# **Anaya External Credible Resources**

| **Title** | **Theme / Relevance** | **Agent(s)** | **URL** | **License Notes** |
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| **Youth Mental Health Report – CMHA** | Youth mental health trends | Care, Expression | <https://cmha.ca/wp-content/uploads/2024/02/CMHA-YouthMHRC-Final-ENG.pdf> | Publicly hosted by CMHA; attribution recommended |
| **By Their Side Guide – CMHA** | Youth support conversations | Compassion, Expression | <https://cmha.ca/wp-content/uploads/2022/05/ByTheirSideGuide_FINAL_EN-FINAL-ua-1.pdf> | CMHA-published; likely okay with attribution |
| **Depression: An Information Guide – CMHA** | Education, depression | Care, Clarity of Thought | <https://novascotia.cmha.ca/wp-content/uploads/2019/11/1_Depression-guide-en.pdf> | Public health info; confirm copyright if reused fully |
| **Practical Guide for Trauma-Informed Approach – SAMHSA** | TIC implementation guide | Care, Boundaries | <https://library.samhsa.gov/sites/default/files/pep23-06-05-005.pdf> | U.S. gov. source; public domain or open-use expected |
| **Doing Trauma-Informed Work in a Trauma-Informed Way – PMC** | Best practices in trauma care | Care, Compassion | <https://pmc.ncbi.nlm.nih.gov/articles/PMC10685790/> | Open access (PMC); reusable with attribution |
| **Key Ingredients for TIC Implementation – SAMHSA** | Core TIC principles | Boundaries, Integration | <https://www.samhsa.gov/sites/default/files/programs_campaigns/childrens_mental_health/atc-whitepaper-040616.pdf> | Likely public-use; confirm for commercial reuse |
| **Laying the Groundwork for TIC – CHCS** | Organizational trauma response | Integration, Care | <https://www.chcs.org/media/Laying-the-Groundwork-for-TIC_012418.pdf> | Attribution suggested; nonprofit publication |
| **Recognizing & Resisting Re-traumatization – PMC** | Structural trauma / safety | Care, Boundaries | <https://pmc.ncbi.nlm.nih.gov/articles/PMC8689164/> | Open access; good for use with citation |
| **Implementing Trauma-Informed Care – MDPI** | Health care + TIC | Boundaries, Care | <https://www.mdpi.com/2227-9032/12/9/908> | CC license; check license on article page |
| **TIC Tip Sheet for Providers – BIDMC** | Quick trauma reference | Care, Compassion | <https://www.bidmc.org/-/media/files/beth-israel-org/centers-and-departments/social-work/center-for-violence-prevention-and-recovery/bidmc-cvpr-trauma-informed-care-tips-sheet-062921.pdf> | Institutional guide; reuse rights may require confirmation |