

Resource List

for NIC's Becoming Trauma-Informed Series

The following resources have been compiled from the three sessions of NIC's 2020 Becoming Trauma-Informed Webinar series. Videos and other details about these sessions can be found on the [nicic.gov](https://www.nicic.gov) website.

- [The Association between ACEs and Criminal Justice Involvement, Part 1](#)
- [Trauma-Informed Treatment and Theory, Part 2](#)
- [Becoming Trauma Informed and Moving to Trauma Responsive, Part 3](#)

Center for Gender and Justice

<https://www.centerforgenderandjustice.org/>

Envisioning Justice Solutions

<https://www.envisioningjusticesolutions.com/>

ACES

Felitti, V. J., Anda, R. F., Nordenberg, D., Williamson, D.F., Spitz, A. M., and Edwards, V. (1998).

["Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults: The Adverse Childhood Experiences \(ACE\) Study."](#)

American Journal of Preventive Medicine, 14(4), 245-258. [https://doi.org/10.1016/S0749-3797\(98\)00017-8](https://doi.org/10.1016/S0749-3797(98)00017-8)

Grella, C., Stein, J., and Greenwell, L. (2005).

["Associations among childhood trauma, adolescent problem behaviors, and adverse adult outcomes in substance-abusing women offenders."](#)

Psychology of Addictive Behaviors 19: 43-53.

Messina, N., Grella, C., Burdon, W., and Prendergast, M. (2007).

["Childhood adverse events and current traumatic distress: A comparison of men and women prisoners."](#)

Criminal Justice and Behavior 34: 1385-1401.

Messina, N. and Grella, C. (2006).

["Childhood trauma and women's health outcomes in a California prison population."](#)

American Journal of Public Health 96: 1842-1848.

Organizational Change

Bloom, S. (2020).

[Creating Presence](#)

Covington, S. and Bloom, S. (2018).

[*Moving from Trauma-Informed to-Trauma Responsive.*](#)

Center City, MN: Hazelden.

Rothschild T and Selvaggi K. (2018).

[*The Trauma-Informed Effective Reinforcement \(TIER\) System.*](#)

Center for Gender & Justice.

Research links

Covington, S.

<https://www.centerforgenderandjustice.org/research-papers.php>

<https://www.stephaniecovington.com/research->

<https://www.stephaniecovington.com/assets/files/Soical%20Work%20Chapter%207%20Trauma-Informed%20Corrections%20FINAL.pdf>

Messina, N.

<https://www.envisioningjusticesolutions.com/research-ejs>

A randomized experimental study of gender-responsive substance abuse treatment for women in prison (2009).

[https://www.journalofsubstanceabusetreatment.com/article/S0740-5472\(09\)00150-0/fulltext](https://www.journalofsubstanceabusetreatment.com/article/S0740-5472(09)00150-0/fulltext)

Staff Training and Development

Covington, S. (2018).

[A Brief Conversation](#)

Covington, S.

[Becoming Trauma Informed](#)

- *Becoming Trauma Informed: A Training for Correctional Professionals.* (2020). Center for Gender & Justice.
- *Becoming Trauma Informed: A Focus on Youth.* (2020). Center for Gender & Justice.

Secure Housing Units

Arrigo, B.A. and Bullock, J.L. (2008).

["The psychological effects of solitary confinement on prisoners in supermax units: Reviewing what we know and recommending what should change."](#)

International Journal of Offender Therapy and Comparative Criminology 52: 622-640.

Guthrie, J. (2020).

[*Looking to Norway for Inspiration on Reducing the Use of Solitary Confinement.*](#)

Vera Institute of Justice.

Johnson, S. (2020).

[*Corrections at a Crossroads.*](#)

Vera Institute of Justice.

Messina, N., Zwart, E. and Calhoun, S. (2020).

["Efficacy of a Trauma Intervention for Women in a Security Housing Unit."](#)

ARCH Women Health Care Volume 3(3): 1-9.

Slater, D. (2017, July/August).

[*North Dakota's Norway Experiment.*](#)

Mother Jones July/August 2017 Issue. Retrieved November 6, 2020.

Smith, P.S. (2006).

["The Effects of solitary confinement on prison inmates: A brief history and review of the literature."](#)

Crime and Justice 34: 441-528.

Vera.

[*Addressing the Overuse of Segregation in US Prisons and Jails.*](#)

Vera Institute of Justice.

Trauma

Covington, S. (2013).

[*Beyond Violence: A Prevention Program for Criminal Justice-Involved Women.*](#)

Hoboken, NJ: John Wiley & Sons, Inc.

Covington, S. and Rodriguez, R. (2016).

[*Exploring Trauma: A Brief Intervention for Men.*](#)

Center City, MN: Hazelden.

Covington, S. and Russo, E. (2016).

[*Healing Trauma: A Brief Intervention for Women.*](#)

Center City, MN: Hazelden.

Harris M, Fallot RD.

Designing trauma-informed addictions services. *New Dir Ment Health Serv.*

2001 Spring;(89):57-73. doi: 10.1002/ym.23320018907. PMID: 11291263.

Messina, N., Calhoun, S. and Braithwaite, J. (2014).

["Trauma-informed treatment decreases posttraumatic stress disorder among women offenders."](#)

Journal of Trauma & Dissociation 15: 6-23.

SAMHSA. (2014).

[SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach.](#)

SAMHSA's Trauma and Justice Strategic Initiative.

Trauma-Focused & Gender-Responsive Treatment Programs

- Healing Trauma: A 6-Session Brief Intervention for Women (Covington & Russo, 2011, rev 2016)
- Exploring Trauma: A 6-Session Brief Intervention for Men (Covington & Rodriguez, 2017)
- Beyond Violence: Prevention Program for Criminal Justice-Involved Women, 20 Sessions (Covington, 2015)
- Beyond Trauma: A Healing Journey for Women, 12-Sessions (Covington, 2003; rev 2016)
- Helping Women Recover: A Program for Treating Addiction, 20 Sessions (Covington, 1999; rev 2008; 2019)
- Helping Men Recover: A Program for Treating Addiction, 18 Sessions (Covington, Griffin, & Dauer, 2011)
- Voices: A Program of Self-Discovery and Empowerment for Girls, 18 sessions (Covington et al., 2004; rev 2017)
- A Young Man's Guide to Mastery, 14 sessions (Covington & Rodriguez, 2014)
- Seeking Safety: Treatment for Trauma/PTSD and Substance Abuse, 25 topics (Najavits, 2002; rev 2013)
- Trauma Recovery and Empowerment Model for Treating PTSD in Women (TREM; 24-29 modules) (Harris, 1998)
- Men's Trauma Recovery and Empowerment Model (M-TREM; 24 modules) (Harris et al., 2021)

Violence Prevention

Kubiak, S.P., Fedock, G., Tillander, E., Kim, W.J. and Bybee D. (2014).

["Testing a violence prevention intervention for incarcerated women using a randomized control trial."](#)

Research on Social Work Practice 1-15.

Kubiak, S.P., Fedock, G., Tillander, E., Kim, W.J. and Bybee, D. (2014). ["Assessing the feasibility and fidelity of an intervention for women with violent offenses."](#)

Evaluation and Program Planning 42: 1-10.

Messina, N., Braithwaite, J., Calhoun, S. and Kubiak, S. (2016).

["Examination of a violence prevention program for serious female offenders."](#)

Violence and Gender 3: 143-149.

Gender Definitions

<http://www.teachingtransgender.org/>

Resources mentioned in Chat

Videos

Toxic Stress Video Clip (Relentless Stress)

Center for the Developing Child, Harvard University

<https://developingchild.harvard.edu/guide/a-guide-to-toxic-stress/>

Social and Behavioral Determinants of Toxic Stress

<https://developingchild.harvard.edu/resources/social-behavioral-determinants-toxic-stress/>

Social and Behavioral Determinants of Toxic Stress

<https://developingchild.harvard.edu/resources/social-behavioral-determinants-toxic-stress/>

Stress and Resilience: How Toxic Stress Affects Us, and What We Can Do About It

<https://developingchild.harvard.edu/resources/stress-and-resilience-how-toxic-stress-affects-us-and-what-we-can-do-about-it/>

Honor yard

https://www.youtube.com/watch?v=Xo_RUSuk4s8

A film about childhood trauma behind bars using the ACE test:

<https://vimeo.com/398088783>

The Change is Happening: North Dakota Training

<https://vimeo.com/446887442>

VICE | 'Raised in the System' Season 6 Premiere | Full Episode | HBO

<https://www.youtube.com/watch?v=yq3uVJQN8Gw>

Books

Burke Harris, Nadine (2018).

The Deepest Well: Healing the Long-Term Effects of Childhood Adversity.

Boston: Houghton Mifflin Harcourt.

Nakazawa, Donna Jackson (2015).

Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal.

New York: Atria Books.