Helping to Heal: Conversations About Trauma Informed Principles

Adoption Competent Mental Health · https://bridges4mentalhealth.org/hub/adoption-competence/helping-to-heal-conversations-about-trauma-informed-principles/

Helping to Heal is a trauma-informed toolkit created by **The Link Center** to support people with **intellectual and/or developmental disabilities (IDD)** and **brain injury** who have experienced trauma. The resource recognizes that people in these communities are at higher risk for abuse, neglect, violence, and other traumatic experiences, and that trauma often shows up through behaviors, emotional distress, or overlapping mental health symptoms.