Early Life Stress and Resilience Program

Trauma Resources and Interventions

for Parents

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 parents, 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. American Academy of Pediatrics, Parent Handouts to manage stress for their children
4. Pure Edge Inc., Pure Edge Resources: Pure Brain Breaks, Amazing Brain
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 and Complex 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
2. The National Child Traumatic Stress Network, Offers strategies to help parents/caregivers cope with collective traumas. This fact sheet also provides guidance on what parents/caregivers can do to care for their children as they cope.
3. The National Child Traumatic Stress Network, Helps parents and caregivers recognize the signs and symptoms of complex trauma and offers recommendations on how to help children heal.

Domestic Violence

General Trauma
1. Stanford ELSRP, Resources for parents and children with anxiety (books and websites) more long-term supplemental resources but we didn’t have anything like this on the past doc
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

Grief
1. The National Child Traumatic Stress Network, Helping School-Age Children with Traumatic Grief: Tips for Caregivers (in Ukrainian) - Describes how school-age children may feel when struggling with the death of someone close and offers tips on what caregivers can do to help.

2. The National Child Traumatic Stress Network, The Power of Parenting: How to Help Your Child After a Parent or Caregiver Dies offers guidance around helping children cope after the death of a loved one. Information is provided about how to face new fears in the context of bereavement, how grieving caregivers can take care of their own needs, how to help children hold on to the old while embracing the new, and how to create comforting connections.

Mass Violence and Community Trauma

1. Voices Center for Resilience, Mental Health Considerations after a Traumatic Event Following acts of violence, social or civil unrest, or domestic terrorism such as the attack on the Capitol Building – many people experience similar reactions. It is important to know what to expect, how you can cope, and when you should seek professional help.

Pandemic and Natural Disaster

1. 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.

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