For advocates and other providers who want more in-depth information about substance abuse, mental illness and other issues faced by survivors of multi-abuse trauma, as well as information on providing trauma-informed services, these publications, Web sites, organizations and community support groups are good sources of information and help.

**Alaska Network on Domestic Violence and Sexual Assault**

The Alaska Network on Domestic Violence and Sexual Assault promotes and sustains a collective movement to end violence and oppression through social change. We are a nonprofit, membership corporation composed of 17 programs statewide that provide services to victims of domestic violence and sexual assault, offender services, and adult crisis intervention services.

Collectively, we believe that the elimination of interpersonal and societal violence is most effectively advanced through: grass roots efforts of local-based programs; communities that hold abusers accountable; and networking and coalition building at the local, state, and national levels.

Visit our Web site to access facts and statistics, research and other information about domestic violence and sexual assault. Also available on our Web site are Internet and computer safety tips, information about violent crimes compensation, useful links to other organizations that address interpersonal violence, and information about our various programs and projects.

In addition, ANDVSA produces a number of excellent publications that are available free of charge. These publications can be downloaded from our Web site, and some can be ordered from ANDVSA as hard copies.

Our Legal Advocacy Project publications include:

**Domestic Violence & Guns: A Guide to the Laws That Can Remove Guns from a Dangerous Abuser.** This brochure outlines how the law can help you be safer in six steps.

**Domestic Violence Protective Orders: How to Get Out-of State Enforcement.** The Violence Against Women Act makes it possible to get your domestic violence protective order enforced in other states. This brochure helps you learn how.

**Women’s Legal Rights Handbook, 2007 Edition** is designed for any woman navigating the legal system on topics such as employment, bankruptcy, credit, debt collection, inheritance, criminal law, violent crimes, name changes, reproductive rights, divorce, custody, sexual assault and adoption. This publication is also available in hard copy.
ANDVSA MEMBER PROGRAMS

Advocates for Victims of Violence
P.O. Box 524
Valdez, AK  99686
Office:  907-835-2980
Fax:  907-835-2981
Hotline:  800-835-4044 / 907-835-2999

Abused Women's Aid in Crisis, Inc.
100 W. 13th Ave
Anchorage, AK  99501
Office:  907-279-9581
Fax:  907-279-7244
Hotline:  907-272-0100

Aiding Women in Abuse and Rape Emergencies
P.O. Box 20809
Juneau, AK  99802
Office:  907-586-6623
Fax:  907-586-2479
Hotline:  800-478-1090 / 907-586-1090

Arctic Women In Crisis
P.O. Box 69,
Barrow, AK  99723
Office:  907-852-0261
Fax:  907-852-2474
Hotline:  800-478-0267 / 907-852-0267

Bering Sea Women's Group
P.O. Box 1596
Nome, AK  99762
Office:  907-443-5491
Fax:  907-443-3748
Hotline:  800-570-5444 / 907-443-5444

Cordova Family Resource Center
P.O. Box 863
Cordova, AK  99574
Office:  907-424-5674
Fax:  907-424-5673
Hotline:  866-790-4357 / 907-424-4357

Interior Alaska Center for Non-Violent Living
726 26th Ave, Suite 1
Fairbanks, AK  99701
Office:  907-452-2293
Fax:  907-452-2613
Hotline:  800-478-7273 / 907-452-7273

Kodiak Women's Resource and Crisis Center
P.O. Box 2122
Kodiak, AK  99615
Office:  907-486-6171
Fax:  907-486-4264
Hotline:  907-486-3625

The LeeShore Center
325 S. Spruce Street
Kenai, AK  99611
Office:  907-283-9479
Fax:  907-283-5844
Hotline:  907-283-7257

Maniilaq Family Crisis Center
P.O. Box 38
Kotzebue, AK  99752
Office:  907-442-3724
Fax:  907-442-3985
Hotline:  907-442-3969

Safe and Fear-Free Environment
P.O. Box 94
Dillingham, AK  99576
Office:  907-842-2320
Fax:  907-842-2198
Hotline:  800-478-2316 / 907-842-2316

Sitkans Against Family Violence
P.O. Box 6136
Sitka, AK  99835
Office:  907-747-3370
Fax:  907-747-3450
Hotline:  800-478-6511 / 907-747-3370

South Peninsula Haven House
3776 Lake Street, Suite 100
Homer, AK  99603
Office:  907-235-7712
Fax:  907-235-2733
Hotline:  800-478-7712 / 907-235-8101

Standing Together Against Rape
1057 W. Fireweed, Suite 230
Anchorage, AK  99503
Office:  907-276-7279
Fax:  907-278-9983
Hotline:  907-276-7273
### ANDVSA Member Programs

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<thead>
<tr>
<th>Tundra Women's Coalition</th>
<th>Women in Safe Homes</th>
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<tr>
<td>P.O. Box 2029</td>
<td>P.O. Box 6552</td>
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<tr>
<td>Bethel, AK 99559</td>
<td>Ketchikan, AK 99901</td>
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<tr>
<td><strong>Office:</strong> 907-543-3444</td>
<td><strong>Office:</strong> 907-225-9474</td>
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<tr>
<td><strong>Fax:</strong> 907-543-3752</td>
<td><strong>Fax:</strong> 907-225-2472</td>
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<tr>
<td>P.O. Box 36</td>
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<tr>
<td>Unalaska, AK 99685</td>
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<tr>
<td><strong>Office:</strong> 907-581-1500</td>
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<tr>
<td><strong>Fax:</strong> 907-581-4568</td>
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<tr>
<td><strong>Hotline:</strong> 800-478-7238 / 907-581-1500</td>
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</tbody>
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### Real Tools Training Project Partners in Alaska

| Alaska Head Start State Collaboration Office Dept. of Education & Early Development |
| 801 W. 10th Street, Suite 200 |
| P.O. Box 110500 |
| Juneau, AK 99811-0500 |
| **Office:** 907-465-4862 | **Fax:** 907-465-2806 |
| Alaska Immigration Justice Project |
| 431 West 7th Avenue, Suite 208 |
| Anchorage, AK 99501 |
| **Office:** 907-279-2457 | **Fax:** 907-279-2450 |
| [www.akijp.org](http://www.akijp.org) |

| Alaska Native Women’s Coalition |
| P.O. Box 73505 |
| Fairbanks, AK 99701 |
| **Office:** 907-465-2320 |

| Council on Domestic Violence & Sexual Assault |
| P.O. Box 111200 |
| Juneau, AK 99811 |
| **Office:** 907-465-4356 | **Fax:** 907-465-3627 |

| University of Alaska – Anchorage Center for Human Development |
| 2702 Gambell Street, Suite 103 |
| Anchorage, AK 99503 |
| **Office:** 907-272-8270 | **Fax:** 907-274-4802 |
| [www.alaskachd.org](http://www.alaskachd.org) |

| US Department of Health and Human Services Office on Women’s Health - Region 10 |
| 2201 Sixth Avenue, Suite 800, MS 29 |
| Seattle, WA 98121 |
| **Phone:** (206) 615-3667 | **Fax:** (206) 615-2481 |

The Legal Advocate Training Curriculum provides basic training materials for legal advocates. Please contact us at 586-3650 for a hard copy.

The Volunteer Attorney Manual for Family Law is designed for our pro-bono attorneys working with family law cases involving domestic violence and sexual assault. Please
contact us at 586-3650 for a hard copy of this nationally recognized publication.

Our Training Project publications include:


Both of these training manuals are also available in Spanish.


**Other Publications**

*Advancing Social Justice through Clinical Practice,* a hardback book edited by Etiony Aldarondo, urges human service professionals to work with increased awareness of the toxic effects of social inequities in the lives of people they aim to help. This comprehensive volume seeks to bridge the gap between the psychosocial realities of the individuals we serve and the dominant clinical practices of many mental health professionals. It offers an array of conceptual and practical innovations to address both individual suffering and social inequities fueling this suffering. This is an empowering tool and a must-read for social service professionals who wish to be agents of both individual and social transformation. Available at bookstores or order from amazon.com.

*Am I Okay? A Layman’s Guide to the Psychiatrist’s Bible,* by Allen Frances, M.D., and Michael B. First, M.D. Written by two doctors involved in the production of the American Psychiatric Association’s Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) – the reference text used by the majority of mental health professional – this book is a user-friendly guide to common mental health concerns written for a lay audience. Available at bookstores or order from amazon.com.

*A Woman’s Way through the Twelve Steps,* by Stephanie Covington. Geared specifically to women in recovery, this book offers a flexible interpretation of the 12 Steps that takes into account the psychological development of women as it relates to addiction and the social and cultural factors that affect women including interpersonal violence issues. *A Woman’s Way* acknowledges that recovery raises special issues for women – from questions about sexuality, relationships and everyday life to anxieties about speaking up at mixed gender meetings. Advocates and other providers will want to read this book themselves, as well as recommend it to the recovering women they serve. Available at bookstores or order from amazon.com.

*Beyond Labels: Working with Abuse Survivors with Mental Illness Symptoms or Substance Abuse Issues.* This manual, created by staff at SafePlace in Austin, TX...
Additional Resources  5

a comprehensive look at mental health issues and advocate response. The manual provides information, tools and resources to help domestic violence and rape crisis center staff better understand the connection between mental health and trauma. Readers will be better able to work with survivors experiencing mental health and substance abuse issues and how to create a center more welcoming to these survivors. To order a copy of the manual, call 512.267.SAFE (7233) or email Info@SafePlace.org.

_Changing the Script: Thinking about Our Relationships With Shelter Residents_, by Margaret Hobart for The Washington State Coalition Against Domestic Violence. This article explores how advocates think about their relationship to the people using our programs, and how this impacts service delivery. Hobart discusses the unconscious roles advocates may take on such as “parent” or “rescuer,” how to recognize when this is happening, and how to replace these roles with a more empowering approach. Access the article at [www.wscadv.org/docs/Staff_Client_Relationships_in_Shelter.pdf](http://www.wscadv.org/docs/Staff_Client_Relationships_in_Shelter.pdf).

_Covering Domestic Violence: A Guide for Journalists and Other Media Professionals_. This comprehensive guide written by Kelly Starr for the Washington State Coalition Against Domestic Violence is an ideal resource for advocates cultivating relationships with your local news media outlets. While some of the material is Washington-specific, the guide contains valuable general suggestions for media professionals on how to accurately report domestic violence and what to avoid when covering this crime. Download the guide at [www.wscadv.org/docs/Media_Guide_2008.pdf](http://www.wscadv.org/docs/Media_Guide_2008.pdf) and offer it to your favorite reporter.

_Healing the Soul Wound: Counseling with American Indians and Other Native Peoples_, by Eduardo Duran. Written from an academic perspective, but easily accessible to lay people, this book offers an in-depth explanation of intergenerational grief and historical trauma. It also offers suggestions for providers from the dominant culture on ways to provide appropriate culturally competent services. Available at bookstores or order from [amazon.com](http://amazon.com).

_Many Roads, One Journey: Moving Beyond the Twelve Steps_, by Charlotte Kasl pioneered a 16-step empowerment approach for overcoming addiction and trauma. Her approach has many parallels to positive psychology, attachment theory, developing resilience, and respecting individual and cultural differences. It also reflects recent knowledge of brain science. The empowerment model has been widely used in the United States and Canada, and many people are finding it helpful for overcoming depression as well as addictions. Kasl states that “while fear may jump-start people into recovery, love and self respect are what helps them heal.” This book is user-friendly for both providers and recovering individuals. Available at bookstores or order from [amazon.com](http://amazon.com).

_Trauma and Recovery: The Aftermath of Violence from Domestic Abuse to Political Terror_, by Judith Herman. If you only have time to read one book right now, make it this one. _Trauma and Recovery_ brings a new level of understanding to a set of problems usually considered individually. Herman draws on her own cutting-edge research on domestic violence, as well as on a vast literature of combat veterans and victims of
political terror, to show the parallels between private terrors such as rape and public traumas such as terrorism. The book puts individual experience in a broader political frame, arguing that psychological trauma can be understood only in a social context. Available at bookstores or order from amazon.com.

*Trauma Informed Care: Best Practices and Protocols for Ohio’s Domestic Violence Programs,* written by Sonia D. Ferencik and Rachel Ramirez-Hammond for the Ohio Domestic Violence Network. This manual explains the need for a trauma-informed approach to domestic violence services, and offers a wealth of suggestions for creating a more welcoming environment in shelter programs, as well as helping survivors of trauma feel more empowered. Access the manual at www.odvn.org.

*Treating Complex Traumatic Stress Disorders,* edited by C.A. Courtois and J.D. Ford. This hardback book takes a comprehensive look at complex trauma stemming from interpersonal violence and discusses effective ways of working with survivors based on the latest research. The Forward is written by Judith Herman, a pioneer in the field. Available at bookstores or order from amazon.com.

**Organizations**

*Accessing Safety Initiative (ASI)* is a Vera Institute of Justice Project funded by the Office on Violence Against Women. ASI helps organizations and communities meet the needs of women with disabilities who are victims or survivors of domestic violence, sexual assault and stalking. Access the Web site at www.accessingsafety.org.

*Alcohol Drug Help Line Domestic Violence Outreach Project.* Begun in 1994, the goal of the project is to help women affected by their own or another’s substance abuse find safety, sobriety and wellness. The organization provides outreach and education for women affected by domestic violence, chemical dependency and multi-abuse trauma in shelters, chemical dependency treatment programs and other humans service agencies, and provides technical assistance and training to providers addressing multiple abuse issues. To contact, call 206-722-3703 (business line); or 800-562-1240 (toll free for WA State and AK only.) Website: www.adhl.org.

*Creating a Circle of Hope to Prevent FASD.* The National Organization on Fetal Alcohol Syndrome founded the Circle of Hope Birth Mothers Network (COH-BMN) to prevent Fetal Alcohol Spectrum Disorders (FASD) and provide hope for women who may struggle with addictions, may have used substances while pregnant, or may have a child with FASD. FASD is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications. FASD affects as many as 40,000 newborns each year in the U.S. Individuals who work with victims of domestic violence or with homeless people are in a unique position to help educate and prevent FASD, which is completely preventable if women abstain from alcohol during pregnancy or if planning a pregnancy. The COH-
BMN is a unique peer-mentoring program that provides support for women both in their recovery and/or through the challenges of parenting a child with FASD. Sharing the guilt and shame over substance use while pregnant is a powerful bond for women who typically have trouble connecting with other women. COH-BMN mentors can assist women who may end up in shelters and assist them with the many struggles of getting back their independence and living future healthy lifestyles. Additionally, the COH provides members with referrals, factual information about FASD and addiction, resources and support for women and families. For more information, visit their Web site at www.nofas.org/coh/.

**Domestic Violence & Mental Health Policy Initiative** is a national technical assistance center whose overarching goal is to ensure that all survivors of domestic violence and their children who are experiencing abuse-related trauma and/or living with mental illness can access the services that they may need to enhance their safety and well-being. DVMHPI has created a **National Training and Technical Assistance Center on Domestic Violence, Trauma and Mental Health**, funded by the US Department of Health and Human Services, Administration on Children, Youth and Families. The new Center will provide the resources, tools and consensus building opportunities necessary to fill the critical gap in services for survivors with unmet mental health and advocacy needs, to develop more comprehensive and culturally-relevant responses to the range of trauma-related issues faced by domestic violence survivors and their children, and to develop strategies for addressing both the social and psychological conditions that perpetuate abuse and violence across generations. The Center’s goal is to provide the infrastructure and resources to enable domestic violence and mental health agencies and training programs nationwide to be able to work more effectively with individuals who are dealing with both domestic violence and mental health issues. Access DVMHPI at www.dvmhpi.org. Access NTTAC at www.dvmhpi.org/CurrentProjects.htm.

**Faces and Voices of Recovery.** This advocacy group is made up of individuals in long-term recovery from addiction, their families, friends and allies. Its purpose is to celebrate and honor recovery in all its diversity. The group promotes advocacy to the medical, mental health, criminal justice and other communities as well as the general public and legislators about the possibilities of recovery from addiction to alcohol and other drugs. The grass-roots organization has chapters around the country. Web site: www.facesandvoicesofrecovery.org. Address: Faces & Voices of Recovery, 1010 Vermont Ave. #708, Washington, DC 20005. Phone: (202) 737-0690. Fax: (202) 737-0695.

**Faith Trust Institute** is a national, multi-faith, multicultural training and education organization with global reach working to end sexual and domestic violence. Founded in 1977 by the Rev. Dr. Marie M. Fortune, Faith Trust Institute offers a wide range of services and resources, including training, consulting and educational materials. The institute provides communities and advocates with the tools and knowledge they need to address the religious and cultural issues related to abuse. The institute works with many communities, including Asian and Pacific Islander, Buddhist, Jewish, Latino/a, Muslim, Black, Anglo, Indigenous, Protestant and Roman Catholic. Access the Faith Trust Institute at www.cpsdv.org.
**National Alliance on Mental Illness (NAMI).** NAMI is a nonprofit organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI's support and public education efforts are focused on educating the public about mental illness, offering resources to those in need, and insisting that mental illness become a high national priority. NAMI offers an array of peer education and training programs, initiatives and services for individuals, family members, health care providers and the general public. Access their Web site at [www.nami.org](http://www.nami.org).

**National Center on Domestic Violence and Sexual Violence.** This Web site contains a wealth of written materials and cutting-edge research on every aspect of interpersonal violence. Also on this Web site are more than two dozen versions of the famous Power & Control Wheel, which explore power and abuse dynamics for a variety of co-occurring situations ranging from substance abuse to mental health, disabilities, immigration and child welfare. Access the site at [www.ncdsv.org](http://www.ncdsv.org).

**National Center for Trauma-Informed Care (NCTIC).** SAMHSA’s National Center for Trauma-Informed Care is a technical assistance center dedicated to building awareness of trauma-informed care and promoting the implementation of trauma-informed practices in programs and services. NCTIC facilitates the adoption of trauma-informed environments in the delivery of a broad range of services including mental health, substance use, housing, vocational or employment support, domestic violence and victim assistance, and peer support. In all of these environments, NCTIC seeks to change the paradigm from one that asks, “What's wrong with you?” to one that asks, “What has happened to you?” Access their Web site at [www.samhsa.gov/nctic/default.asp](http://www.samhsa.gov/nctic/default.asp).

**Professionals Support Group at S.T.A.R.** Because hearing a traumatized person’s story can revive personal traumatic experiences a service provider may have suffered in the past, it is important for providers to acknowledge and heal from their own trauma. Advocates at S.T.A.R. (Standing Together Against Rape) in Anchorage, AK, have created a support group for service providers who are trauma survivors themselves. The Professionals Group – which has weekly sessions lasting about two hours and runs for about 16 weeks at a time – has included nurses, law enforcement officers, teachers and therapists in addition to advocates. The group is co-facilitated by an advocate and a therapist. For information on this group, including suggestions for replicating such a group in your own community, contact Erin Patterson-Sexson at S.T.A.R. Phone: (907) 276-7279. Email: epatterson-sexson@staralaska.org.

**Substance Abuse and Mental Health Services Administration (SAMHSA) works to improve the quality and availability of substance abuse prevention, alcohol and drug addiction treatment, and mental health services.** *Substance Abuse Treatment and Domestic Violence*, part of SAMHSA’s Treatment Improvement Protocol (TIP) Series, introduces drug and alcohol treatment providers to the field of domestic violence. The manual gives providers useful information on the role of substance abuse in domestic violence — both among the men who batter and the women who are battered. Useful techniques for detecting and eliciting such information are supplied, along with ways to modify treatment to ensure victim’s safety and to stop the cycle of violence in both
parties’ lives. Legal issues, including duty to warn and confidentiality, are discussed. Finally, the manual includes a blueprint for a more integrated system of care that would enhance treatment for both problems, along with practical suggestions for establishing linkages both between substance abuse treatment providers and domestic violence support workers and with legal, health care, criminal justice, and other relevant service agencies. Access the manual at [www.ncbi.nlm.nih.gov/books/NBK14419](http://www.ncbi.nlm.nih.gov/books/NBK14419). Access the SAMHSA web site at [www.samhsa.gov](http://www.samhsa.gov).

**Triple Play Connections.** This non-profit organization comprised of mental health, domestic violence, sexual assault and chemical dependency providers works together to cross-train and network in local neighborhoods throughout Washington State using best practices with a focus on cultural competency. The organization has neighborhood network groups and an annual training conference. Says Karen Foley: “It’s totally self-sufficient. You don’t need funding. You just need the desire.” For information, including suggestions for replicating the organization in your own community, contact Karen Foley, (425) 259-7142, ext. 135 or 425-772-0724. Email: karenf81092@yahoo.com.

**Washington State Coalition Against Domestic Violence.** In the Resources section of their Web site, you will find a wealth of publications and resources created by WSCADV for advocates, survivors, and other professionals. Most are available for free or can be downloaded directly off the web site. Topics range from program management and community education to computers and technology, media, religion, and statistics and research. Of particular interest are model protocol and training tools for women with substance use issues and other disabilities. Visit the WSCADV website at [www.wscadv.org](http://www.wscadv.org).

**Community Support Groups**

**Alcoholic Anonymous (AA)** is a 12-Step community group that helps members achieve and maintain recovery from alcoholism by sharing experiences with others who have suffered similar problems. Many clients who are involved with AA find another AA member who will serve as a sponsor and provide guidance and help in times of crisis when the return to substance use becomes overwhelming. This sharing and group support approach has spawned a number of similar programs, such as Narcotics Anonymous (NA) for persons addicted to substances other than or in addition to alcohol. For more information, visit their Web site at [www.aa.org](http://www.aa.org).

**GROW.** Originally inspired by Alcoholics Anonymous, GROW is an international mental health movement with a network of member-run support groups in four different countries (the United States, Australia, New Zealand and Ireland). GROW in America is fully developed in Illinois and New Jersey, and has a small core of groups in Alaska. Web site: [www.growinamerica.org](http://www.growinamerica.org). Address: P.O. Box 3667, Champaign, IL 61826. Phone: 1-888-741-GROW.

**16 Steps of Discovery and Empowerment.** Developed by Charlotte Kasl, Ph.D., this empowerment model brings a flexible, socially conscious approach to recovery and seeks
to build self-esteem while empowering people to find their own voice. Her variation on the 12 Steps encourages people to examine beliefs, addictions and dependent behavior in the context of living in a hierarchical, patriarchal culture. Dr. Kasl also suggests the “Internalized Oppression” concept vs. the term codependency. Web site: www.charlottekasl.com. Address: Many Roads One Journey, Inc., P. O. Box 1302, Lolo, Montana 59847. Phone: 406/273-6080.

**White Bison, Inc.** Go to this nonprofit organization’s Web site for information about the Wellbriety Movement. Wellbriety is sobriety and wellness combined. The Movement encourages American Indian and Alaska Native communities to use culturally based healing resources to find sobriety and recovery from alcohol and drugs, and other issues including domestic violence, then go beyond survival to thriving in communities. On-line information is available at the White Bison Web site: www.whitebison.org. Contact: White Bison, Inc., 701 N. 20th St., Colorado Springs, CO 80904. Phone: 719/548-1000 or 877/871-1495. Fax: 719/548-9407.

**Women For Sobriety.** WFS was founded with the belief that women alcoholics require a different kind of program in recovery than male alcoholics. The WFS “New Life” program is based on a Thirteen Statement Program designed to assist a woman in addressing her alcoholism and lifestyle by encouraging her emotional and spiritual growth. On-line chat groups can be accessed from their Web site: www.womenforsobriety.org. Address: Women For Sobriety, Inc., P.O. Box 618, Quakertown, PA 18951-0618. Phone: 215-536-8026.

### Trauma Websites

**[www.cdc.gov/ncedphp/ace](http://www.cdc.gov/ncedphp/ace)** ACE Study. The Centers for Disease Control and Prevention reports on the Adverse Childhood Experiences (ACE) Study – one of the largest investigations ever conducted on the links between childhood maltreatment and later-life health and well-being. As a collaboration between the Centers for Disease Control and Prevention and Kaiser Permanente's Health Appraisal Clinic in San Diego, Health Maintenance Organization (HMO) members undergoing a comprehensive physical examination provided detailed information about their childhood experience of abuse, neglect, and family dysfunction. Over 17,000 members chose to participate. To date, over 30 scientific articles have been published and over 100 conference and workshop presentations have been made.

**[www.acestudy.org](http://www.acestudy.org)** The Adverse Childhood Experiences Study. The Web site’s primary focus is to share the findings of the Adverse Childhood Experiences Study, in a format readily accessible to both professionals, and the lay community. *ACE Reporter*, a free electronic quarterly publication about the findings of the Study is available on line.

**[www.theannainstitute.org](http://www.theannainstitute.org)** The Anna Institute celebrates and honors the life of Anna Caroline Jennings, by using her artwork and life experience to educate others on the hidden epidemic of childhood sexual abuse, its horrific impact on individuals and society,
and paths to prevention or healing. Can download articles and PowerPoint presentations of Anna’s life as a child and as a mental health patient. Visitors can view an online gallery of Anna Caroline Jennings’ powerful artwork, most of which was created within the walls of state mental institutions.

http://www.phac-aspc.gc.ca/ncfv-cnivf/index-eng.php Canadian National Clearing House On Family Violence. On behalf of the Government of Canada and its Family Violence Initiative (FVI), the Public Health Agency of Canada operates the National Clearinghouse on Family Violence (NCFV). The NCFV is Canada’s resource centre for information on violence within relationships of kinship, intimacy, dependency or trust. NCFV collects, develops, and disseminates information on family violence across the country and abroad. NCFV resources and services are available free of charge in both English and French.

www.ChildTraumaAcademy.com The Child Trauma Academy is a collaborative group of individuals and organizations working to improve the lives of high-risk children through direct service, research and education. Free online courses are offered.

www.childtrauma.com The Child Trauma Institute site includes parent information, trauma measures, publications, training programs & links. The Institute provides training, consultation, information, and resources for those who work with trauma-exposed children, adolescents, and adults.

www.darkness2light.org Darkness to Light raises awareness of the prevalence and consequences of child sexual abuse by educating adults about the steps they can take to prevent, recognize and react responsibly to the reality of child sexual abuse.

www.dartcenter.org Dart Center for Journalism and Trauma. The Dart Center is a global organization dedicated to improving media coverage of trauma, conflict and tragedy. The Center also addresses the consequences of such coverage for those working in journalism.

www.giftfromwithin.org A site for survivors of trauma and victimization, Gift From Within gives trauma survivors, their loved ones and supporters a credible online website that is friendly and supportive. Gift From Within believes that persons with post-traumatic stress disorder and related traumatic stress syndromes deserve the same respect and support that individuals and families suffering the impact of cancer, heart disease and stroke receive.

www.healingselfinjury.org Healing Self Injury provides information about self-inflicted violence (SIV) and a newsletter for people living with SIV, The Cutting Edge. Published by Ruta Mazelis and now in collaboration with the Sidran Institute, The Cutting Edge is in its 15th year of publication. It serves as a resource for those seeking information on this often-misunderstood issue and includes editorial commentaries, written and artistic contributions from the readership, and reviews of various resources for those who live with SIV. Provides PDF version of the newsletter.
**www.istss.org** The International Society for Traumatic Stress Studies. ISTSS is an international multidisciplinary, professional membership organization that promotes advancement and exchange of knowledge about severe stress and trauma. This knowledge includes understanding the scope and consequences of traumatic exposure, preventing traumatic events and ameliorating their consequences, and advocating for the field of traumatic stress.

**www.jimhopper.com** Jim Hopper’s site on Child Abuse Statistics, Research, and Resources. This site has several pages about child abuse – how prevalent it is, its potential effects, where to learn more and, if you’re looking, how to find help for yourself or someone you care about. The site provides scholarly knowledge and resources, in language and formats accessible to any interested and motivated person – young or old, highly educated or not.

**www.protect.org** National Association to Protect Children. PROTECT is a national membership association founded on the belief that our first and most sacred obligation as parents and citizens is the protection of children from harm. The association is committed to building a powerful, nonpartisan force for the protection of children from abuse, exploitation and neglect through a determined single-issue focus, a meaningful mainstream agenda and the use of proven modern political strategies.

**www.ncptsd.va.gov/** National Center for Posttraumatic Stress Disorder Research and education on PTSD; includes the PILOTS Database, an electronic index to PTSD literature

**www.nctsn.org** National Child Traumatic Stress Network. The Web site’s purpose is to raise the standard of care and improve access to services for traumatized children, their families and communities throughout the United States. Combining knowledge of child development, expertise in the full range of child traumatic experiences, and attention to cultural perspectives, the NCTSN serves as a national resource for developing and disseminating evidence-based interventions, trauma-informed services, and public and professional education.

**www.nsvrc.org** National Sexual Violence Resource Center serves as the nation’s principle information and resource center regarding all aspects of sexual violence. It provides national leadership, consultation and technical assistance by generating and facilitating the development and flow of information on sexual violence intervention and prevention strategies. The NSVRC works to address the causes and impact of sexual violence through collaboration, prevention efforts and the distribution of resources.


**www.ncptsd.va.gov/ncmain/publications/pilots/** The Pilots Database is an electronic index to the worldwide literature on post-traumatic stress disorder and other mental-
health consequences of exposure to traumatic events. It is produced by the National Center for PTSD and is available to the public on computer systems maintained by Dartmouth College. There is no charge for using the database, and no account or password is required.

**www.nospank.net** Project No Spank is a resource for parents, students, educators, education policymakers, healthcare providers, children's advocates, and all others who are concerned with the safety and well-being of children

**www.rainn.org** The Rape, Abuse & Incest National Network is the nation's largest anti-sexual assault organization. RAINN operates the National Sexual Assault Hotline and carries out programs to prevent sexual assault, help victims and ensure that rapists are brought to justice.

**www.riskingconnection.com** The Risking Connection Model supports transformation to trauma-informed care in all settings through training and consultation, with a focus on healing relationships. The website serves as a gateway to a Risking Connections Community providing educational opportunities and resources, and building relationship between RC creators, teachers and users.

**www.sanctuaryweb.com** The Sanctuary Model website fully describes a trauma-informed method for creating or changing an organizational culture in order to more effectively provide a cohesive context within which healing from psychological and social traumatic experience can be addressed. The site also includes numerous downloadable articles and makes explicit the impacts on people, communities and organizations of the larger the societal context within which they live and operate. This website is a rich source for deepening and broadening our understanding of trauma, its pervasiveness in all aspects of our lives and culture, and what is needed for healing.

**www.wonderland-safe.org/safe.htm** SAFE is a drop-in center in Oregon designed, owned, and operated entirely by people served by the mental health system and survivors of trauma. A beautiful publication of survivor art work “Healing In Safety: A Guide for Mental Health and Medical Professionals on How Best to Help Trauma Survivors, Written by Trauma Survivors,” is available.

**www.safespaceradio.com** Safe Space Radio, a live forum for courageous conversations. Safe Space is a radio show about subjects that are difficult to talk about – a forum for the discussion of topics that make people feel uncomfortable. It is a space for the respectful discussion of matters that touch hearts and yet feel risky to share – subjects that deserve, but rarely get, thoughtful consideration. Half-hour downloadable interviews with outstanding survivors and healers, conducted by Dr. Anne Hallward.

**www.siari.co.uk** Self-Injury and Related Issues (SIARI) – a free international Internet service of information, resources and support.
www.sidran.org  Sidran Institute helps people understand, recover from and treat traumatic stress (including PTSD), dissociative disorders, and co-occurring issues such as addictions, self injury and suicide risk. Sidran develops and delivers educational programming, resources for treatment, support and self-help, trauma-informed community and professional collaboration projects, and publications about trauma and recovery.

www.stopitnow.org  Stop It Now! offers adults tools they can use to prevent sexual abuse, before there’s a victim to heal or an offender to punish. It provides support, information and resources that enable individuals and families to keep children safe and to create healthier communities. A network of community based Stop It Now programs reaches out to adults who are concerned about their own or others’ sexualized behavior toward children.

www.traumacenter.org  The Trauma Center at Justice Resource Institute helps individuals, families and communities that have been impacted by trauma and adversity to re-establish a sense of safety and predictability in the world, and provides state-of-the-art therapeutic care as they reclaim, rebuild and renew their lives. Downloadable articles by numerous authors including Bessel van der Kolk, MD, medical director and founder of the Trauma Center and internationally recognized leader in the field of psychological trauma, are available on this site.

www.trauma-pages.com  David Baldwin’s Trauma Information Pages focus primarily on emotional trauma and traumatic stress, including post-traumatic stress disorder and dissociation, whether following individual traumatic experience(s) or a large-scale disaster. The purpose of this award-winning site is to provide information for clinicians and researchers in the traumatic-stress field.

www.witnessjustice.org  Witness Justice addresses gaps in victim services by offering direct services for survivors of violence and their allies who are experiencing difficulties. Witness Justice offers assistance and support to get answers, explanations, information, and resources for the many survivors who feel “stuck” or “lost” following violence and trauma.

www.vachss.com  The Zero 5.Olaf – Official Website of Andrew Vachss. Here, you will find a searchable database of agencies and organizations which purport to serve the issues that concern us: child abuse, sexual abuse, domestic violence, animal welfare, mental health, health care, juvenile justice, human trafficking and many more, as well as other research and assistance materials.