

Practice Change Champions

Understanding Trauma

Resource Packet

The following packet contains resources relevant to the Practice Change Champion trauma informed care session held virtually on May 25, 2022. Included are additional professional development opportunities, resources, a directory of local and national services supporting families, books surrounding trauma informed care and early childhood development, and supplemental academic and educational resources free of financial barriers.



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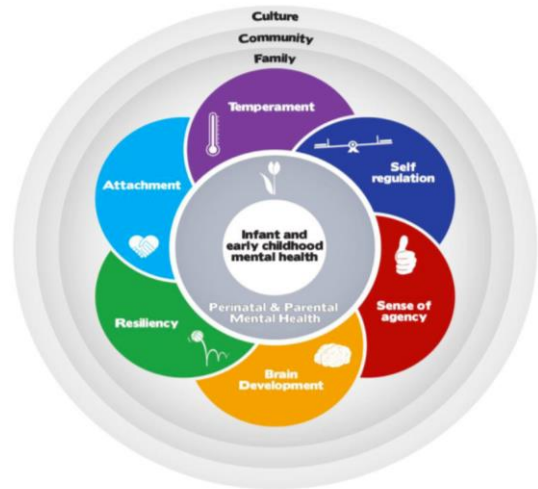
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Introduction

The Infant and Early Childhood Mental Health (IECMH) Education and Awareness Task Group aims to create consistent messaging surrounding infant and early childhood mental health inclusive of prenatal and perinatal phases, family, the greater community, and culture. Primary areas of focus include:

- temperament;
- self-regulation;
- sense of agency;
- brain development;
- resiliency; and
- attachment.



This endeavour led to the establishment of Practice Change Champions (PCC). PCC is an initiative seeking to provide resources and education for professionals working with young children, their families and communities, on promotion and prevention, to strengthen overall professional capacity, and build community awareness on the importance of mental health in the early years.

IECMH would like to thank you for participating in the Practice Change Champions attachment discussion group. We recognize and applaud your commitment to quality standards of practice within child focused sectors through your engagement in continuous professional development opportunities.

This resource has been prepared to support your practice and IECMH hopes to see you at our next event.

For more information on Practice Change Champions, please visit the [Ottawa Child & Youth Initiative website](#).



Trauma Informed Care Related Professional Development and Learning Opportunities		
Title	Type of Learning	Cost
Early-Childhood Brain Development and its Long Term Importance, featuring Dr. Bruce D. Perry (Chicago Humanities Festival/The Child Trauma Academy)	Recorded Lecture (1 hr)	No
We Choose What We Pass on to Next Generations, featuring Dr. Bruce D. Perry (Roots of Empathy/ The Child Trauma Academy)	Recorded Lecture (56 min)	No
Cultivating Well Being in Challenging Times, featuring Dr. Jean Clinton (New Pedagogies for Deep Learning)	Recorded Webinar (55 min)	No
Love Builds Brains, featuring Dr. Jean Clinton (YMCA Canada's Annual General Meeting)	Recorded Lecture (59 min)	No

Additional Trauma Informed Care Resources	
Source	Title
Motivation Thrive, featuring Dr. Gabor Maté	How Not To Screw Up Your Kids By Bad Parenting
Motivation Thrive, featuring Dr. Gabor Maté	How to Become a Better Parent: Positive vs. Toxic Parenting Tips
Chicago Ideas, featuring Dr. Bruce D. Perry	The Body's Most Fascinating Organ: the Brain
The Child Trauma Academy	The Child Trauma Academy: A Learning Community
Connection is the Key, featuring Dr. Jean Clinton	Connection is the Key



Local Services Supporting Families	
Name	Details
211 Ontario	211 Ontario provides information about community and social services in the province of Ontario.
Attachment Consultation and Education Service (ACES)	A clinic that supports children and youth up to 18 who are suspected of having an attachment disturbance or disorder.
Best Start Resource Centre: Ontario's Maternal Newborn and Early Child Development Resource Centre (Best Start)	Best Start is a bilingual health promotion organization that works with diverse partners to build healthy, equitable and thriving communities. It supports service providers who work in preconception health, prenatal health and early child development.
Centre D'Appui et de Prévention (CAP)	The CAP offers mental health services, addiction services, and other therapeutic services to francophone individuals and families in Ontario. Children and youth remain at the heart of their mission.
Community Navigation of Eastern Ontario (CNEO)	Formerly known as the Community Information Centre of Ottawa (CICO), the CNEO is a non-profit, bilingual organization that helps to connect people through mediated access to community, social, health and governmental services in their community.
Crossroads: Children's Mental Health Centre	Crossroads Children's Mental Health Centre is a leader in developing and delivering a range of individualized mental health services solely for children under the age of 12 and their loved ones.
Ontario EarlyON and Family Centre Portal	EarlyON Child and Family Centres offer free, high-quality programs for Ontario families and children from birth to 6 years old. This virtual directory supports those seeking to identify a centre.
Ottawa Based Community and Health Resource Centres	The Community Health and Resource Centre supports the Ottawa community in locating the community centre within their residential neighbourhood.
Parent Resource Centre (PRC)	The PRC helps build confidence, resilient families by providing engaging high-quality programs, a wide variety of social services and supportive resources for children, youth, parents and caregivers.
Parenting in Ottawa	Created by Ottawa Public Health (OPH) and other community partners, Parenting in Ottawa was designed to ease parenting by sharing a wide variety of information related to caregiving.



Pause. Moments Matter in the Life of a Child	<p>The Pause. Moments Matter in the Life of a Child Campaign was created by the Infant and Early Childhood Mental Health (IECMH) Initiative to raise awareness about the importance of infant and early childhood mental health.</p>
Vanier Children’s Mental Wellness	<p>The Vanier Children’s Mental Wellness is a charitable organization that offers assessment and treatment for infants, children, youth and their families to support their challenges and to promote wellness.</p>
Wabano Centre for Aboriginal Health	<p>The Wabano Centre for Aboriginal Health offers support to the members of Ottawa’s Indigenous community through the provision of healthcare, mental health programs, cultural events, classes, and other collaborations with local social service providers.</p>

National Services Supporting Families	
Name	Details
Child Welfare League of Canada (CWLC)	<p>A membership based charitable organization dedicated to promoting the safety and wellbeing of young people and their families, especially those who are vulnerable and marginalized.</p>
Infant and Early Mental Health Promotion (IEMHP)	<p>The IEMHP is an organization which improves outcomes across the lifespan through translating and promoting the science of early mental health into practice with families during pregnancy, infancy, and early childhood.</p>
Psychology Canada. Strong Minds Strong Kids	<p>Strong Minds Strong Kids, Psychology Canada is committed to promoting the mental well-being of children and youth in Canada through the promotion of resilience.</p>
Public Health Agency of Canada: Social Determinants of Health	<p>The social determinants of health influence the health of populations and include social support networks, education, healthy child development, culture, and others.</p>
The Attachment Network of Manitoba	<p>The Attachment Network of Manitoba provides information on caregiver/child attachment, research, resources, training and workshops.</p>



Books on Trauma Informed Care within Infant and Early Childhood Development		
Author(s) & Contributors	Title	Cost
Bruce D. Perry & Maia Szalavitz	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	Yes
Bruce D. Perry	The Cost of Caring: secondary Traumatic Stress and the Impact of Working with High-Risk Children and Families	No
Bruce D. Perry	Helping Traumatized Children: A Brief Overview for Caregivers	No
Lenore C. Terr & Eliana Gil	Working with Children to Heal Interpersonal Trauma: The Power of Play	Yes
Julie Nicholson, Linda Perez, & Julie Kurtz	Trauma-Informed Practices for Early Childhood Educators: Relationship-Based Approaches that Support Healing and Build Resilience in Young Children	Yes

Free Educational Resources	
Name	Details
Alberta Family Wellness Initiative (AFWI) Resource Library	Resources from leading experts on the science of early brain development and its connection to mental health, including addiction. Of particular interest is this video about Toxic Stress .
Best Start, Healthy Baby Healthy Brain	A video series created by Best Start.
Childcare Resource and Research Unit: Childcare Canada	A resource-based website that focuses on early childhood education and care, family policy and social issues.
Encyclopedia on Early Childhood Development	The most up-to-date scientific knowledge on early childhood development, from conception to age five.
Harvard University, Center on the Developing Child	The Centre on the Developing Child is a multidisciplinary team committed to driving science-based innovation in policy and



	practice.
National Association for the Education of Young Children (NAEYC)	The NAEYC promotes high-quality learning by connecting practice, policy, and research.
North Star Paths	Kristin Wiens is an inclusion coach in Victoria, BC. She has free downloadable graphics to support our memory and to share with others. Some recommend ones: <ul style="list-style-type: none"> • Rethinking Power Needs • Brighten Up a Student's Day • Growth Mindset & Inclusion • Reframe the Behaviour
York University, The Infant and Child Mental Health Lab	The Infant and Child Mental Health Lab presents their research which focuses on the well-being and optimal development of infants, children, youth and their parents.

Free Academic Journal Articles	
Author(s)	Title
Bruce D. Perry & Ishnella Azard	Posttraumatic stress disorders in children and adolescents
Bruce D. Perry	Examining Child Maltreatment Through a Neurodevelopmental Lens: Clinical Applications of the Neurosequential Model of Therapeutics
Ronnie Pollard & Bruce D Perry	Homeostasis, Stress, Trauma, and Adaptation
Domenico Vigilante, William L. Baker, Toi L. Blakley, Ronnie A. Pollard, & Bruce D. Perry	Childhood Trauma, the Neurobiology of Adaptation, and "use-dependent" Development of the Brain: How "States" Become "Traits"
Bruce D. Perry	Incubated in Terror: Neurodevelopmental Factors in the 'Cycle of Violence, chapter excerpt from Children, Youth and Violence: The Search for Solutions
Bruce D. Perry	Child Maltreatment: A Neurodevelopmental Perspective on the Role of Trauma and Neglect in Psychopathology.



	chapter excerpt from Child and Adolescent Psychopathology
Bruce D. Perry	Stress, Trauma and Post-traumatic Stress Disorders in Children
Bruce D. Perry	Memories of Fear: How the Brain Stores and Retrieves Physiologic States, Feelings, Behaviours and Thoughts from Traumatic Events
Bruce D. Perry	Bonding and Attachment in Maltreated Children: Consequences of Emotional Neglect in Childhood
Dolores Stegelin, Carmen Leggett, Diane Ricketts, Misty Bryant, Chanci Peterson, & Andrea Holzner	Trauma-Informed Preschool Education in Public School Classrooms: Responding to Suspension, Expulsion, and Mental Health Issues of Young Children
Maria Lotty	Childhood Trauma in mind: Integrating Trauma-informed care in ECEC
Cheryl Holmes, Michelle Levy, Avis Smith, Susan Pinne, & Paula Neese	A Model for Creating a Supportive Trauma-Informed Culture for Children in Preschool Settings
Jessica Dym Bartlett & Sheila Smith	Helping Young Children Who Have Experienced Trauma: Policies and Strategies for Early Care and Education
Maki Park & Caitlin Katsiaficas	Mitigating the Effects of Trauma among Young Children of Immigrants and Refugees: The Role of Early Childhood Programs