

Trauma-Informed Resource Directory

The *Trauma-Informed Resource Directory* is a key action item of the 2022-2027 Community Health Improvement Plan (CHIP), coordinated by the Public Health Advisory Council (PHAC) of the Central New Hampshire Health Partnership (CNHHP).

This resource strengthens community capacity to recognize, prevent, and respond to the effects of **Adverse Childhood Experiences (ACEs)** while promoting **Positive Childhood Experiences (PCEs)** and **trauma-informed systems of care**.

Developed in collaboration with regional partners, the directory brings together local, state and national organizations that provide prevention, intervention, and recovery supports for children, families, and service providers.

How to Use This Directory

Use this directory to:

- Identify local and statewide programs offering trauma-informed and family-centered services
- Access prevention, intervention, education, and recovery resources and toolkits for download
- Connect with community partners advancing trauma-informed practices
- Download the full guide for reference and/or share it with others

Each section below highlights a focus area, including links to trusted resources.

[Explore the Directory Online](#)

[Submit a Resource](#)

1. Family & Youth Support

Supports that help caregivers, children, and youth build resilience and positive relationships.

New Hampshire Family Voices: Provides free, confidential services to families and professionals caring for children with chronic conditions and/or disabilities, offering information, training, and resources to help children thrive. [Health Care - New Hampshire Family Voices](#)

New Hampshire Children's Trust's "Your Voice" Campaign: A statewide project dedicated to celebrating and amplifying the critical role of family voices in shaping services and systems throughout the state. [NH Children's Trust](#)

HOPE National Resource Center (Tufts Medical Center): Based out of Tufts Medical Center in Boston, Massachusetts, the HOPE National Resource Center offers trainings, resources, and research centered around the HOPE framework and positive childhood experiences.

www.positiveexperience.org

2. Trauma & Crisis Response

Immediate support for individuals and families experiencing trauma or violence.

[NH Rapid Response Access Point](#) – Call/Text **1-833-710-6477** – If you or someone you care about is experiencing a mental health and/or substance use crisis, you can call and speak to trained and caring clinical staff. You'll be served by compassionate providers from mental health centers in your community who can help you access vital resources in an emergency.

New Hampshire Coalition Against Domestic and Sexual Violence (NHCADSV): An umbrella organization supporting 12 member programs that offer services to survivors of domestic violence, sexual assault, and stalking. They provide technical and financial assistance to these agencies. nhcadsv.org

New Hampshire Crisis Centers: Offering confidential support services, including crisis intervention, safety planning, emergency shelter, court advocacy, and support groups:

[NHCADSV Catchment Map](#)

Domestic and Sexual Violence 24-Hour Hotlines:

- **Domestic Violence:** 1-866-644-3574
- **Sexual Assault:** 1-800-277-5570
- **Suicide & Mental Health: 988 Lifeline**

New Hampshire Judicial Branch – Domestic Violence Protocols: Offers comprehensive guidelines for handling domestic violence cases throughout New Hampshire, aiming to ensure consistent and effective responses to such cases. courts.nh.gov

New Hampshire Department of Health and Human Services – Domestic Violence Support: Provides information on domestic violence and child abuse/neglect, including services related to domestic violence within families involved with the Division for Children, Youth and Families (DCYF). They offer resources and referrals for victims in need of assistance. [NH DHHS+1NH Coalition Against Violence+1NCVLI](#)

[Substance Abuse and Domestic Violence - The Hotline:](#) Being in an abusive relationship is already a difficult and dangerous situation. Alcohol and/or drug abuse only make matters worse. When a partner is under the influence, the risk of **[all types of abuse](#)** (physical, emotional, financial, sexual, and technology-facilitated) increases, leading to a very troubling situation. 800.799.SAFE

National Help Line

- **988.** Using the 988 Lifeline is free. When you call, text, or chat the 988 Lifeline, your conversation is confidential. The 988 Lifeline provides judgment-free care. Talking with someone can help save your life.
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3. Prevention & Education

Programs equipping families, schools, providers, and communities to prevent trauma and promote protective factors.

New Hampshire Department of Education – Bullying & Cyberbullying: Provides guidelines, policies, and resources specific to New Hampshire schools to address and prevent bullying and cyberbullying.

[New Hampshire Anti-Bullying Laws & Policies | StopBullying.gov](#) - New Hampshire Anti-Bullying laws, policies, and regulations.

University of New Hampshire Cooperative Extension – Understanding Bullying: Offers training packages and workshops for parents, educators, and community groups to understand and address bullying. [NHPBS](#)

Committee for Children – Bullying Prevention Resources: This organization offers tools and programs aimed at promoting social-emotional learning to prevent bullying in schools. [Committee for Children](#)

PACER's National Bullying Prevention Center: Established in 2006, PACER provides resources for students, parents, and educators to prevent bullying. Their initiatives include National Bullying Prevention Month and various educational materials. [PACER Center](#)

Centers for Disease Control and Prevention

- **About Adverse Childhood Experiences:** Provides an overview of ACEs, their impact, and prevention strategies. [Preventing Adverse Childhood Experiences Toolkit](#)
- **Policy Approaches to Preventing ACEs:** Explores policy solutions and state-level initiatives aimed at preventing ACEs. [Policy Approaches to Preventing ACEs](#)
- **Preventing ACEs Training:** Offers online training modules to help individuals understand, recognize, and prevent ACEs. [VetoViolence We All Have a Role in Preventing ACEs](#)

Substance Abuse and Mental Health Services Administration (SAMHSA)

- [Talk. They Hear You: Underage Drinking Awareness Campaign | SAMHSA:](#) A national youth substance use prevention campaign that helps parents and caregivers,

educators, and community members get informed, be prepared, and take action to prevent underage drinking and other substance use.

- **[Trauma-Informed Approaches and Programs | SAMHSA](#)**: Resources and guidance to support professionals in implementing trauma-informed practices.

[Development Assets Framework](#): Search Institute has identified 40 positive supports and strengths that young people need to succeed. Half of the assets focus on the relationships and opportunities they need in their families, schools, and communities (external assets). The remaining assets focus on the social-emotional strengths, values, and commitments that are nurtured within young people (internal assets).

4. Behavioral Health & Recovery

Resources promoting trauma-informed healthcare and recovery-oriented practices.

Prevention, Treatment, and Recovery: [Substance Abuse Treatment | Plymouth, Bristol, NH | Findwell NH](#) Discover reliable resources that help individuals, families, and communities prevent, treat, and recover from substance misuse and addiction in Plymouth, Bristol, and the surrounding Central New Hampshire area. If you have any questions on navigating this site, please feel free to email or call info@findwellnh.org

New Hampshire Pediatric Improvement Partnership (NHPIP): Provides resources and training on trauma-informed care in pediatric settings, aiming to improve the identification and response to childhood adversity. nhpip.org

SAMHSA Trauma-Informed Approaches & Training – Professional guidance on trauma-responsive practice. [Trauma-Informed Approaches and Programs | SAMHSA](#)

[Drug Free America Foundation](#): An organization committed to developing strategies and educational programs that prevent drug use and promote sustained recovery.

- **[One Page Resources - Drug Free America Foundation](#)**: An extensive list of topics including: Youth Protective Factors, Tips Sheets for Talking with Youth, Risks & Preventative Factors for Caregivers.

Children's Behavioral Health Resource Center: Offers resources on trauma and stigma, including information on assessments, screenings, and building resilience in children and families. childrensbehavioralhealthresources.nh.gov

National Child Traumatic Stress Network (NCTSN) – Raises the standard of care and improves access to services for children, families, and communities affected by trauma through training, research, and national partnerships. www.nctsn.org

5. Advocacy & Systems Leadership

Organizations driving policy, system change, and community coordination.

New Hampshire Division for Children, Youth and Families: Domestic Violence Protocol: A guide to assist community agencies working with children, in their efforts to ensure safety and well-being when confronted with domestic violence. [dcyf-protocol.pdf](#)

Administration for Children and Families (ACF):

- **Early Childhood Adversity:** Discusses the effects of early adversity on children and families, emphasizing the importance of addressing and preventing such experiences. [Administration for Children and Families+1Administration for Children and Families+1](#)
- **Resource Library:** A compilation of resources related to child welfare, including research on ACEs and strategies for prevention. [CDC Stacks](#)
- **Thriving and Healthy Kids:** Provides resources to promote healthy development and prevent adversity among children. [acfmain-dev.acf.hhs.gov](#)

New Hampshire Children's Health Foundation: Engages in a comprehensive effort to prevent and reduce childhood trauma by supporting policies and systems that improve outcomes and resilience for children and caregivers. [nhchildrenshealthfoundation.org](#)

National Coalition Against Domestic Violence (NCADV) – The nation’s leading grassroots voice on domestic violence, mobilizing efforts to address systemic causes such as privilege, racism, and sexism while advancing policy change and survivor advocacy. [www.ncadv.org](#)

Prevent Child Abuse New Hampshire: Operated by the New Hampshire Children's Trust, this organization leads efforts to ensure safe, stable, and nurturing relationships and environments for children through education, advocacy, and collaboration. [NH Children's Trust+2Prevent Child Abuse America+2nhchildrenshealthfoundation.org+2](#)

6. Specialized & Inclusive Supports

Resources tailored to meet the needs of specific communities.

Community Alliance for Teen Safety (CATS): Resources and programs focused on bullying prevention and teen safety. [catsnh.org](#)

[Healthy relationships for young adults | love is respect:](#) Healthy relationship resources for young adults. National Teen Dating Abuse Helpline: 1.866.331.9474 or Text ‘LOVEIS’ to 22522

GLSEN (Gay, Lesbian & Straight Education Network): Works to ensure safe and inclusive schools for LGBTQ+ students. They offer resources for educators and students to address bullying and harassment based on sexual orientation and gender identity.

[LGBTQ Support Groups | Youth Pride Association](#)

Central NH Veterans Coalition [Central Region Veterans Coalition | Facebook](#) (add a descriptor from the FB page)

- **US Department of Veterans Affairs:** Research on premilitary risk factors for suicide, which has focused on the role of ACEs and trauma. Guidance on trauma prevention and suicide risk reduction among veterans. [From Science to Practice: Premilitary Risk Facts Associated With Suicide Among Veterans](#)
[Signs of Crisis | Veterans Crisis Line](#): Dial 988, then press 1.

Wounded Warrior Project [PTSD Support & Resources for Veterans | WWP](#): Include a description from website