

QUICK tic TOOLKIT

As we come together facing this global pandemic, we are all experiencing collective trauma. The purpose of this toolkit is to give a better understanding of what trauma is, how trauma affects the thoughts, actions and behaviours of people affected by it and give an understanding that we can come together in solidarity and hope.



Learn more at www.ticcollective.ca or contact us at info@ticcollective.ca

Purpose

In a climate of universal trauma, trauma informed care (TIC) is needed now more than ever. TIC offers a useful lens for processing the effects of COVID-19 and also prepares us for the possibility of increased trauma as a result of the pandemic. These resources will not only equip people to care for themselves, but will also train individuals in the basics of trauma informed care to more effectively support those who have experienced the effects of trauma. This toolkit is set out in differing levels for differing individual needs and capabilities at this time.

*“I don’t think we therapists and community workers are burning out. The problem of burnout is not in our heads or in our hearts, but in the real world where there is a lack of justice. The people I work alongside don’t burn me out and they don’t hurt me: they transform me, challenge me and inspire me. What harms me are the injustices and indignities suffered by clients, and my frustrating ability to personally change the unjust structures of the society they struggle with and live in.” **

Vikki Reynolds

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LEVEL 1: STRESS AND RESILIENCE

“It’s Okay to not be Okay”

Recognizing and managing stress, building resilience through mindful practice, short video links and practicing self compassion.

LEVEL 2: ENHANCED LEARNING

Understanding the effects of trauma and increasing the capacity to offer trauma informed services

Collections of free online certificate classes and links to deepen understanding of the prevalence and long term effects of trauma.

LEVEL 3: FURTHER RESOURCES ON TIC

Recognition of the inherent worth and dignity of all persons

Collection of TED Talks, Toolkits, further learning from experts in the field, and evidence based journal articles. *

*<https://vikkireynoldsdotca.files.wordpress.com/2017/12/reynolds2009collectiveethicsasapathtoresistingburnoutinsightsrccjournal.pdf>

Are you feeling stressed? It's okay to not be okay.

LEVEL 1

“Sleep, mental health, healthy relationships, exercise, nutrition, and mindfulness—we saw in our patients that these six things were critical for healing. As important, the literature provided evidence of why these things were effective. Fundamentally, they all targeted the underlying biological mechanism—a dysregulated stress-response system and the neurologic, endocrine, and immune disruptions that ensued.”

Nadine Burke Harris, [The Deepest Well: Healing the Long-Term Effects of Childhood Adversity](#)

PATH TO WELLNESS



RECOGNIZE THE IMPACT OF STRESS IN OUR BODY

How Stress Affects Your Body

4 minutes

TED Talk <https://wp.stolaf.edu/counseling-center/stress-management-ted-talks/>

When experiencing traumatic events, it is typical that we also experience stress. The signs and symptoms of stress may be cognitive (thinking-related), emotional, physical or behavioural with varying degrees of severity. We can gauge our stress response to help us determine if we could use some tools, and which ones would be the best for us.

ARE YOU EXPERIENCING ANY OF THE FOLLOWING SIGNS OF STRESS?

COGNITIVE SYMPTOMS	EMOTIONAL SYMPTOMS	PHYSICAL SYMPTOMS	BEHAVIOURAL SYMPTOMS
<ul style="list-style-type: none"> ● difficulty concentrating or thinking ● memory problems ● negativity or lack of self-confidence ● constant worrying ● difficulty making decisions 	<ul style="list-style-type: none"> ● moodiness ● low morale ● irritability ● feeling hopeless or helpless ● feeling apprehensive, anxious or nervous ● feeling depressed ● feeling unhappy or guilty ● feeling agitated or unable to relax 	<ul style="list-style-type: none"> ● headaches ● muscle tension or other physical pain or discomfort ● stomach problems ● nausea, diarrhea or vomiting ● loss of sex drive ● rapid heart rate ● high blood pressure ● fatigue 	<ul style="list-style-type: none"> ● changes in eating or sleeping patterns ● social withdrawal ● nervous habits such as nail biting, teeth grinding or foot tapping ● increased use of caffeine, cigarettes, alcohol or other substances ● neglect of family or work responsibilities ● decline in performance or productivity

RELAX THE BODY

The 5-4-3-2-1 Grounding Exercise to Cope with Anxiety

5 minutes

Being overwhelmed, and having anxious thoughts can happen to all of us. Using this tool can help us to be present, and is a tool that can be used anywhere.

Worksheet/Videos included

<https://insighttimer.com/blog/54321-grounding-technique/>

Square Breathing: How to Reduce Stress through Breathwork

3 minutes

Square, or shape breathing can shift your energy, connect you with your body, calm your nervous system and decrease stress.

<https://blog.zencare.co/square-breathing/>

Mindful Gnats: Paced Breathing

90 seconds

YouTube video of telling you to breathe in and then out- literally breathing.

<https://www.youtube.com/watch?v=QWJtWfSSTi4>

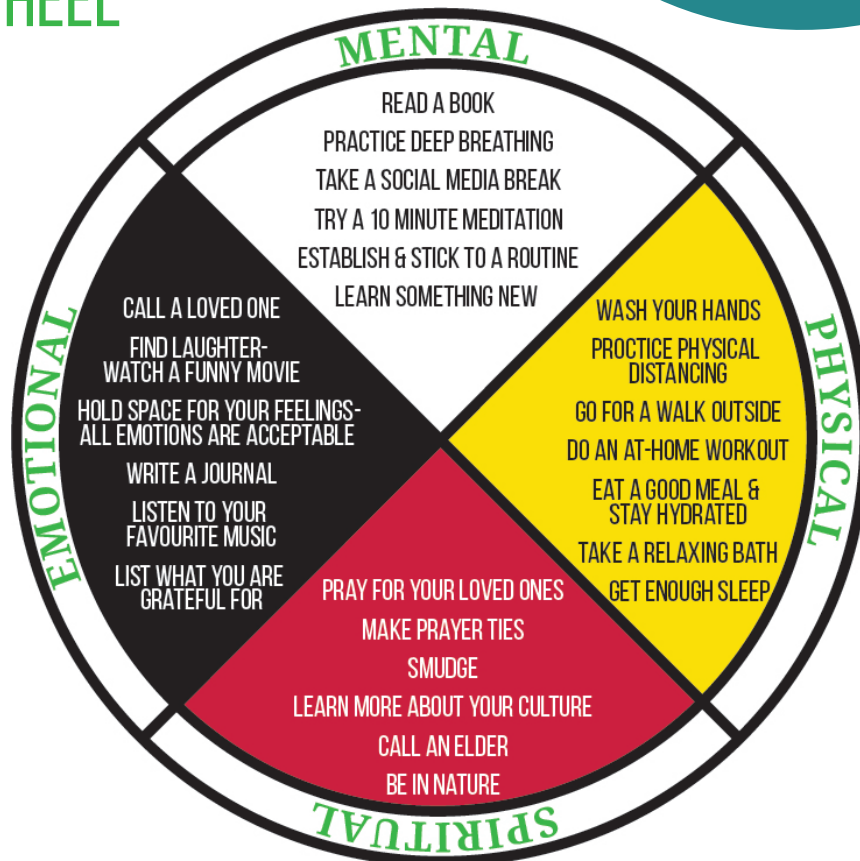
Progressive Muscle Relaxation

<https://www.anxietycanada.com/sites/default/files/MuscleRelaxation.pdf>

Staying Grounded through Meditation - Insight Timer
(videos, grounding, meditation)

<https://insighttimer.com/meditation-topics/grounded>

TEACHINGS OF THE MEDICINE WHEEL



Mental Health Help Line
Alberta 1-877-303-2642

Crisis Services Canada:
1-833-456-4566, text 45645

Money Mentors <https://moneymentors.ca/>

Text4Hope- <https://www.albertahealthservices.ca/topics/Page17019.aspx>

Help in Tough Times
<https://www.albertahealthservices.ca/amh/Page16759.aspx>

RESILIENCY BUILDING

“Resilience is not a trait that people either have or do not have. Resilience involves behaviours, thoughts and actions that can be learned and developed by anyone.” -Akshay Malik

Building Resilience

<https://wellmd.stanford.edu/content/dam/sm/wellmd/documents/10-ways-to-build-resilience.pdf>

Mental Wellness Moment Videos with Dr. Nicholas Mitchell (AHS) New ones added regularly.

<https://www.youtube.com/playlist?list=PLi1tOF1I5ZoUVdu5tVzAqjOxblGbEXr9q>

How Brains are Built: The Core Story of Brain Development

4 minutes

Alberta Family Wellness

<https://www.youtube.com/watch?v=LmVWOe1ky8s>

Trauma Informed Starts with You

3 minutes

YouTube video (level 1)

<https://www.youtube.com/watch?v=-876Zw-NA94&feature=youtu.be>

Corona
Virus anxiety
workbook: Free PDF
<https://thewellnesssociety.org/free-coronavirus-anxiety-workbook/>

4 Ways to Practice Trauma-
Informed Healing During COVID-19
<https://ca.ctrinstitute.com/blog/four-ways-to-practice-trauma-informed-healing-during-covid-19/>



Understanding the effects of trauma and increasing personal capacity to offer trauma informed services

“Recent advances in neuroscience have also shown the relationship between childhood trauma and brain development over time. The experience of toxic stress (negative stress resulting from prolonged adversity) in childhood may result in social, emotional, and cognitive impairments, as well as challenges with core skills later in life.”**

Center on the Developing Child at Harvard University, 2016

Trauma informed care (TIC) is a lens that allows helping agencies to understand a client’s current problems in the context of past victimization and to ask “what happened to you,” not “what’s wrong with you?”

Evidence has shown that agencies that adopt Trauma-Informed Care have increased staff satisfaction, staff retention, organizational commitment, and better job performance.



Trauma-Aware
Basic awareness of signs and implications of trauma; staff start to discuss this

Trauma-Sensitive
Staff start to explore principles of TIC and consider how they might implement them

Trauma-Responsive
Change at all levels of the organization have begun; procedures and practices are reconsidered

Trauma-Informed
Full implementation of trauma-informed practice; culture of TIC with clients/each other

Becoming Trauma-Informed Occurs on a Spectrum, TIC Collective

**<https://developingchild.harvard.edu/resources/inbrief-the-impact-of-early-adversity-on-childrens-development/>

FREE COURSES AND TRAINING

Alberta Health Services Trauma Informed Care E-Learning

> Increase knowledge about trauma and the impact it has by creating connection, sharing knowledge and resources

> 6 modules

<https://www.albertahealthservices.ca/info/Page15526.aspx>

Calgary and Area Child Advocacy Centre: “Being Trauma Aware”

> 2.5 hour program

<https://calgarycac.ca/education/being-trauma-aware/>

Alberta Family Wellness Initiative: Brain Story

> “experiences at sensitive periods of development change the brain in ways that increase or decrease risk for later physical and mental illness, including addiction.”

> Certification in Brain Story science.

> 19 modules self-paced, qualifies for Continuing Education Units (CEU’s) for many professional designations for organizations and continuing competencies.

<https://www.albertafamilywellness.org/training>

University of Alberta – Indigenous Studies

> 12 week course, 20 hours

<https://www.ualberta.ca/admissions-programs/online-courses/indigenous-canada/index.html>

WEBINARS & MULTIMEDIA

TED Talk: How Childhood Trauma Affects Health Across a Lifetime

16 minutes

Nadine Burke Harris

https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en

Trauma-Informed Interventions through an Indigenous Worldview

1 hour 15 minutes

Brianna Olson

<https://www.homelessnesslearninghub.ca/library/resources/trauma-informed-interventions-through-indigenous-worldview-presented-brianna>

Toxic Stress: Centre on the Developing Child

<https://developingchild.harvard.edu/science/key-concepts/toxic-stress/>

In Brief: Resilience Series

<https://developingchild.harvard.edu/resources/inbrief-resilience-series/>

Trauma-Informed Practice with Indigenous Peoples across the Life Span

1 hour 12 minutes

<https://www.homelessnesslearninghub.ca/library/resources/trauma-informed-practice-indigenous-peoples-across-life-span>

Increased learning on TIC and the recognition of the inherent worth and dignity that all persons own.

“Not every story has a happy ending, ...but the discoveries of science, the teachings of the heart, and the revelations of the soul all assure us that no human being is ever beyond redemption. The possibility of renewal exists so long as life exists. How to support that possibility in others and in ourselves is the ultimate question.”

Gabor Maté, *In the Realm of Hungry Ghosts: Close Encounters with Addiction*

MULTIMEDIA

TED Talk *Ernesto Sirolli: Want to Help Someone? Shut up and Listen!*

17 minutes

<https://www.youtube.com/watch?v=10Su8LUjNsU&feature=youtu.be>

TEDxRC2 *Alberto Cairo: There are no scraps of men*

19 minutes

https://www.ted.com/talks/alberto_cairo_there_are_no_scraps_of_men?language=en

Brenè Brown on Empathy

3 minutes

<https://www.youtube.com/watch?v=1Evwgu369Jw&feature=youtu.be>

TEDxCSU *Understanding PTSD's Effects on Brain, Body, and Emotions* Janet Seahorn

19 minutes

<https://www.youtube.com/watch?v=BEHDQeIRTgs>

TED Talk *The Secret to Living Longer May be Your Social Life*

https://www.ted.com/talks/susan_pinker_the_secret_to_living_longer_may_be_your_social_life?language=en

“Without dignity, identity is erased.”

— Laura Hillenbrand, *Unbroken: A World War II Story of Survival, Resilience and Redemption*

TOOLS AND RESOURCES

PEARR Tool: Trauma-Informed Approach to Victim Assistance in Health Care Settings About
<https://www.dignityhealth.org/-/media/cm/media/documents/PDFs/PEARRToolm15NoField2019.ashx?la=en&hash=F14648F8505CF79BAA9B62B87B6C584802673D3A>

> How to use the PEARR Tool: <https://www.dignityhealth.org/hello-humankindness/human-trafficking/victim-centered-and-trauma-informed/using-the-pearr-tool>

Recovery Stories: Tonier

<https://www.youtube.com/watch?v=mFPAq7Bszac>

The Future of Healing: Shifting From Trauma Informed Care to Healing Centered Engagement Level

<https://medium.com/@ginwright/the-future-of-healing-shifting-from-trauma-informed-care-to-healing-centered-engagement-634f557ce69c>

TOOLKIT

BC Provincial

Mental Health and Substance Use
Planning Council.

Trauma-Informed Practice Guide (2013)

http://bccewh.bc.ca/wp-content/uploads/2012/05/2013_TIP-Guide.pdf

Trauma Informed Toolkit (PDF)

https://trauma-informed.ca/wp-content/uploads/2013/10/Trauma-informed_Toolkit.pdf



ESSAYS AND ARTICLES

Dignity is Delicate (2018)

Remy Debes

<https://aeon.co/essays/human-dignity-is-an-ideal-with-remarkably-shallow-roots>

The Respect Deficit: Economic inequality is an Urgent Problem. Deeper Still is Our Loss of Mutual Respect, the Foundation of a Fair Society (2018)

Richard V. Reeves

<https://www.brookings.edu/blog/up-front/2018/08/09/the-respect-deficit/>

Action Steps Using ACEs and Trauma-informed Care: A Resilience Model (2017)

Laurie Leitch

<https://healthandjusticejournal.biomedcentral.com/articles/10.1186/s40352-017-0050-5>

Adverse Childhood Experiences and Trauma Informed Care: The Future of Health Care (2016)

Resmiye Oral et al

<https://www.nature.com/articles/pr2015197/>

Compassion Fatigue (2018)

Cheryl Fry

<https://makeheadway.com.au/home/compassion-fatigue/>

Efficacy, Hope, Optimism and Resilience at Workplace - Positive Organizational Behavior (2013)

Akshay Malik

<http://www.ijsrp.org/research-paper-1013.php?rp=P221891>

Responding to Childhood Trauma: The Promise and Practice of Trauma Informed Care (2006)

Gordon R. Hodas, MD

<http://www.childrescuebill.org/VictimsOfAbuse/RespondingHodas.pdf>

The Three Pillars of Trauma-informed Care (2008)

Howard Bath

<https://s3-us-west-2.amazonaws.com/cxl/backup/prod/cxl/gklug-iewicz/media/507188fa-30b7-8fd4-aa5f-ca6bb629a442.pdf>

Key Ingredients for Successful Trauma-Informed Care Implementation (2016)

Christopher Menschner & Alexandra Maul

http://www.chcs.org/media/ATC_whitepaper_040616.pdf

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.

Always remember that you are absolutely unique. Just like everyone else.”

Margaret Mead

FURTHER REPUTABLE RESOURCES FOR SELF EXPLORATION

Bessel van der Kolk M.D.

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma (Book)

Overcoming Trauma with Yoga

5 minutes

https://www.youtube.com/watch?v=MmKfzbHzm_s

Laura van Dernoot Lipsky

Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others (Book)

Laura van Dernoot Lipsky and Connie Burk.

TED Talk *Beyond The Cliff*

19 minutes

<https://www.youtube.com/watch?v=uOzDGrcvmus>

Dr. Gabor Mate

In the Realm of Hungry Ghosts (Book)

TED Talk *The Power of Addiction and The Addiction of Power*

19 minutes

<https://www.youtube.com/watch?v=66cYcSak6nE&vl=en>

Johann Hari

Chasing the Scream: The First and Last Days of the War on Drugs (Book)

TED Talk *Everything you Think You Know About Addiction Is Wrong*

15 minutes

https://www.ted.com/talks/johann_hari_everything_you_think_you_know_about_addiction_is_wrong

Dr. Bruce Perry:

The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook--What Traumatized Children Can Teach Us About Loss, Love, and Healing (Book)

The Importance of Early Childhood and Relationships

18 minutes

<https://www.chicagoideas.com/videos/the-body-s-most-fascinating-organ-the-brain>

Nadine Burke Harris

The Deepest Well: Healing the Long-Term Effects of Childhood Adversity (Book)

TED Talk *How Childhood Trauma Affects Health Across the Lifespan*

16 minutes

https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en

Dr. Michael Ungar

Change Your World: The Science of Resilience (Book)

Resilience Research Centre at Dalhousie University Presentations

<https://www.michaelungar.com/about-michael/watch-dr-ungar/>

tic TRAUMA INFORMED CARE COLLECTIVE



PEOPLE FIRST,
COMMUNITY ALWAYS



AVENTA

CENTRE OF EXCELLENCE FOR WOMEN WITH ADDICTIONS



Boys & Girls Clubs
of Calgary **80 YEARS**



Calgary Homeless
FOUNDATION



CALGARY
JOHN HOWARD
SOCIETY

Restoring Lives ■ Preventing Crime ■ Strengthening Communities



CLG CALGARY
LEGAL
GUIDANCE

Empowering Lives Through Law



CUPS

resilience for life

CALGARY
DROP-IN
CENTRE



ENVIROS

enough
for all



McMan



miskanawah
empowerment • strength • family



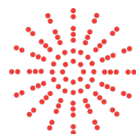
NEXT STEP
MINISTRIES

RESET 30th
Society of Calgary
Rapid Exit from Sexual Exploitation & Trafficking Anniversary
There is a Way Out



SIMON HOUSE
RECOVERY CENTRE
empowering men to recover for life

ST. STEPHEN'S
ANGELICAN CHURCH



vibrant
COMMUNITIES
CALGARY



WOMEN'S
CENTRE
OF CALGARY