



FLORIDA TRAUMA INFORMED FAMILY COURTS WORKSHOP WEBSITE ADDITIONAL RESOURCES



Overview of Trauma

- Lynn Tepper, *Trauma Informed Courts: What does that Mean to Courts, Attorneys and Clients?*, Joint Meeting of Robert M. Foster Inns of Court & the Florida Family Law Inns of Court (Feb. 18, 2023): <https://www.dropbox.com/scl/fi/ir8ha9sh0gz45pgp5qgm6/Trauma-Informed-Courts-Handout-Binder.pdf?rlkey=z6g6oqzvffu12oaxxeuisvvhe&dl=0>
- Eddie Stephens, Esq., *Trauma Informed Family Lawyer* The Florida Bar Family Law Section Commentator, Summer 2002, pgs. 12-14, <https://familylawfla.org/wp-content/uploads/2022/08/Fam-2022-ISSUE-4-FINAL-2-smallest.pdf>
- NCTSN Website: <https://www.nctsn.org/>
- Understanding Child Trauma: https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4923_0.pdf
- The Effects of Exposure to Domestic Violence on Babies and Children (Video): <https://www.flcourts.gov/Resources-Services/Office-of-Family-Courts/Family-Court-in-Florida/Domestic-Violence/DV-Training/Videos#dvbc>
- Lynn Tepper, *Red Flags of Trauma*, https://www.flcourts.gov/content/download/216233/file/Judicial_Toolkit_Judge_Tepper_RED_FLAGS_OF_TRAUMA.pdf

ACES

- ACEs Questionnaire for Adults: <https://www.acesaware.org/wp-content/uploads/2022/07/ACE-Questionnaire-for-Adults-De-identified-English-rev.7.26.22.pdf>
- Barbara Goiran, Esq. *Everything's Coming Up ACES*, The Florida Bar Family Law Section Commentator, Spring 2017, pgs. 13-18: <https://familylawfla.org/wp-content/uploads/2017/06/Fam-2017-Spring-Edition-Draft3.pdf>
- Pediatric Life Events Screener (PEARLS) CHILD: https://www.acesaware.org/pdf_wrapper/pearls-tool-child-parent-caregiver-report-de-identified-english/
- Pediatric Life Events Screener (PEARLS) TEEN (caregiver report): https://www.acesaware.org/pdf_wrapper/pearls-tool-teen-parent-caregiver-report-de-identified-english/
- Pediatric Life Events Screener (PEARLS) TEEN (self-report): https://www.acesaware.org/pdf_wrapper/pearls-tool-teen-self-report-de-identified-english/



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- ACES Aware Website: <https://www.acesaware.org/>
- SAMHSA Website: <https://www.samhsa.gov/resource/dbhis/trauma-informed-care-webpage>

Toxic Stress & Trauma Responsive Courts

- FSU Center for Prevention & Early Intervention Policy: <https://www.cpeip.org/>
- NAMI, *What You Should Know about Toxic Stress*, <https://www.nami.org/Blogs/NAMI-Blog/August-2017/What-You-Should-Know-About-Toxic-Stress>
- National Library of Medicine, *Toxic Stress and PTSD in Children*, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7592151/>
- Administration for Children & Families, *What is Toxic Stress?*, <https://www.acf.hhs.gov/trauma-toolkit/toxic-stress>
- Harvard University, Center on the Developing Child, *Toxic Stress*, <https://developingchild.harvard.edu/science/key-concepts/toxic-stress/>
- Trauma and Neuroscience: <https://www.flcourts.org/Resources-Services/Court-Improvement/Family-Courts/Domestic-Violence/Resource-Library#trauma>
- Centers for Disease Control and Prevention, *Child Development*, <https://www.cdc.gov/ncbddd/childdevelopment/index.html>

The 10C's and Guiding Principles

- The 10 Cs: <https://www.flcourts.gov/Resources-Services/Office-of-Family-Courts/Family-Court-in-Florida/Family-Court-Tool-Kits/Family-Court-Tool-Kit-The-Basics/The-10-Cs-core-components-of-Florida-s-family-court>
- Guiding Principles of Family Law: <https://www.flcourts.gov/Resources-Services/Office-of-Family-Courts/Family-Court-in-Florida/Family-Court-Tool-Kits/Family-Court-Tool-Kit-The-Basics/Family-court-guiding-principles>
- OSCA, *The Big 10*: <https://www.flcourts.gov/Resources-Services/Office-of-Family-Courts/Family-Court-in-Florida/Family-Court-Tool-Kits/Family-Court-Tool-Kit-Trauma-and-Child-Development/Court-Implications>
- OSCA, *Family Court Toolkit*: <https://www.flcourts.gov/Resources-Services/Office-of-Family-Courts/Family-Court-in-Florida/Family-Court-Tool-Kits>



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Resiliency and Self-Care Technology

- OSCA, *Self-Care Toolkit*,
<https://www.flcourts.gov/content/download/215874/file/flcourts-selfcare-toolkit.pdf>
- Self-Care Apps and Technology:

<u>App / Technology</u>	<u>Website</u>
1 Headspace	https://www.headspace.com/
2 Insight Timer	https://insighttimer.com/
3 Smiling Mind	https://www.smilingmind.com.au/
4 Calm	https://www.calm.com/
5 Aura	https://www.aurahealth.io/
6 PTSD Coach	https://mobile.va.gov/app/ptsd-coach
7 Mindfulness App	https://www.themindfulnessapp.com/
8 Ten Percent Happier	https://www.tenpercent.com/
9 Buddhify	https://buddhify.com/
10 Sanvello	https://www.sanvello.com/
11 Mood Tools	https://moodtools.org/
12 Brain.fm	https://www.brain.fm/
13 Fabulous	https://www.thefabulous.co/
14 HabitBull	http://www.habitbull.com/
15 Productive	https://productiveapp.io/
16 Streaks	https://streaksapp.com/

- Compassion Fatigue Awareness Project: <https://compassionfatigue.org/index.html>
- University of Buffalo School of Social Work Self-Care Starter Kit:
<https://socialwork.buffalo.edu/resources/self-care-starter-kit.html>
- Tend Academy Resources for high-stress and trauma-exposed workplaces:
<https://www.tendacademy.ca/resources/>
- North Carolina General Court of Justice Self-Care Suggestions:
https://www.nccourts.gov/assets/inline-files/COVID-Caring-for-YOU-Self-Care_0.pdf?L30T2cKoz.aTVja8DBum0Gq64tuJ4CIG
- PositivePsychology.com How to Practice Self-Care: <https://positivepsychology.com/self-care-worksheets/>
- Benevolent Childhood Experiences (BCEs) in Homeless Parents: A Validation and Replication Study: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6640130/>



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General Additional Resources

- NCJFCJ: National Council of Juvenile and Family Court Judges: <https://www.ncjfcj.org/>
NCJFCJ: Publication List Family Violence and Domestic Relations Program:
<https://www.flcourts.gov/content/download/868324/file/NCJ%20FCJ%20Publications%20List.pdf>
- Georgetown University Center for Child and Human Development:
<https://gucchd.georgetown.edu/>
- OSCA Family Court Tool Kit Resources Page: <https://www.flcourts.gov/Resources-Services/Office-of-Family-Courts/Family-Court-in-Florida/Family-Court-Tool-Kits/Family-Court-Tool-Kit-Trauma-and-Child-Development/Resources>