

Early Life Stress and Resilience Program Trauma Resources and Interventions for Frontline Workers and Mental Health Providers

The Early Life and Stress and Resilience Program (ELSRP) offers a compiled list of resources and interventions on various types of trauma and holistic approaches to stress management techniques or skills. This resource list is created for those individuals taking care of Frontline Workers and Mental Health Providers, who are impacted by trauma, crises, and disasters. We have added a compassion box as a mechanism to start the exploration of our package. If you are experiencing a life-threatening emergency or feel like you may be of harm to yourself or others, please contact your local hotlines or access national hotlines ([U.S. Emergency 911](#) and [Suicide Prevention 988](#) found here). The resources are organized by topic. The italics indicate the source and/or org name. The titles and descriptions have a hyperlink directing you to the actual resource.

Compassion Box: often we are first responders to crises and offer empathy and non-judgment to others. The compassion box is meant to focus on first responders/providers/caregivers/educators' restorative and soothing self-care strategies before engaging in care for others:

- [Why it's important to practice Self Compassion with Veronica Alvarez](#)
- [Stanford Medicine's Center for Compassion and Altruism Research and Education \(CCARE\)](#)
- [Meditation: RAIN with Tara Brach](#)

Building Resilience

1. *Stanford ELSRP*, [What Is Stress and What is Resilience video, Dr. Victor Carrion](#)
2. *Stanford ELSRP Article*, [Resilience by design: How nature, nurture, environment, and microbiome mitigate stress and allostatic load](#)

Mindfulness, Managing Stress, and Self-Care

1. *Stanford ELSRP on Pure Edge channel*, [Worry, Stress & Anxiety: How to Manage](#)
2. *Stanford ELSRP, ELSRP* [Virtual Meditation Library](#)
3. *Voices Center for Resilience*, [Health Care Practitioners Providing Care to Those Affected by Traumatic Events: Practitioners can greatly reduce survivors' fear and anxiety through compassionate communication and empathy.](#)
4. *Pure Edge Inc.*, [Educators longer-term interventions on stress, self-care, brain breaks.](#)
5. *The National Child Traumatic Stress Network*, [Fact sheet provides information about the specific self-care strategy of Pause-Reset Nourish, or PRN.](#)

Collective Trauma

1. *Stanford Psychiatry*, [How to apply prevention over response to trauma, collective effects of trauma and signs, interventions post-traumatic even, and a lot of great psychoeducation on the science behind tough transitions. Pandemic focused but it can be applied to other disasters](#)

Domestic Violence

1. *The National Child Traumatic Stress Network*, [The Needs of Children in Domestic Violence Shelters- Provides information on how trauma from domestic violence impacts children, and how best to serve these children's needs.](#)

General Trauma

1. *Stanford ELSRP*, Stress and Resilience Training Intervention [Crisis support intervention training based on Psychological First Aid \(PFA\), Skills for Psychological Recovery \(SPR\) and uses elements of Cue-Centered Therapy](#)
2. *Stanford Psychiatry and Behavioral Sciences*, [Stanford's Heard Alliance Toolkit - Resources for parents on topics such as social media, suicide prevention, substance abuse, depression, etc](#)
3. *The National Child Traumatic Stress Network*, [Child Neglect and Trauma: A Fact Sheet for Providers-offers child-serving providers information about child neglect and trauma.](#)
4. *The National Child Traumatic Stress Network*, [Sexual Health and Trauma Fact Sheet which provides information about sexual health to providers.](#)

Grief

1. *The National Child Traumatic Stress Network*, [Childhood Traumatic Grief: Information for Mental Health Providers: Fact sheet offers information on why mental health providers are important for grieving children.](#)

Mass Violence and Community Trauma

1. *Voices Center for Resilience*, [Traumatic Events Tip Sheets: First Responders and Recovery Workers- In the aftermath of a traumatic event such as an act of violence, social or civil unrest, or domestic terrorism](#)
2. *The National Child Traumatic Stress Network*, [Trauma in the Lives of Gang-Involved Youth: Tips for Volunteers and Community Organizations- Offers some statistics about gang-involved youth and their exposure to traumatic events.](#)

Medical Trauma

1. *The National Child Traumatic Stress Network*, [Pediatric Medical Traumatic Stress Toolkit for Healthcare- Offers a compendium of tools to guide medical professionals in effectively assessing and treating medical traumatic stress in children and families.](#)
2. *The National Child Traumatic Stress Network*, [Pediatric Medical Traumatic Stress: How to Assess and Help Family- Provides tips for medical professionals on how to assess a family of ill or injured children and how to help their families.](#)

Migration Trauma

1. *Mental Health Technology Transfer Center (MHTTC)*, [Trauma-Informed Strategies to Engage with Youth Seeking Asylum: Tips to keep in mind as you engage with youth seeking asylum.](#)
2. *Mental Health Technology Transfer Center (MHTTC)*, [Southern Border Resources to Address Immediate Needs, a list of resources to support the mental health of asylum seekers, primarily unaccompanied minors, on our Southern Border, includes those developed by the MHTTCs and other reputable organizations.](#)
3. *The National Child Traumatic Stress Network*, [Psychological First Aid for Unaccompanied Children: This approach includes a set of tools to assist staff in supporting unaccompanied children through early transitions.](#)
4. *The National Child Traumatic Stress Network*, [Understanding Refugee Trauma for Mental Health Professionals: Fact sheet describes the cultural, child and youth, family, and provider considerations that professionals should understand when working with this population.](#)

Pandemic and Natural Disaster

1. *Stanford Department of Psychiatry*, [Generation Dread Book and Website of resources on eco-anxiety affecting children and adolescents.](#)
2. *Stanford Doerr School of Sustainability*, [growing community focused on deepening knowledge of Earth, climate, and society, and creating solutions to sustainability challenges.](#)
3. *Substance Abuse and Mental Health Services Administration (SAMHSA)*, [Cultural and Population Sensitivity in Disaster Behavioral Health Programs: Technical assistance journal on disaster behavioral health which is produced by the Substance Abuse and Mental Health Services Administration \(SAMHSA\) Disaster Technical Assistance](#)

Racial Trauma

1. *The National Child Traumatic Stress Network*, [Cultural Responsiveness to Racial Trauma: Offers mental health providers information on understanding cultural responsiveness to racial trauma, why it matters, and what to do.](#)

Secondary Traumatic Stress

1. *The National Child Traumatic Stress Network*, [Provides community violence workers with information about secondary traumatic stress \(STS\).](#)

War Trauma (find resources in Hebrew, Arabic, Russian, and Amharic)

1. *Stanford ELSRP*, [Building Resilience in Ukrainian Students: Understanding the Impact of Stress and How to help our youth and ourselves manage it](#)

2. *American Psychological Association*, [Resilience in a time of war: Tips for parents and teachers of elementary school children](#)
3. *American Psychological Association*, [What is trauma? Coping with the trauma of war in the Middle East](#)