What Do You Do With a Problem?* by Kobi Yamada

The story of a persistent problem and the child who isn't so sure what to make of it.

## J 152.4 AVE

*Everybody Has Feelings: Todos Tenemos Sentimientos : The Moods of Children* by Charles Avery

Visual expression of emotions, starting point for a discussion with a child about emotions.

## J 152.4 RUB

*Visiting Feelings* by Lauren Rubenstein

Invites children to sense, explore, and befriend any feeling with acceptance and equanimity. Children can explore their emotions with their senses and nurture a sense of mindfulness. Gaining this objectivity allows space for a more considered response to the feelings.

**PHYSICAL & SEXUAL ABUSE**

## E ABO

*Uncle Willy's Tickles* by Marcie Aboff

Uncle Willy will not stop tickling, even when his nephew says "stop," but with reassurance from his mother the boy tries again to tell Uncle Willy he tickles too much. Includes a note to parents on how to talk about "good and bad touching" and a child's right to say no.

## E KAT

*No Biting* by Karen Katz

An honest and funny book offers flaps that lift to show toddlers that there is a better way to act out their frustration than biting.

## J KLA

*I Don't Want to Go to Justin's House Anymore* by Heather Klassen

Story involves recognizing signs of abuse and helping others.

## J 155.4 MOR

*Do You Have a Secret?* by Jennifer Moore-Mallinos

Distinguishes between good and bad secrets and when to tell.

## J 362.76 GIL

*I Told My Secret: A Book for Kids Who Were Abused* by Eliana Gil

Answers children's questions about abuse and telling after being abused, provides information to help heal the trauma.

## J 362.76 KLE

*The Right Touch: A Read Aloud Story to Help Prevent Child Sexual Abuse* by Sandy Kleven

Received Benjamin Franklin Award for best parenting book of 1999, includes note for parents and teachers.

## J 362.76 RIG

*Not in Room 204* by Shannon Riggs

A teacher tells the children in her class to talk to an adult if they are being sexually abused.

J 362.76 SHE

*Because It's My Body!* by Joanne Sherman

Teaches children how to assertively communicate that they do not want to be touched, includes note to parents.

J 613.6 SPE

*Your Body Belongs to You* by Cornelia Spelman

Explains to children that they can say no to unwanted touches, includes note to parents.

J 613.66 STA

*My Body Belongs to Me* by Jill Starishevsky

This book offers a tool parents, teachers, and counselors can use to help children feel, be, and stay safe.

J 649.6 FRE

*It's My Body: A Book to Teach Young Children How to Resist Uncomfortable Touch* by Lory Freeman

Helps children to respond appropriately to unwanted touches.

362.7 HIN

*A Very Touching Book* by Jan Hindman

Parents and professionals can read this book to children to help facilitate discussion about touch and sexual abuse.

DVD J 362.76 MCG

*McGruff on Self-Protection: Preventing Child Abuse and Neglect*

McGruff teaches about the various types of child abuse and neglect and the help available to those who need it.

## **POST-TRAUMATIC STRESS DISORDER (PTSD)**

E KAS

*Why Is Dad So Mad?* by Seth Kastle

Picture book about PTSD and military families.

J 618.92 STR

*Healing Days: A Guide for Kids Who Have Experienced Trauma* by Susan Farber Straus

Designed to be used in therapy for young children and functions as an excellent resource for those who have experienced physical or sexual abuse, or other trauma. Readers will follow four children as they learn ways to cope with their own trauma.

## **STRANGERS**

E BER

*The Berenstain Bears Learn About Strangers* by Stan and Jan Berenstain

Has the Bears' rules for safe conduct among strangers.

E JOY

*Never Talk to Strangers: A Book About Personal Safety* by Irma Joyce

Amusing adventures as several familiar and unfamiliar animals show what it means to talk to strangers.

E PEN

*Once upon a Dragon: Strangers Safety for Kids* by Jean Pendziwol

A little girl teaches her dragon friend to be careful when it comes to strangers.

J 362.7 GIR

*Who Is a Stranger, and What Should I Do?* by Linda Walvoord Girard

Explains how to deal with strangers in various situations.

DVD J 613.6 SAF

*SafeKids 101: Preparing Kids to Stay Safe at Home and in the Community*

Includes staying home alone, answering the door or phone, gun awareness, fire safety, first aid, abuse, abduction and stranger danger.

## **SUSTAINABLE HEALTHY COMMUNITIES**

E CHR

*Plant a Little Seed* by Bonnie Christensen

Two friends plant seeds in their community garden, then water, weed, wait, and dream as the plants grow until they can be harvested.

Includes facts about gardening and harvest festivals.

E KEL

*Cecil's Garden* by Holly Keller

After seeing how arguing affects the other animals, Cecil figures out how to plant a garden that he and his friends can all enjoy.

J FLE

*Seedfolks* by Paul Fleischman

One by one, a number of people of varying ages and backgrounds transform a trash-filled inner-city lot into a productive and beautiful garden, and in doing so, the gardeners are themselves transformed.

## **RESOURCES FOR ADULTS, PARENTS OR PROFESSIONALS**

### **ABUSE & ADDICTION**

362.29 DAY

*The ACoA Trauma Syndrome: The Impact of Childhood Pain on Adult Relationships* by Tian Dayton

Guide for adult children of alcoholics (AcoAs) to understanding the cumulative trauma of addiction or dysfunction.

362.76 LEW

*Victims No Longer : The Classic Guide for Men Recovering from Sexual Child Abuse, 2nd ed.* by Mike Lew

Examines the changing cultural attitudes toward male survivors of incest and other sexual trauma, offering compassionate and practical advice supported by personal anecdotes and statements of male survivors.

362.76 PUC

*Finding Your Way: What Happens When You Tell About Abuse* by Linda Pucci

Addresses all kinds of abuse, with a focus on sexual abuse, provides guidelines and resources.

362.82 BAN

*When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse* by Lundy Bancroft

Written for women who have been abused by their partners to promote their children's well-being.

618.92 KAG

*Rebuilding Attachments with Traumatized Children: Healing from Losses, Violence, Abuse, and Neglect* by Richard Kagan

Guide for professionals, parents, or any adult working to show children how to move beyond the traumatic experiences that haunt them to a more positive perspective, not by denying hardships, but by drawing strength from the supportive people in their lives.

618.92 KAG

*Real Life Heroes: A Life Storybook for Children* by Richard Kagan

Workbook designed to be used with *Rebuilding Attachments with Traumatized Children* by Richard Kagan to help troubled children overcome traumas and develop self-esteem through a creative arts approach that fosters positive values and a sense of pride.

DVD 616.858 HEA

*Healing Neen*

Story of Tonier "Neen" Cain's recovery from an abusive childhood and two decades of homelessness, drug addiction, and multiple incarcerations to become a nationally-known speaker and educator on the devastation of trauma.

## **BULLYING**

373.15 GAR

*And Words Can Hurt Forever: How to Protect Adolescents from Bullying, Harassment, and Emotional Violence* by James Garbarino

Uncovers the staggering extent of emotional cruelty and its ramifications, and counters the nursery rhyme that words don't hurt.

DVD 371.5 BUL

*Bullied*

Victims of bullying often do not know where to turn. This film is their chance to be heard.

DVD 371.58 BUL

*Bullying: What Every Adult Needs to Know*

Educates adults about what bullying is and what they can do to help the young people in their lives when bullying is a problem.

DVD 371.58 STO

*Stop Bullying! Standing Up for Yourself and Others*

Presents concrete steps to take to respond to bullying.

## **DIVORCE**

DVD 306.89 KID

*Kids & Divorce: For Better or Worse*

Examines the emotional and legal aftermath of divorce including custody matters.

DVD 306.89 WHA

*What Parents Need to Know from Kids About Divorce*

Delivered from the perspective of children, information for parents and grandparents about how children are affected by divorce.

**DOMESTIC VIOLENCE**

362.82 HAG

*Understanding Adult Survivors of Domestic Violence in Childhood : Still Forgotten, Still Hurting* by Gill Hague  
Addresses how to work with children exposed to domestic violence and with adult survivors of domestic violence.

616.8582 BLO

*Bearing Witness: Violence and Collective Responsibility* by Sandra Bloom and Michael Reichert  
Offers a unique layperson's introduction to the scope and causes of violence and trauma theory and suggests ways we can all work to attack these causes.

**PHYSICAL & MENTAL HEALTH & WELLNESS**

155.24 MOO

*The Resilience Edge : 27 Tools For Turning Adversity Into Action* by Christian Moore  
A primer on how anyone can become more resilient, whether facing financial troubles, health setbacks, challenges on the job, or virtually any other problem. The author argues that we can all learn how to use these adverse events and circumstances as potent fuel that helps us overcome life's hardships.

155.9 GRE

*The Stress-Proof Brain: Master Your Emotional Response to Stress Using Mindfulness and Neuroplasticity* by Melanie Greenberg  
Exercises to harness the power of positive emotions to overcome stress for good.

155.93 KAR

*Scared Sick: The Role of Childhood Trauma in Adult Disease* by Robin Karr-Morse with Meredith S. Wiley  
Looks at the lifelong effects of trauma from before birth through childhood on physical and emotional health and cognitive functioning.

158.1 VOL

*Life Skills : Improve the Quality of Your Life with Metapsychology* by Marian K. Volkman  
One-on-one session work to achieve your personal goals - from relieving past pain to living more fully to expanding consciousness.

362.19 MIL

*Building Resilience to Trauma: The Trauma and Community Resiliency Models* by Elaine Miller-Karas  
Explains the common cascade of physical, emotional, cognitive, behavioral, and spiritual responses to trauma from a biological perspective, reframing the human experience from one of shame and pathology to one of hope and biology.

362.2 BUE

*The Emotional First Aid Manual* by Janet Buell  
Techniques to prevent emotional suffering and help restore happiness.

362.22 FOR

*Madness: Heroes Returning from the Front Lines: Baltic Street AEH, Inc.: An Unlikely Story of Respect, Empowerment, and Recovery* by Joanne L. Forbes  
Instead of being defeated by madness, the Baltic Street Advocacy, Employment, and Housing (AEH) staff in New York City built an agency that understands how to help those diagnosed with mental illness.



362.28 VAN

*Public Safety Suicide: The Human Dimension* by Mary Van Haute and John M. Violanti

Takes an individual human approach to the problem of suicide in public safety occupations.

616.8521 EPS

*The Trauma of Everyday Life: A Guide to Inner Peace* by Mark Epstein

Author/psychiatrist uncovers the transformational potential of trauma, revealing how it can be used for the mind's own development.

616.8521 TRA

*Trauma-Informed Care in Behavioral Health Services* published by the Substance Abuse and Mental Health Services Administration (SAMHSA)

Assists behavioral health professionals in understanding the impact and consequences for those who experience trauma. Discusses patient assessment, treatment planning strategies that support recovery, and building a trauma-informed care workforce.

616.8521 VAN

*The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma* by Bessel van der Kolk

Discusses traumatic stress and how it rearranges the brain's wiring, specifically areas dedicated to pleasure, engagement, control and trust. The author shows how these areas can be reactivated through neurofeedback, mindfulness techniques, play, yoga and other therapies.

618.92 NAK

*Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal* by Donna Nakazawa

An examination of the link between Adverse Childhood Events (ACEs) and adult illnesses.

CD-ROM R 616.858 IMP

*The Impact of Trauma on Wellness: Implications for Comprehensive Systems Change*

CD-ROM recording of a teleconference on the effects of childhood trauma and new approaches for acceptance and treatment

CD-ROM R 616.858 PEE

*Peer Respite Services: Transforming Crisis to Wellness*

CD-ROM recording of a teleconference on the value of community-based support services and new approaches for acceptance and treatment.

DVD 172.4 POR

*Portraits of Professional Caregivers: Their Passion, Their Pain*

Explores the painful and human sides of professional caregivers and public servants.

DVD 248.866 REC

*Reclaiming Life*

Through powerful first-hand experience, this video offers hope to those who have experienced suicide loss.

DVD 616.89 HEA

*Healing Voices*

Feature-length documentary examining experiences commonly labeled as 'psychosis' or 'mental illness' in society, and a critical look at America's broken mental health care system

**POST-TRAUMATIC STRESS DISORDER (PTSD)**

616.85 MUS

*What Nurses Know...PTSD* by Mary Muscari

Guide to Post-Traumatic Stress Disorder and its causes, symptoms, effects, and associated problems; offers ways to manage stress, talk to health care providers, and get help from traditional and nontraditional sources.

616.85 PEA

*The Trauma Tool Kit: Healing PTSD from the Inside Out* by Susan Pease Banitt

Assesses traditional and alternative therapies for Post-Traumatic Stress Disorder and suggests methods that are universally available.

616.85 STE

*5 Survivors: Personal Stories of Healing from PTSD and Traumatic Events* by Tracy Stecker

First-person accounts by Post-Traumatic Stress Disorder survivors; three veterans of war, a hurricane survivor and a victim of childhood sexual abuse tell their stories of trauma and share their struggles and how they worked toward positive change and healing.

616.8521 BLO

*Mind-Body Workbook for PTSD: A 10-Week Program for Healing After Trauma* by Stanley H. Block & Carolyn Bryant Block

Self-guided, mind-body bridging program to help recover from Post-Traumatic Stress Disorder.

616.8521 LEE

*The Compassionate-Mind Guide to Recovering from Trauma and PTSD: Using Compassion-Focused Therapy to Overcome Flashbacks, Shame, Guilt, and Fear* by Deborah Lee & Sophie James

Ways that trauma survivors can heal from trauma, abuse, or violent situations.

616.8521 LIE

*Wounded Minds: Understanding and Solving the Growing Menace of Post-Traumatic Stress Disorder* by John Liebert & William J. Birnes

Uncovers the disturbing truths of why post-traumatic stress injury is on the rise, how it's threatening society, and how the military is failing to properly address this serious issue. Also describes the most recent research and methods that have been developed to help soldiers heal their mental and emotional wounds.

616.8521 MAT

*Loving Someone with PTSD: A Practical Guide to Understanding and Connecting with Your Partner After Trauma* by Aphrodite Matsakis

Increase your understanding of the signs and symptoms of PTSD, improve your communication skills with your loved one, set realistic expectations, and work to create a healthy environment for both partners.

616.8521 TED

*The Posttraumatic Growth Workbook: Coming Through Trauma Wiser, Stronger, and More Resilient* by Richard Tedeschi

Evidence-based, step-by-step workbook offering trauma survivors a new model for processing their traumatic experience in order to gain wisdom, strength, and resilience.

616.8521 WIL

*The PTSD Workbook* by Mary Beth Williams and Soili Poijula

Outlines techniques and interventions used by Post-Traumatic Stress Disorder experts from around the world to offer trauma survivors effective tools to conquer their most distressing trauma-related symptoms; book is based in Cognitive Behavioral Therapy (CBT)

616.8521 ZIM

*The Time Cure: Overcoming PTSD with the New Psychology of Time Perspective Therapy* by Philip Zimbardo, Richard Sword & Rosemary Sword

Shows how those living with Post-Traumatic Stress Disorder can shift their perspectives to change the way they think about past traumatic experiences, get away from a fatalistic mindset, and focus more on a positive future

616.85822 TRI

*Trigger Points* edited by Dawn Daum and Joyelle Brandt

A collection of writing by parents who are survivors of childhood abuse.

618.928521 KRI

*Gentling: A Practical Guide to Treating PTSD in Abused Children* by William E. Krill, Jr.

"Gentling" represents a new paradigm in the therapeutic approach to children who have experienced physical, emotional, and sexual abuse and have acquired Post-Traumatic Stress Disorder as a result; for clinicians, parents, foster parents, teachers, and caregivers

B POW

*My Tour in Hell: A Marine's Battle with Combat Trauma* by David W. Powell

Author Powell's story of how his traumatic experiences in combat in Vietnam greatly affected his life and how he finally recovered from Post-Traumatic Stress Disorder through Traumatic Incident Reduction (TIR) and is now symptom-free.

## **RAISING & EDUCATING CHILDREN**

363.2 KIR

*I Love a Cop : What Police Families Need to Know* by Ellen Kirschman

Dr. Ellen Kirschman, a psychologist who has worked with police officers for more than 30 years, gives practical ways to deal with the challenges of long hours, unpredictable shifts, and the crisis-driven nature of the profession.

363.37 KIR

*I Love a Fire Fighter : What the Family Needs to Know* by Ellen Kirschman

A practical, no-nonsense, yet compassionate guide that provides the first self-help book written to address the questions and concerns of today's fire fighter families.

371.93 FOR

*Help for Billy: A Beyond Consequences Approach to Helping Challenging Children in the Classroom* by Heather T. Forbes

A pragmatic manual to help guide families and educators who are struggling with traumatized children. Based on the concept of the neuroscience of emotions and behavior.

371.94 COL

*Helping Traumatized Children Learn: Supportive School Environments for Children Traumatized by Family Violence* by Susan F. Cole, et al.

Focuses on policy and practice issues related to the creation of more trauma-sensitive environments within school settings.

371.94 COL

*Helping Traumatized Children Learn: Creating and Advocating for Trauma-Sensitive Schools* by Susan F. Cole, et al.

Offers a guide to a process for creating trauma-sensitive schools and a policy agenda to provide the support schools need to achieve this goal.

371.94 SPO

*The Trauma-Informed School: A Step-by-Step Implementation Guide for Administrators and School Personnel* by Jim Sporleder.

An all-inclusive guide for administrators of schools of any size or grade level, that gives protocols and step-by-step instructions for a successful transition to a trauma-informed school.

371.94 WOL

*The Heart of Learning and Teaching: Compassion, Resiliency, and Academic Success* by Ray Wolpov, Mona M. Johnson, et al.

A handbook for teachers working with students whose learning has been adversely impacted by trauma in their lives.

616.8521 BUI

*Building Resiliency in Kids* developed by the Institute for Health & Recovery

A psychoeducational, group-based curriculum designed for children of families affected by substance use, mental illness, and/or domestic violence. The curriculum has nine core sessions with the goals of improving self-esteem, self-protection, vocabulary of emotions, and promoting a child's resiliency.

616.8521 WIL

*Trauma Informed Treatment: The Restorative Approach* by Patricia D. Wilcox

The essential guide to trauma informed care with at risk youth, providing a foundational understanding of trauma's impact on the developing brain, then detailing its implications for treatment, the promotion of pro-social behaviors, and improving the culture among clients and staff.

618.92 FOR

*Beyond Consequences, Logic, and Control (Vol.1): A Love-Based Approach to Helping Attachment-Challenged Children With Severe Behaviors* by Heather T. Forbes

Covers in detail the effects of trauma on the body-mind and how trauma alters children's behavioral responses. While scientifically based in research, it is written in an easy to understand and easy to grasp format for anyone working with or parenting children with severe behaviors.

618.9289 BE

*Be Child Wise: A Dynamic Approach to Raising and Caring for Emotionally Distressed Children* by ChildWise Institute

Provides specific interventions based on an understanding of child and relational development so that what is harmed by relationship can be healed by relationship.

**SUSTAINABLE HEALTHY COMMUNITIES**

307.34 FOX

*Green Town USA: The Handbook for America's Sustainable Future* by Thomas J. Fox

An account of the birth of the first sustainable community in the United States. Devastated by a level five tornado in 2007, the town of Greensburg, Kansas lost 95% of its infrastructure. The residents came together in defiance to build the first "green town". The town is sustainable in every way, from housing to construction, community and open spaces. The lessons derived provide a road map for the rebuilding of all small towns, also promoting the provision of new jobs, financial savings, earth-awareness and a better quality of life for residents.

616.8521 DEV

*Developing Trauma-Informed Organizations: A Toolkit* developed by the Institute for Health & Recovery

Designed to help organizations improve the quality of services offered by integrating an understanding of the impact of trauma and violence into the organization's policies, procedures, and interactions with those being served.

618.928521 KRI

*All That We Share: A Field Guide to the Commons* by Jay Walljasper

A collection of essays that offer unique strategies for dealing with the economic, political, and cultural issues that are shaping the global community at the start of the twenty-first century.

631.58 BIR

*Sustainable Revolution: Permaculture in Ecovillages, Urban Farms, and Communities Worldwide* by Juliana Birnbaum & Louis Fox

Features photographs, interviews, and essays profiling 60 thriving community-based projects in diverse climates across the planet.

**TRAUMATIC INCIDENT REDUCTION (TIR)**

616.8521 BEY

*Beyond Trauma: Conversations on Traumatic Incident Reduction* edited by Victor R. Volkman

Stories of the effectiveness of Traumatic Incident Reduction, which is a brief, one-on-one, non-hypnotic, person-centered, simple and highly structured method for eliminating the negative effects of past traumas.

616.8521 TRA

*Traumatic Incident Reduction and Critical Incident Stress Management: A Synergistic Approach* edited by Victor R. Volkman

Articles on Traumatic Incident Reduction (TIR) and critical incident stress management (CISM) and the use of these two stress-interventions in preventing and overcoming the debilitating psychological aftermath of traumatic experience.

616.8521 TRA

*Traumatic Incident Reduction: Research and Results* edited by Victor R. Volkman

Presents Traumatic Incident Reduction research reports, case studies, resources, and answers to frequently-asked questions.

618.928521 CHI

*Children and Traumatic Incident Reduction: Creative and Cognitive Approaches* edited by Marian K. Volkman

Essays on Traumatic Incident Reduction offering tools and techniques, results and theory to help traumatized children.

## B POW

*My Tour in Hell: A Marine's Battle with Combat Trauma* by David W. Powell

Author Powell's story of how his traumatic experiences in combat in Vietnam greatly affected his life and how he finally recovered from Post-Traumatic Stress Disorder through Traumatic Incident Reduction and is now symptom-free.

## **ONLINE RESOURCES FOR TRAUMA INFORMATION AND SERVICES**

<http://www.acesconnection.com>

ACEs Connection is a social network that accelerates the global movement toward recognizing the impact of adverse childhood experiences in shaping adult behavior and health, and reforming all communities and institutions -- from schools to prisons to hospitals and churches -- to help heal and develop resilience rather than to continue to traumatize already traumatized people. The network achieves this by creating a safe place and a trusted source where members share information, explore resources and access tools that help them work together to create resilient families, systems and communities.

[www.peace4tarpon.org](http://www.peace4tarpon.org)

Peace4Tarpon's official website helps to fulfill this Trauma Informed Community Initiative's mission to promote a widespread awareness of the costly effects of personal adversity upon the wellbeing of the community

[www.peace4tarpon.org/community\\_guide.pdf](http://www.peace4tarpon.org/community_guide.pdf)

Peace4Tarpon's Community Guide offers an extensive listing of organizations that provide essential services to the community; printed copies of this guide are available at the Library

[www.facebook.com/Peace4Tarpon](https://www.facebook.com/Peace4Tarpon)

Peace4Tarpon's Facebook page has a lot of current news and information related to this Trauma Informed Community Initiative

[www.cdc.gov/ace](http://www.cdc.gov/ace)

Centers for Disease Control and Prevention's Adverse Childhood Experiences (ACE) Study in collaboration with Kaiser Permanente is one of the largest investigations conducted to assess associations between childhood maltreatment and later-life health and well-being

[www.istss.org](http://www.istss.org)

International Society for Traumatic Stress Studies (ISTSS) is an international, interdisciplinary professional organization that promotes advancement and exchange of knowledge about traumatic stress

[www.nccev.org](http://www.nccev.org)

National Center for Children Exposed to Violence, established in 1999 at the Yale Child Study Center by the U.S. Department of Justice, Office of Juvenile Justice and Delinquency Prevention, has current and historical information about children and violence

[www.ptsd.va.gov](http://www.ptsd.va.gov)

National Center for PTSD (Post-Traumatic Stress Disorder)'s purpose is to improve the well-being and understanding of individuals who have experienced traumatic events, with a focus on American Veterans

[www.ptsd.va.gov/professional/pilots-database/pilots-db.asp](http://www.ptsd.va.gov/professional/pilots-database/pilots-db.asp)

PILOTS Database is an electronic index to the worldwide literature on Post-Traumatic Stress Disorder and other mental health consequences of exposure to traumatic events, which is accessible through the National Center for PTSD's website

[www.samhsa.gov/nctic](http://www.samhsa.gov/nctic)

National Center for Trauma-Informed Care (NCTIC) dedicated to building awareness of trauma-informed care and promoting the implementation of trauma-informed practices in programs and services

[www.nctsn.org](http://www.nctsn.org)

National Child Traumatic Stress Network (NCTSN) was established by Congress in 2000 to raise the standard of care and improve access to services for traumatized children, their families and communities throughout the United States.

[www.nimh.nih.gov](http://www.nimh.nih.gov)

National Institute of Mental Health's website offers resources for Post-Traumatic Stress Disorder ([www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd](http://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd)) and for coping with traumatic events ([www.nimh.nih.gov/health/publications/trauma-listing.shtml](http://www.nimh.nih.gov/health/publications/trauma-listing.shtml))

[www.theannainstitute.org](http://www.theannainstitute.org)

The Anna Institute (formerly the Anna Foundation) and Mid-Coast Maine Trauma Informed Community offer many trauma resources

*Updated March 2018*