

# Tools for Hope: Trauma and Mental Health

October 15, 2020



## **Panelists:**

- Christina Grim, Director of Clinical and Trauma services, Starfish
- Katherine Rosenblum, Ph.D., Clinical and Developmental Psychologist, Zero to Thrive, University of Michigan
- Sarah Campbell, EC Educator, Starfish

## **Helpful Resources:**

Recorded webinars and discussions, adult nurturing wellness cards and mindfulness cards for children.	<a href="https://zerotothrive.org/thriving-child-care/">https://zerotothrive.org/thriving-child-care/</a>
Zero to Thrive's main website offers multitude of resources	<a href="https://zerotothrive.org/">https://zerotothrive.org/</a>
Resources to help children and their families recover from traumatic experiences.	<a href="https://piploproductions.com/">https://piploproductions.com/</a>
Starfish Family Services	<a href="https://www.starfishfamilyservices.org/?s=education+station">https://www.starfishfamilyservices.org/?s=education+station</a>
The National Child Traumatic Stress Network is an American organization whose "mission is to raise the standard of care and improve access to services for traumatized children, their families, and communities throughout the United States"	<a href="http://www.nctsn.org">www.nctsn.org</a>
Virtual School Activities	<a href="https://virtualschoolactivities.com/">https://virtualschoolactivities.com/</a>
123 Wellness is a FREE resource for staff and families	<a href="https://drewschwartz.com/1-2-3-wellness-program">https://drewschwartz.com/1-2-3-wellness-program</a>

For more information, visit <http://toolsforhopedetroit.org/>

Helping kids navigate scary news stories	<a href="https://www.pbs.org/parents/thrive/helping-kids-navigate-scary-news-stories">https://www.pbs.org/parents/thrive/helping-kids-navigate-scary-news-stories</a>
Helping children with tragic events in the news	<a href="https://www.pbs.org/parents/thrive/helping-children-with-tragic-events-in-the-news">https://www.pbs.org/parents/thrive/helping-children-with-tragic-events-in-the-news</a>
Schools closed? How to make a new routine at home	<a href="https://www.pbs.org/parents/thrive/schools-closed-how-to-make-a-new-home-routine">https://www.pbs.org/parents/thrive/schools-closed-how-to-make-a-new-home-routine</a>
Germ, germs go away Daniel Tiger song	<a href="https://pbskids.org/video/daniel-tiger-s-neighborhood/2365375359">https://pbskids.org/video/daniel-tiger-s-neighborhood/2365375359</a>
A germ fighting superhero (Daniel Tiger):	<a href="https://pbskids.org/video/">https://pbskids.org/video/</a>
Step-by-step handwashing with Elmo	<a href="https://www.pbs.org/parents/printables/step-by-step-handwashing-with-elmo">https://www.pbs.org/parents/printables/step-by-step-handwashing-with-elmo</a>
7 music games for practicing self-regulation	<a href="https://www.pbs.org/parents/thrive/7-music-games-for-practicing-self-regulation">https://www.pbs.org/parents/thrive/7-music-games-for-practicing-self-regulation</a>

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