



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 618.92 HAR (Audiobook)

The Deepest Well: Healing the Long-Term Effects of Childhood Adversity by Nadine Burke Harris

A pioneering physician reveals how childhood stress leads to lifelong health problems, and what people can do to break the cycle.

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 KOP

Walking the Medicine Wheel: Healing Trauma & PTSD by David R. Kopacz, MD & Joseph Rael

The authors--a psychiatrist and holistic and integrative medicine physician and a Native American visionary--present how to use the circular pathway of the medicine wheel to re-train the nervous system of our returning veterans suffering from trauma and post-traumatic stress disorder (PTSD).

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.

618.928521 LEV

Trauma-Proofing Your Kids: A Parents' Guide For Instilling Confidence, Joy & Resilience by Peter A. Levine

Assists parents and other lay caregivers in the prevention and healing of trauma by serving as a practical guide to "stress-busting" and building resilience in kids so they can easily cope with our fast-changing world of mishaps, increasing pressures and turbulence.

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

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.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

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

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

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

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/PTSDpubs/search_ptsdpubs.asp

PTSDpubs database (formerly PILOTS) is a freely available, online database providing access to the worldwide literature on PTSD and other mental health consequences of exposure to traumatic events. It is produced by the National Center for PTSD.

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

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

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) and for coping with traumatic events (www.nimh.nih.gov/health/publications/trauma-listing.shtml)

www.theannainstitute.org

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

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