



Resilient Kids. Stronger Communities. Brighter Futures.



YOU ARE NOT ALONE



## **Resources for Trauma-Informed Pediatric Healthcare Providers**

### **Resources on Child Trauma**

- ACES Study  
[www.acesstudy.org](http://www.acesstudy.org)
- National Child Traumatic Stress Network  
[www.nctsn.org](http://www.nctsn.org)
- Dr. Perry and Child Trauma Academy  
[www.childtrauma.org](http://www.childtrauma.org)
- Illinois Childhood Trauma Coalition  
[www.illinoischildhoodtrauma.org](http://www.illinoischildhoodtrauma.org)
- Look Through Their Eyes  
[www.lookthroughtheireyes.org](http://www.lookthroughtheireyes.org)
- Pediatric Medical Traumatic Stress Toolkit for Health Care Providers  
<https://www.nctsn.org/resources/pediatric-medical-traumatic-stress-toolkit-health-care-providers>
- Illinois Council Against Handgun Violence- Student Voices Contest  
[www.ichv.org](http://www.ichv.org)

### **Resources on Relaxation/Self-Care for Patients and Providers**

- Stop, Breathe and Think App
  - <http://stopbreathethink.org/>
- Practicewise Guided Relaxation Scripts
  - <http://relax.practicewise.com>
- Provider Resilience App (PROQOL)
  - <http://t2health.dcoe.mil/apps/provider-resilience>

### **Resource for Pediatric Clinic Settings**

- Trauma-Informed Space  
<http://youexperiencesmatter.com/learning/safe-spaces/trauma-informed-space/>