

Resources to Support Trauma-Informed Adult Education Programs in Massachusetts

This resource list has been updated and adapted for program directors, in summer 2025.

Educator self-care and secondary trauma

- [Secondary Traumatic Stress and Self-Care Packet](#)
- [Teachers: Protecting your Mental Health](#)

Program and classroom level routines and strategies

- [Trauma-Informed Routines & Procedures](#)
- [Trauma-Informed Teaching Strategies](#)
- [Trauma-Informed Educational Checklist adapted by Erin Connor from the Massachusetts Flexible Framework for Implementing Trauma-Informed Educational Programs](#)
- [Trauma-Informed Teaching Advising and Learning Resource Packet](#)

Specific to Adult Learners and Workforce Development Programs:

- [Trauma Impacts Adult Learners, Here's How](#)
- [A Trauma-Informed Approach to the Workforce: An Introductory Guide for Employers and Workforce Development Organizations](#)

Massachusetts Specific Resources

- [Mental and Behavioral Health and Wellness Supports](#)
- [Massachusetts Behavioral Health Helpline](#)
- [Rennie Center Helping Students Heal From Trauma](#)
- [Beyond Trauma-Informed Care Is a Healing-Centered, Culturally Rooted Approach](#)
- [Community Health Network Areas](#) (CHNA)
- [MIRA](#) (Massachusetts Immigrant and Refugee Advocacy Coalition)
- [Office of the Attorney General](#)

Student-Facing Resources

- [The Change Agent](#), Specifically [issue #53 "Mental Health"](#), with articles written by and for students. *(Please note that subscriptions are \$30 per teacher year, and teachers can share their access with all their students. MA, VT, NH, CT and RI have free access through the New England Literacy Resource Coalition, or NELRC).*