

Resource List: Trauma-Informed Care and Housing



About This Tool

This tool was developed by POAH in partnership with Design Impact as part of a larger effort to make housing more trauma-informed. To learn more, visit POAH's Trauma-Informed Housing Toolkit at: traumainformedhousing.poah.org

Purpose

Use this list of resources to kick-start your journey of trauma-awareness. This list is not exhaustive, but simply a place to start. Read, watch, share!

Understanding Trauma

- [How childhood trauma affects health across a lifetime](#) (video) / Dr. Nadine Burke Harris
- [Three Realms of ACES](#) (graphic) / ACESconnection.com
- [Adverse Childhood Experiences](#) (website) / Centers for Disease Control and Prevention
- [Adverse Childhood Experiences impact lifelong health and opportunities](#) (website) / Centers for Disease Control and Prevention

Trauma-Informed Care

- [SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach](#) (report) / SAMHSA
- [Building resilient and trauma-informed communities](#) (report and case studies) / SAMHSA
- [Orientation to trauma-informed care](#) (video) / Center for Trauma Informed Innovation, University Health
- [Trauma-Informed Care Implementation Resource Center](#) (website, case studies) / Center for Health Care Strategies

Trauma-Informed Care + Affordable Rental Housing

- [TRAUMA INFORMED COMMUNITY BUILDING: The Evolution of a Community Engagement Model in a Trauma Impacted Neighborhood](#) (report) / Bridge Housing
- [Trauma-Informed Community Building and Engagement](#) (report) / Urban Institute, Bridge Housing
- [Trauma-Informed Community Building: A Model for Strengthening Community in Trauma Affected Neighborhoods](#) (report) / Bridge Housing
- [Widening Our Health Lens: Incorporating Trauma-Informed Practice into Affordable Housing](#) (article) / Mercy Housing

Trauma-Informed Building Design

- [Designing for Healing, Dignity and Joy](#) (report) / Shopworks Architecture
- [Architectural Principles in the Service of Trauma Informed Design](#) (report) / Shopworks Architecture
- [Trauma Informed Design Process](#) (report) / Shopworks Architecture

Self-Care Tools for Practitioners

- [Culture of Caring: Compendium of Self-Care Tools and Workforce Support Principles for Front-Line Staff in Service-Enriched Housing](#) (report) / Stewards of Affordable Housing for the Future
- [Virtual Room of Refuge](#) (website) / Center for Trauma Informed Innovation, University Health