



Supplemental resources

- [Intersections of Trauma, Mental Health, and Substance Use](#) a podcast episode
- [SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach](#) from the [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
- [Important Things to Get Right About the "Neurobiology of Trauma"](#) from End Violence Against Women International
- [Trauma-Informed Care in Behavioral Health Services](#) from SAMHSA, evidence-based and best practice information for behavioral health service providers and administrators who want to work more effectively with people who have been exposed to acute and chronic traumas and/or are at risk of developing traumatic stress reactions. Using key trauma-informed principles, this toolkit addresses trauma-related prevention, intervention, and treatment issues and strategies in behavioral health services.
- [Bessel van der Kolk: Brain, Mind, and Body in the Healing of Trauma](#) Dr. Bessel van der Kolk, one of the world's leading experts on developmental trauma, explains how our long-term health and happiness can be compromised by prior exposure to violence, emotional abuse, and other forms of traumatic stress
- [London Trauma Specialists' Psychoeducation Video: The Brain Model of Post-Traumatic Stress Disorder \(PTSD\)](#) a video (5 mins) on how the body and brain respond and remember stress and trauma
- [Viatcheslav Wlassoff: How Does Post-Traumatic Stress Disorder Change the Brain?](#) an overview of what changes happen in the brain from PTSD
- [Changing the Conversation: Recognizing Urban Trauma and Supporting Healing \(libsyn.com\)](#) podcast; Host Kristen Paquette talks with Cheryl Gagne and Steven Samra about what health means to people in recovery. They also share strategies for healthcare providers to use when supporting people in recovery.