

## Resources for LA County Employee CSEC Training

- Substance Abuse Mental Health Services Administration (SAMHSA) – [Understanding Trauma: When Bad Things Happen to Good People](#)
- Echo Parenting and Education – [Impacts of Trauma](#)
- National Council for Behavioral Health - [Why Trauma Matters in Primary Care](#)
- Futures Without Violence – [Promising Futures Promoting Resiliency](#)
- Echo Parenting and Education – [5 Domains of Post Traumatic Growth](#)
- [Self-Care Wheel](#) - inspired by and adapted from “Self-Care Assessment Worksheet” from Transforming the Pain: A Workbook on Vicarious Traumatization by Saakvitne, Pearlman & Staof TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013). [www.OlgaPhoenix.com](http://www.OlgaPhoenix.com)
  
- [LA County Employee Assistance Program \(EAP\)](#)