

## Resource Guide

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### COMPASSION FATIGUE AND BEHAVIORAL HEALTH WEBSITES

**Compassion Fatigue Awareness Project.** Organization focused on educating caregivers across professions about self-care. Provides basic information on compassion fatigue and relevant self-assessments, as well as additional reading references and resource links. <http://www.compassionfatigue.org/>

**TEND.** Canadian organization that provides workshops and trainings related to compassion fatigue for helping professionals. The Website includes a number of additional resources on the topic. <http://compassionfatigue.ca/>

**Compassion Unlimited.** Canadian organization that provides resources to individuals and organizations on the topic of post-traumatic stress and compassion fatigue. The Website includes training tools and information. <http://www.compassionunlimited.com/>

**Compassionate Schools.** Information on Washington State's Compassionate Schools Initiative, a statewide initiative to make schools and classrooms a healthy environment for youths who have experienced stress and trauma. Includes a link to a free downloadable handbook. <http://www.k12.wa.us/CompassionateSchools/>

**Figley Institute.** Organization that offers in-person workshops and online training courses for those who provide relief to emotionally traumatized individuals and communities. Certification is available. The Website also includes an extensive list of additional resources. <http://www.figleyinstitute.com/indexMain.html>

**International Society for Traumatic Stress Studies.** International, interdisciplinary organization dedicated to the advancement and exchange of knowledge about traumatic stress, including understanding the scope and consequences of traumatic exposure, preventing traumatic events and improving their consequences, and advocating for the field. <https://www.istss.org/>

**National Association of School Psychologists.** Comprehensive Website for the profession of school psychology in the United States, including professional development, certifications, advocacy opportunities, employment opportunities, and extensive resources. <http://www.nasponline.org/>

**National Child Traumatic Stress Network.** Website for an organization dedicated to developing and disseminating evidence-based interventions, trauma-informed services, and public and professional education related to the service of traumatized children and their families. The organization was established by Congress in 2000. <http://www.nctsn.org/>

**Professional Quality of Life (ProQOL) Elements Theory and Measurement.** Website for the ProQOL, a commonly used measure of the negative and positive affects of helping others who experience suffering and trauma. The measure itself, as well as supporting information, is available for download. <http://proqol.org/>

**Readiness and Emergency Management for Schools Technical Assistance Center.** Technical Assistance Center hosted by the U.S. Department of Education providing resources to schools and institutions of higher education on emergency management, including mental health recovery from disasters. <http://rems.ed.gov>

**SAMHSA Disaster Distress Helpline.** Helpline hosted by the Substance Abuse and Mental Health Services Administration (SAMHSA) that provides phone- and text-based crisis counseling to anyone who is experiencing emotional distress related to natural or man-made disasters. <http://disasterdistress.samhsa.gov/disasters/>

**Traumatology Institute.** Online forum for a Canadian institute developed to provide training and care in the fields of trauma response and compassion fatigue. <http://www.traumatologyinstitute.net/>

### OTHER TRAINING RESOURCES

**Child Trauma Toolkit for Educators.** Toolkit created by the National Child Traumatic Stress Network providing fact sheets for educators on the psychological and behavioral impact of trauma on youths, as well as information on self-care for educators and information for parents on child trauma.

[http://www.nctsn.org/sites/default/files/assets/pdfs/Child Trauma Toolkit Final.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/Child_Trauma_Toolkit_Final.pdf)

**Child Welfare Work and Secondary Traumatic Stress.** Excerpt from a toolkit created by the National Child Traumatic Stress Network that provides information for those who work with children and families on secondary traumatic stress, including ways to identify it and prevent it.

[http://www.nctsn.org/assets/pdfs/CWT3 SHO STS.pdf](http://www.nctsn.org/assets/pdfs/CWT3_SHO_STS.pdf)

**Coping with a Disaster or Traumatic Event: Helping Children Cope.** Information from the Centers for Disease Control and Prevention (CDC) on recognizing trauma in children following a disaster and tips for what you can do before, during, and after a disaster to help with the coping process. Common reactions of children are organized by age group and those of special needs children are also included.

<https://emergency.cdc.gov/coping/children.asp>

**Coping with Traumatic Events: Resources for Children, Parents, Educators, and Other Professionals.** SAMHSA publications and resources with information on coping with trauma and tips for talking with children and youths about trauma. Resources from the National Child Traumatic Stress Network are also provided, along with resources on retraumatization and chronic stress and additional resources covering cultural awareness in trauma response and media coverage. <https://www.samhsa.gov/capt/tools-learning-resources/coping-traumatic-events-resources>

**Healing After Trauma Skills [H.A.T.S.]: A Manual for Professionals, Teachers, and Families Working with Children After Trauma/Disaster, 2nd Edition.** Manual providing educators or mental health professionals with information about children impacted by trauma, exercises to facilitate sharing of experiences and feelings, and tools to build coping skills. [http://www.nctsn.org/assets/pdfs/edu\\_materials/HATS2ndEdition.pdf](http://www.nctsn.org/assets/pdfs/edu_materials/HATS2ndEdition.pdf)

**The Heart of Learning and Teaching: Compassion, Resiliency, and Academic Success.** Comprehensive resource created by public schools and a state office of public instruction to promote the “compassionate teaching approach” to help students learn despite trauma experienced.

<http://www.k12.wa.us/CompassionateSchools/pubdocs/TheHeartofLearningandTeaching.pdf>

**Listen, Protect, Connect — Model and Teach: Psychological First Aid (PFA) for Students and Teachers.**

Handbook for teachers on the Listen, Protect, Connect — Model and Teach process for helping students who have experienced a crisis, from *Ready* (<https://www.ready.gov>), a campaign from the U.S. Department of Homeland Security and the Federal Emergency Management Agency.

[http://www.ready.gov/sites/default/files/documents/files/PFA\\_SchoolCrisis.pdf](http://www.ready.gov/sites/default/files/documents/files/PFA_SchoolCrisis.pdf)

**National Child Traumatic Stress Network Suggestions for Educators: How to Help a Traumatized Child.** Tip sheet for educators on how to help a child at school who has experienced trauma.

<http://www.nctsn.org/trauma-types/traumatic-grief/educators> **Recovering Emotionally From Disaster.**

Information on common reactions and responses to disaster, with coping mechanisms and a link to a psychologist locator provided by the American Psychological Association.

<http://www.apa.org/helpcenter/recovering-disasters.aspx>

**Transforming Compassion Fatigue into Compassion.** Satisfaction List of top 12 self-care tips for those working in helping professions, including educators. Also includes additional resources.

<http://www.compassionfatigue.org/pages/Top12SelfCareTips.pdf>