



<https://originstraining.org/>

Workshop 3- Assessing your Setting

Mindfulness

- Yoga at your desk- Yoga with Adriene-
<https://www.youtube.com/watch?v=tAUf7aajBWE>
- 5-Minute Break Office Yoga- Beyoutiful Living-
<https://www.youtube.com/watch?v=6fnLKyRJsrs>
- Gratitude-
<https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201504/7-scientificallly-proven-benefits-gratitude>

Additional Resources

- ACESCONNECTION- Trauma-Informed Guides, Presentations, & Self-Assessment Tools
<https://www.acesconnection.com/g/resource-center/blog/resource-list-topic-trauma-informed-practice>
- Harris, M. and Fallot, R. (Eds.) (2001). Using Trauma Theory to Design Service Systems. New Directions for Mental Health Services. San Francisco: Jossey-Bass- *Creating Cultures of Trauma-Informed Care (CCTIC): A Self-Assessment and Planning Protocol*
<https://traumainformedoregon.org/wp-content/uploads/2014/10/CCTIC-A-Self-Assessment-and-Planning-Protocol.pdf>
- The Agency Self-Assessment for Trauma-Informed Care-
http://www.traumainformedcareproject.org/resources/Traumam%20Informed%20Organizational%20Survey_9_13.pdf
- ARTIC- Attitudes Related to Trauma-Informed Care Scale-
<https://traumaticstressinstitute.org/the-artic-scale/>
- Professional Quality of Life Scale-<https://proqol.org/>



- Trauma Informed System Change Instrument-
<https://traumainformedoregon.org/wp-content/uploads/2014/10/Trauma-Informed-System-Change-Instrument-Organizational-Change-Self-Evaluation.pdf>
- National Child Traumatic Stress Network (NCTSN)- Trauma Informed Organizational Assessment Information Packet
<https://www.nctsn.org/resources/trauma-informed-organizational-assessment-information-packet>
- Becoming Trauma-Informed and Screening for ACEs- Montefiore
<https://www.careinnovations.org/resources/webinar-becoming-trauma-informed-screening-aces-montefiore/>