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Introduction:

For those of you looking for more background information, resources, or ideas, here is a list organized by categories and within those categories, by types of media. Many of these resources – and this list itself – can be found on our website, www.akresilience.org. We are always open to suggestions for resources to add – just use the contact form on the website.

ADVERSE CHILDHOOD EXPERIENCES (ACEs)

1. Websites

- a. Networking/resource sharing: www.ACEsconnection.com
- b. Background/relevant resources & articles: www.ACEstoohigh.com
- c. CDC's ACEs website: <http://vetoviolence.cdc.gov/apps/aces/>
- d. Background/links to journal articles: <http://www.cdc.gov/violenceprevention/cestudy/>
- e. Alaska ACEs data and information: <http://dhss.alaska.gov/abada/ace-ak/Pages/default.aspx>
- f. Overview of ACEs with links/resources: <http://www.alaskachildrenstrust.org/aces>
- g. ACEs Consultants and Train-the-Trainers: www.aceinterface.com
- h. Easy-to-understand information epigenetics from the University of Utah Genetic Science Learning Center: <http://learn.genetics.utah.edu/content/epigenetics/>
- i. Philadelphia ACE Task Force: <http://www.instituteforsafefamilies.org/philadelphia-ace-task-force>

2. Handouts

- a. "Understanding Adverse Childhood Experiences: Building Self-Healing Communities"
<http://acrf.org/assets/courses-pdf/course/ACEsHandout-1.pdf>
- b. Infographic on ACEs - https://vetoviolence.cdc.gov/apps/phl/images/ACE_Accessible.pdf

3. Books

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- a. *Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal*
http://www.amazon.com/Childhood-Disrupted-Biography-Becomes-Biology/dp/1476748357/ref=sr_1_1?s=books&ie=UTF8&qid=1438639992&sr=1-1&keywords=adverse+childhood+experiences
- b. *In the Realm of Hungry Ghosts: Close Encounters with Addiction*
<http://www.amazon.com/Realm-Hungry-Ghosts-Encounters-Addiction/dp/155643880X>
- c. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*
http://www.amazon.com/Body-Keeps-Score-Healing-Trauma/dp/0670785938/ref=sr_1_1?s=books&ie=UTF8&qid=1431031958&sr=1-1&keywords=the+body+keeps+the+score+bessel+van+der+kolk

4. Articles

- a. “The Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Cause of Death in Adults: The Adverse Childhood Experiences (ACEs) Study”:
http://www.cestudy.org/yahoo_site_admin/assets/docs/RelationshipofACEs.12891741.pdf
- b. “Childhood, disrupted: Adversity in childhood can create long-lasting scars, damaging our cells and our DNA, and making us sick as adults” by Donna Jackson Nakazawa:
<https://aeon.co/essays/how-bad-experiences-in-childhood-lead-to-adult-illness>
- c. “Tunnajuq: Stress and resilience among Inuit youth in Nunavut, Canada”
http://www.researchgate.net/profile/Ida_Salusky/publication/262422830_Tungajuq_Stress_and_resilience_among_Inuit_youth_in_Nunavut_Canada/links/54373f270cf2dc341db4cb9a.pdf

5. Audio Resources

- a. “Can Family Secrets Make You Sick?”:
<http://www.npr.org/blogs/health/2015/03/02/377569413/can-family-secrets-make-yousick>
- b. “10 Questions That Doctors Are Afraid to Ask?”:
<http://www.npr.org/blogs/health/2015/03/03/377569539/even-some-doctors-fear-these-10-questions>
- c. This American Life: “Back to School”:
<http://www.thisamericanlife.org/radio-archives/episode/474/back-to-school>

6. Videos

- a. 18-minute TED Talk by Pediatrician Nadine Burke-Harris introducing ACEs and what we can do:

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- https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_a_cross_a_lifetime?language=en
- b. 6 min Youtube video for parents (and by parents) on ACEs – friendly, non-intimidating, welcoming. It’s called “Connected Parents, Connected Kids”:
<https://www.youtube.com/watch?v=JOmj5VVYyF0>
 - c. 4 minute, powerful tear-jerker of a video on the importance of the first years: what happens if we don’t invest in programs to support kids and families in this time period, and what happens if we do. Connects ACEs to the larger funding and program issues that affect them so much: <https://www.youtube.com/watch?v=GbSp88PBe9E>
 - d. Head Start Trauma Smart: 5-minute video on how trauma-informed preschool can make a positive difference: <https://www.youtube.com/watch?v=bXzKVpiSzH8>
 - e. 7 min video on how stress affects the brain and body functions. Dr. Chamberlain demonstrates neuroplasticity and the ability of the brain to adapt and change for ANTHC’s Healthy Healer project: <http://healthy.bcln.ca/category/mod2/>
 - f. Academy on Violence & Abuse: ACE Study Introduction Video (http://www.avahealth.org/ace_study/) – watch all three videos (preview, policy brief and summary)
 - g. The Core Story of the Brain (<http://www.albertafamilywellness.org/resources/video/how-brains-are-built-core-story-brain-development>)

RESILIENCE/PROTECTIVE FACTORS:

1. Websites
 - a. Harvard Center for the Developing Child’s easy-to-read summary of findings on resilience in children: <http://developingchild.harvard.edu/science/key-concepts/resilience/>
 - b. Ways to prevent ACEs and promote resilience: www.communityresiliencecookbook.org
 - c. Alaska Resilience Initiative: <http://www.alaskachildrenstrust.org/programs/aces-initiative>

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- d. Center for Resilient Children: <http://www.centerforresilientchildren.org/>
- e. Homer, Alaska collaborative addressing ACEs: <http://homerpreventionproject.org/>
- f. MatSu Health Foundation: http://www.healthymatsu.org/focus-areas/BHES_copy
- g. Strengthening Families Alaska: <http://dhss.alaska.gov/ocs/Pages/families/default.aspx>
- h. Quiet Time Changes Lives: Healing Traumatic Stress and Raising Performance in At-Risk Populations: <https://www.davidlynchfoundation.org/schools.html>
- i. Edutopia: Resources on Meditation in Schools: <http://www.edutopia.org/stw-student-stress-meditation>

Handouts

- j. “Understanding Adverse Childhood Experiences: Building Self-Healing Communities”
<http://acrf.org/assets/courses-pdf/course/ACEsHandout-1.pdf>
- k. Promising Futures Promoting Resiliency Infographic (print-size):
<https://s3.amazonaws.com/fwvcorp/wp-content/uploads/20160121105327/Resilience-infographi-poster-sized-PRINT-NO-BLEED.pdf>
- l. Strengthening Our Future: Key Elements to Developing a Trauma-Informed Juvenile Justice Diversion Program for Youth With Behavioral Health Conditions:
<http://www.ncmhjj.com/strengthening-our-future/>

2. Books

- a. *Daniel Siegel’s work on Mindsight and positive, whole-brain parenting:*
http://www.amazon.com/s/ref=nb_sb_noss_2/180-7637354-8632263?url=search_alias%3Dstripbooks&field-keywords=daniel%20siegel&sprefix=daniel+sie%2Cstripbooks
- b. Order the FREE Amazing Brain booklet series (on the basics of children’s brains, how trauma affects the brain, positive discipline, the teen brain, and how hard times in the childhood of parents can make parenting challenging and what to do about it):
<http://dhss.alaska.gov/dph/Chronic/Pages/InjuryPrevention/akfvpp/clearinghouse.aspx#amazingbrain>

3. Articles/print resources

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- a. Boston's Architect of Community Well-Being – Pediatrician Renee Boynton-Jarrett:
<http://www.acesconnection.com/blog/boston-s-architect-of-community-well-being-pediatrician-rene-e-boynton-jarrett>
- b. “Community Connections: Creating Cultures of Trauma-Informed Care (CCTIC): A Self-Assessment and Planning Protocol”:
<https://www.healthcare.uiowa.edu/icmh/documents/CCTICSelf-AssessmentandPlanningProtocol0709.pdf>
- c. New Yorker article “How People Learn to Become Resilient” by Maria Konnikova:
<http://www.newyorker.com/science/maria-konnikova/the-secret-formula-for-resilience>
- d. “What if Schools Taught Kindness?” by Laura Pinger & Lisa Fluke:
http://greatergood.berkeley.edu/article/item/what_if_schools_taught_kindness

4. Videos

- a. 2 minute, very visual and easy-to-understand Youtube video on neuroplasticity, how our brains are shaped (and can be re-shaped) by experiences:
<https://www.youtube.com/watch?v=ELpfYCZa87g>
- b. 2 ½ min fun music video teaching children self-regulation technique called “Belly Breathe,” sang by Colbie Caillat and Common on Sesame Street:
https://www.youtube.com/watch?v=_mZbzDOpyIA
- c. Paper Tigers: a Documentary film on how one school changed the outcomes for youth with ACEs: <http://papertigersmovie.com>

(To access Paper Tigers in Alaska, contact Alaska Children's Trust:

<http://www.alaskachildrenstrust.org/programs/events>

- d. Jane McGonigal's TED Talk on “The Game that Can Give You Ten Extra Years of Life”:
http://www.ted.com/talks/jane_mcgonigal_the_game_that_can_give_you_10_extra_years_of_life
- e. 4 minute, powerful tear-jerker of a video on the importance of the first years: what happens if we don't invest in programs to support kids and families in this time period,

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and what happens if we do. Connects ACEs to the larger funding and program issues that affect them so much: <https://www.youtube.com/watch?v=GbSp88PBe9E>

- f. Head Start Trauma Smart: 5-minute video on how trauma-informed preschool can make a positive difference: <https://www.youtube.com/watch?v=bXzKVpiSzH8>
5. Trainings available locally
 - a. ARC (Attachment, Self-Regulation, and Competency Development; a framework for working with complex traumatized youth) training offered by the Alaska Child Trauma Center: <https://www.acmhs.com/programs-services/child-family-services/alaska-child-trauma-center>

HISTORICAL & INTERGENERATIONAL TRAUMA, RACISM, AND VIOLENCE (and UNLEARNING/UN-DOING RACISM)

1. Websites:
 - a. Alaska Native Knowledge Network: <http://www.ankn.uaf.edu>
 - b. First Alaskans Institute (including upcoming Racial Equity Toolkit): <http://firstalaskans.org>
 - c. Resources for teachers: www.teachingtolerance.org
2. Books:
 - a. *Yuuyaraq: The Way of the Human Being* by Harold Napoleon: http://www.amazon.com/Yuuyaraq-Napoleon-published-Knowledge-Network/dp/B00E32PWOA/ref=sr_1_sc_2?ie=UTF8&qid=1455301102&sr=8-2-spell&keywords=yuuyaraq
 - b. *50 Miles from Tomorrow* by Willie Iggiagruk Hensley: <http://www.amazon.com/Fifty-Miles-Tomorrow-Memoir-Alaska/dp/0312429363>
 - c. (YA Novels) *My Name is Not Easy* and *Blessings Bead* by Debbie Dahl Edwardson: http://www.amazon.com/Debbie-Dahl-Edwardson/e/B001JRUSW8/ref=sr_ntt_srch_lnk_1?qid=1455303003&sr=1-1

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- d. *Raising Ourselves: A Gwich'in Coming Of Age Story from the Yukon River* and other titles by Velma Wallis: http://www.amazon.com/Velma-Wallis/e/B000APA4YW/ref=dp_byline_cont_book_1
 - e. *Blonde Indian: An Alaska Native Memoir* by Ernestine Hayes: http://www.amazon.com/Blonde-Indian-Alaska-Native-Memoir/dp/0816525374/ref=sr_1_1?s=books&ie=UTF8&qid=1455305779&sr=1-1&keywords=blonde+indian
 - f. *The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures* by Anne Fadiman: <http://www.amazon.com/The-Spirit-Catches-Fall-Down/dp/0374533407>
 - g. *Between the World and Me* by Te-Nahisi Coates: http://www.amazon.com/Between-World-Me-Ta-Nehisi-Coates/dp/0812993543/ref=sr_1_2?s=books&ie=UTF8&qid=1455308244&sr=1-2&keywords=ta+nehisi+coates
3. Articles:
- a. Historical Trauma in Alaska: <http://www.alaskapublic.org/2015/03/24/investigating-historical-trauma-endured-by-native-americans-alaska-natives/>
 - b. "Trauma May Be Woven Into DNA of Native Americans" by Mary Annette Pember: <http://indiancountrytodaymedianetwork.com/2015/05/28/trauma-may-be-woven-dna-native-americans-160508>
4. Videos:
- a. Documentary film "Our Spirits Don't Speak English"
 - b. 30-minute Frontline documentary (you can stream) on historical trauma and clergy sexual abuse in Alaska: <http://www.pbs.org/wgbh/pages/frontline/the-silence/>
 - c. No! The Rape Documentary (on rape in the African American community): <http://notherapedocumentary.org/>

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- d. American Indian historical trauma digital story, maternal child health focus:
<https://www.youtube.com/watch?v=Uki1FgHuzMo>

- e. 3-minute, visually-engaging and easy-to-understand review of research documenting racism in the US, called “Racism is Real” by Brave New Films:
<https://www.youtube.com/watch?v=fTcSVQJ2h8g>

- f. Jay Smooth’s TEDx Talk “How I learned to Stop Worrying and Love Discussing Race”:
<https://www.youtube.com/watch?v=MbdxeFcQtaU>

5. Activities/tangible To-Do’s:

- a. Go to Museum Kill the Indian, Save the Man exhibit at the Anchorage Museum (through April 10, 2016)
- b. Host community potlatches to get to know those served
- c. Go to the Alaska Native Heritage Center community events (e.g. World Indigenous Film Festival, Intertribal Gathering, World Music Festival, Mother’s Day events)
- d. Volunteer at community events (e.g. World Refugee Day, Bridge Builders, powwows)
- e. Go to Quyan Night during AFN
- f. Visit Alaska Native Medical Center, esp. in the evenings, to observe dancing, music, community
- g. Follow thoughtful organizations and individuals on social media (Facebook, Twitter, etc.), such as Black Women for Wellness, Colorlines, journalist Seth Freed Wessler, Jay Smooth, etc.

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Some additional topic areas and resources you may find helpful:

YOUTH WELLNESS

1. Websites

- a. We R Native: <http://wernative.org/>
- b. ANTHC's I Know Mine: www.iknowmine.org/
- c. Planned Parenthood Sexual Health Information for Teens: <http://www.plannedparenthood.org/teens>
- d. Yugtun Defenders: <http://www.uaf.edu/files/canhr/Yugtun-Defenders.pdf>

2. Books

- a. Order the FREE Amazing Brain booklet series (on the basics of children's brains, how trauma affects the brain, positive discipline, the teen brain, and how hard times in the childhood of parents can make parenting challenging and what to do about it): <http://dhss.alaska.gov/dph/Chronic/Pages/InjuryPrevention/akfvpp/clearinghouse.aspx#amazingbrain>

ADOLESCENT RELATIONSHIP ABUSE & ABUSE PREVENTION

1. Websites

- a. ANTHC EpiCenter's Healthy Teen Relationships Toolkit (on the bottom of the webpage), which includes a Powerpoint presentation with detailed notes for presenters, scripts for role plays, a resource list, a step-by-step guide for its use, and links to 11 video skits featuring Alaskan youth that role play and debrief relationship issues: www.anthctoday.org/epicenter/healthyfamilies/
- b. ANTHC's I Know Mine: <http://www.iknowmine.org/for-youth/dating-domestic-violence>, <http://www.iknowmine.org>
- c. National Organization Futures Without Violence (FWV): www.futureswithoutviolence.org
- d. That's Not Cool (on texting, sexting, and more): www.thatsnotcool.com
- e. National Teen Dating Abuse help line/chat/text/website: www.loveisrespect.org

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- f. CDC's Veto Violence website (directory of violence prevention programs, tools, etc.):
<http://vetoviolenace.cdc.gov>
- g. Alaska Network on Domestic Violence & Sexual Assault (ANDVSA): www.andvsa.org
- h. Lead On! For Peace and Equality in Alaska: <http://dps.alaska.gov/cdvsa/Prevention-Lead-On.html>
- i. Stand Up, Speak Up Alaska: <http://dps.alaska.gov/cdvsa/Prevention-Stand-Up-Speak-Up-AK.html>
- j. Talk Now Talk Often Alaska (tools for adult-teen conversation) :www.tntoak.org
- k. The Fourth R: <http://dps.alaska.gov/cdvsa/Prevention-Fourth-R.html>
- l. When I Am An Elder: <http://dps.alaska.gov/cdvsa/Prevention-When-I-Am-An-Elder.html>

2. Books

- a. A Booklist for Teen Dating Violence Awareness Month:
<http://www.nypl.org/blog/2011/02/25/teen-dating-violence-awareness-month-booklist>

3. Videos

- a. 1 min powerful video on **textual harassment**:
<https://www.youtube.com/watch?v=wOWSnxO5hog>

CHILD ABUSE

1. Websites

- a. Reporting in Alaska: Office of Children's Services (OCS):
<http://dhss.alaska.gov/ocs/Pages/publications/reportingchildabuse.aspx>
- b. Healthy Families Domestic and Sexual Violence (DV/SV) [resource guides](#): Reporting Options for Children.
- c. Alaska Children's Alliance: <http://alaska.nationalchildrensalliance.org/>

DOMESTIC AND SEXUAL VIOLENCE (DV/SV)

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1. Documents

- a. Healthy Families DV/SV Basics document:
http://www.anthctoday.org/epicenter/healthyfamilies/basic_definitions_dvsv_111914.pdf
- b. Healthy Families Advocacy Basics document:
http://www.anthctoday.org/epicenter/healthyfamilies/basic_definitions_advocacy_111914.pdf
- c. Healthy Families Domestic and Sexual Violence (DV/SV) regional resource guides:
www.anthctoday.org/epicenter/healthyfamilies

2. Rape culture: what it is, resources on addressing this issue and how to have conversations

- a. [Huffington Post](http://www.huffpost.com)
- b. [Textual harassment](http://www.textualharassment.com)
- c. [Www.thatsnotcool.com](http://www.thatsnotcool.com)

3. Consent

- a. Animated cup of tea consent analogy:
<https://www.youtube.com/watch?v=fGoWLWS4-kU>
- b. Cartoon consent analogy:
<http://everydayfeminism.com/2015/06/how-society-treats-consent/>
- c. Laci Greene's Consent 101 (target audience-youth):
<https://www.youtube.com/watch?v=TD2EooMhqRI>
- d. The Consensual Project (target audience-students):
<http://www.theconsensualproject.com>
- e. Ethics of consent lecture:
<https://www.youtube.com/watch?v=V1rtQmDXfN0>

DISABILITY & VIOLENCE

1. Statewide programs, advocacy, batterer intervention, & more

- a. Alaskans Speak Up!:
<http://www.uaa.alaska.edu/centerforhumandevlopment/alaskansspeakup/index.cfm>
- b. Alaska Mental Health Trust Authority's (AMHTA) Disability Justice Focus Area:
<http://www.mhtrust.org/>

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- c. UAA Center for Human Development's (CHD) Disability Justice Initiative:
<http://www.uaa.alaska.edu/centerforhumandevlopment/dji/index.cfm>
- f. Governor's Council on Disabilities and Special Education (GCDSE):
<http://dhss.alaska.gov/gcdse/Pages/default.aspx>
- g. Friendships and Dating:
<http://www.uaa.alaska.edu/centerforhumandevlopment/friendshipsanddating/index.cfm>
- h. Disability Abuse Response Team (DART):
<http://www.uaa.alaska.edu/centerforhumandevlopment/alaskansspeakup/dartak.cfm>
- i. Alaska Safety Planning Empowerment Network (ASPEN):
<http://dhss.alaska.gov/gcdse/Pages/partners/aspen.aspx>
- j. Serving Offenders Conferences:
<http://www.uaa.alaska.edu/centerforhumandevlopment/servingoffendersconferences/index.cfm>

VULNERABLE ADULT/ELDER ABUSE

1. Reporting, advocacy, long term care and support
 - a. Adult Protective Services (APS): Reporting Options for Adults:
<http://dhss.alaska.gov/dsds/Pages/aps/default.aspx>
 - b. Long Term Care Decisions: <http://anthctoday.org/community/eldercare-decisions.html>
 - c. Aging and Disability Resource Center: <http://dhss.alaska.gov/dsds/Pages/adrc/default.aspx>
 - d. Office of Public Advocacy Elder Fraud Assistance: <http://doa.alaska.gov/opa/oefa/>

STATEWIDE VIOLENCE PREVENTION PROGRAMS:

1. Opportunities, Tools
 - a. Council on Domestic Violence & Sexual Assault (CDVSA): www.dps.alaska.gov/cdvsa/
www.dps.alaska.gov/cdvsa/Prevention.html
 - b. Alaska Men Choose Respect: <http://www.alaskamenchooserespect.org/>
 - c. Choose Respect Campaign: <http://dps.alaska.gov/cdvsa/Prevention-Choose-Respect.html>

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- d. Coaching Boys Into Men: <http://dps.alaska.gov/cdvs/Prevention-Coaching-Boys-Into-Men.html>
- e. Prevention Summit: <http://dps.alaska.gov/Prevention-Summit.html>
- f. State of Alaska Family Violence Prevention Project: <http://dhss.alaska.gov/dph/chronic/pages/injuryprevention/akfvpp/default.aspx>

COMMUNITY PREVENTION RESOURCES

2. Websites

- a. ANTHC Domestic and Sexual Violence Resources: www.anthctoday.org/epicenter/healthyfamilies
- b. Green Dot Violence Prevention Plan: www.greendotalaska.com
- c. Lessons from Literature: www.lessonsfromliterature.org
- d. Girls on the Run: <http://dps.alaska.gov/cdvs/Prevention-Girls-on-the-Run.html>
- e. Identity, Inc: www.identityinc.org