

Resources Compiled for ACE Interface Trainings



For Educational Events/Conversations contact:

ACEs Indiana Coalition see <https://indysb.org/aces/>

ACEs Indiana Coalition Contact: Jessica Herzog-Hall jherzog@indysb.org (317) 238-6955

ACEs Interface Master Trainer: Dr. Sandy Washburn swashbur@iu.edu (812) 345-2596

988 Suicide & Crisis Lifeline

24-hour, toll-free, confidential support for people in distress. Prevention and crisis resources for you or your loved ones. Call or text 988 or chat 988lifeline.org.

Local Mental Health Resources

Centerstone of Indiana	Brown County	Nashville	800-344-8802	http://centerstone.org
Indiana University Health Bloomington	Inpatient Behavioral Health Services	Bloomington	812-918-5300	http://www.iuhealth.org
Columbus Behavioral	Children and Adolescents	Columbus	812-376-1711	http://www.columbusbehavioral.com/
Columbus Regional		Columbus	812-379-4441	http://www.crh.org
Martinsville CBOC		Martinsville	765-349-2071 x4	http://www.indianapolis.va.gov/
Centerstone of Indiana	Bartholomew County	Columbus	800-344-8802	http://centerstone.org
Centerstone of Indiana	Monroe County	Bloomington	800-344-8802	http://centerstone.org
Centerstone of Indiana	Blair House	Bloomington	800-344-8802	http://centerstone.org
Centerstone of Indiana	Hoosier House	Bloomington	800-344-8802	http://centerstone.org
Centerstone of Indiana	Centerstone Martinsville	Martinsville	800-344-8802	http://centerstone.org
Indiana University Health Bloomington	IN University Health Behavioral Health	Bloomington	812-353-3450	http://www.iuhealth.org
Bloomington VA		Bloomington	812-349-4406	http://www.indianapolis.va.gov/
Centerstone of Indiana	Indiana House	Columbus	800-344-8802	http://centerstone.org
Zinnia Healing in Indiana		Franklin	317-739-0883	http://www.cardinalrecovery.com
Adult and Child Health	Northwood Plaza	Franklin	317-882-5122	http://www.adultandchild.org
Centerstone of Indiana	Jackson County	Seymour	800-344-8802	http://centerstone.org

SAMHSA's National Helpline

This Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

1-800-662-HELP (4357)

TTY: 1-800-487-4889

Text your zip code to: 435748 (HELP4U)

[samhsa.gov/find-help/national-help line](http://samhsa.gov/find-help/national-help-line)

Resources for Caregivers

- 1-877-705-KIDS (5437) - Birth to Five Parenting Questions Helpline
- 1-800-4-A-CHILD (422-4453) - Crisis Line for emotional needs, info on child abuse/neglect. Also go to: www.childhelp.org
- www.apa.org/books
- www.pbs.org/parents/childdevelopment
- www.cdc.gov/parents

More Information about Adverse and Positive Childhood Experiences

- ACE Study findings and information www.acestudy.org or www.cdc.gov
- Child Trauma Academy <https://www.childtrauma.org/>
- ACEs Too High – www.acestoohigh.com
- National Scientific Council on the Developing Child at Harvard University - www.developingchild.net
- SAMHSA – Early Childhood Trauma Resources www.samhsa.gov/children/earlychildhoodmat.asp
- National Center for Trauma-Informed Care – www.mentalhealth.samhsa.gov/nctic
- National Child Traumatic Stress Network – <https://www.nctsn.org/>
- American Psychological Assn – Resilience Guide - www.apa.org/helpcenter/road-resilience.aspx
- PACEs Connection <https://www.pacesconnection.com/>
- ACE Response Network - www.aceresponse.org/
- HOPE Healthy Outcomes From Positive Experiences <https://spreadinghope.mylearnworlds.com/>

Videos

An overview of the ACE Study <https://youtu.be/IE-qUP5LQvc?si=yCb9XW0qbxnP4DjA>

The Child Trauma Academy Channel <https://www.youtube.com/@TheChildTraumaAcademyChannel>

16 Mini-Webinars on the Stress of the COVID 19 Pandemic from the Neurosequential Network Stress & Trauma Series <https://www.youtube.com/@inonmn326/videos>

Change the First Five Years and You Change Everything <http://www.youtube.com/watch?v=GbSp88PBe9E>

A compelling video highlighting the importance of early experiences <http://youtube/GbSp88PBe9E>

Early experiences shape brain development

http://www.youtube.com/watch?v=VNNsN9IJkws&feature=share&list=PLuKMerO1zya_3krFpcOKgaeB2_2zQgYua

Caregiver responses shape brain development

http://www.youtube.com/watch?v=m_5u8-QSh6A&feature=share&list=PLuKMerO1zya_3krFpcOKgaeB2_2zQgYua

Toxic Stress derails brain development

http://www.youtube.com/watch?v=rVwFkOZHJw&feature=share&list=PLuKMerO1zya_3krFpcOKgaeB2_2zQgYua

Favorite Authors and Books on Topic of Trauma and Resiliency

Robert Anda, Laura Porter, and Vincent Felletti: Various articles, reports, briefs, papers.

Bruce Perry and Collaborators: *Boy Who was Raised as a Dog, Born for Love, What Happened to You?*

Bessel Van Der Kolk: *The Body Keeps the Score*

Judith Lewis Herman: *Trauma and Recovery* and *Truth and Repair*

Heather Forbes: *What About Billy?*

Dan Siegel: *The Whole Brain Child*

Rick Hanson: *Hardwiring Happiness* and *Buddha's Brain*

Steven Porges: *Polyvagal Theory*

Donna Jackson Nakazawa: *Childhood Disrupted*