

COMMUNITY RESOURCES

LUK.inc Trauma Services

Trauma Informed Services and evidence-based trauma treatment assistance for age 0-18:

Phone: 978-345-0685

Website: traumaservices.luk.org

Clinical & Support Options (CSO)

Providing behavioral health assessment, intervention and stabilization for youth, families and adults 24 hours/day, year round.

Gardner: 978-488-8888

Athol: 978-249-3141

Community Health Center: Lipton Center

Helping adults, children, and families to recover from the effects of mental illness, substance use, and homelessness.

Phone: 978-537-0956 or 978-466-8384

OTHER RESOURCES

Websites:

- National Child Traumatic Stress Network (www.NCTSN.org)
- Massachusetts Adoption Resources Exchange (MARE) (mareinc.org)
- Lifeline for Kids | Trauma-Informed Care | Lifeline for Families (umassmed.edu)
- Center on Child Wellbeing & Trauma Child Trauma and Wellbeing (childwellbeingandtrauma.org)
- Sesame Street in Communities (SesameStreet.org)

Books:

- The Body Keeps the Score by Bessel van der Kolk
- To the End of June by Cris Beam
- The Language of Flowers BY Vanessa Diffenbaugh
- Instant Family by Elisabeth Rose