

Roadmap to Resilience:

Supporting Children Experiencing Stress and Trauma

Learn from Child Trauma Experts from
Around the Globe



Media Deck

About Us



Roadmap to Resilience is a collaboration between Pandemic Parenting and the University of Connecticut School of Medicine Center for the Treatment of Developmental Trauma Disorders, with special thanks to the Inter-Organizational Child Trauma Task Force.

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Our Story



As the COVID-19 pandemic spread and recognition grew of the traumatic impact of racism on under-served and marginalized populations, we quickly realized that the stressors and traumas facing children and families all across the globe would not be short-term experiences.

Dr. Julian Ford led the formation of a task force of child trauma experts, including Dr. Amanda Zelechowski, with backgrounds in clinical psychology, pediatrics, psychiatry, nursing, social work, child welfare, education, research, and law. Together they considered,

“How can we use our expertise to help children and families cope with the direct stress and trauma of the pandemic and the other traumas exacerbated by stay-at-home orders?”

After being a guest on The Pandemic Parenting Podcast with Dr. Zelechowski discussing Trauma-Informed Parenting, Dr. Ford suggested the task force take a similar approach. Create accessible, relevant, and timely digital content for behavioral health providers, social workers, teachers, parents, medical and nursing professionals, and all who care for kids that teaches and advocates for a trauma-informed approach to supporting children.

The task force members volunteered their time to be interviewed by Dr. Zelechowski and Dr. Ford resulting in 16 podcast episodes and dozens of short videos that walk listeners through what it means to provide trauma-informed support to children in their schools, homes, doctor’s offices, extracurriculars, communities, and beyond.



Child trauma occurs more often than you think.

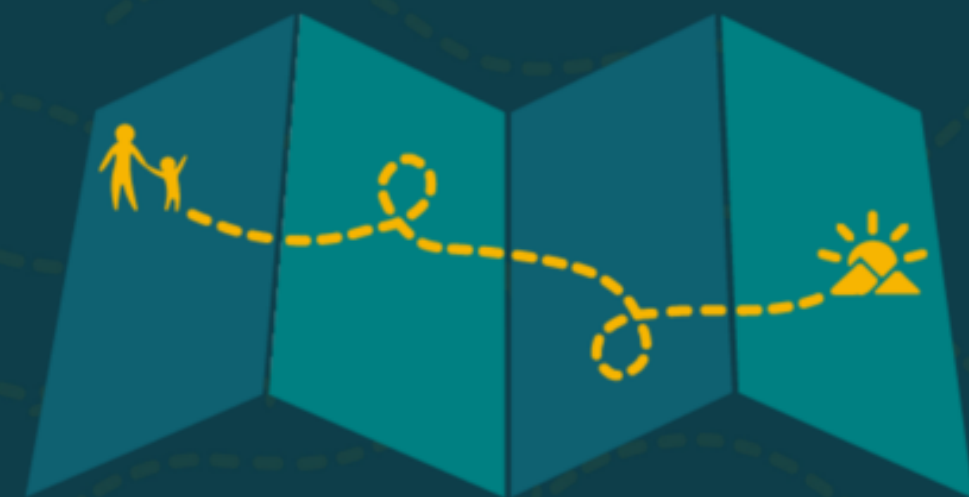
More than TWO-THIRDS OF CHILDREN report at least 1 traumatic event by age 16.

www.samhsa.gov

Episodes



Introducing:



Roadmap to Resilience:
Supporting Children Experiencing Stress and Trauma

1. Introducing: Roadmap to Resilience

Airdate: 11/3/21

Join experts in the field of child stress and trauma as they delve into research-based strategies for building resilience in children of all ages. Your hosts, Dr. Julian Ford and Dr. Amanda Zelechowski, along with guest experts, explore how children and families can overcome adversity, and how helping professionals can support and empower this resilience. Together, they'll paint a holistic picture of what a roadmap to resilience can look like for children experiencing stress and trauma.

Dr. Ford and Dr. Zelechowski bring decades of experience as psychologists and researchers to make these strategies available for all who care for children. Whether you're a mental health provider, parent, lawyer, social worker, or caregiver, you can use these tools to help the children you support step from difficulty into strength.

Coming Soon!

All Episodes Launching Nov. 2021



Episodes

[Ep 2: What is Trauma?](#)

[Ep 3: What is Resilience?](#)

[Ep 4: Preventing Trauma](#)

[Ep 5: Understanding Dissociation](#)

[Ep 6: Supporting Children \(and Adults\) Who Have Been Sexually Abused](#)

[Ep 7: Supporting Children in the Aftermath of Intimate Partner Homicide](#)

[Ep 8: Working with Trauma in Cross-Cultural and Immigration Contexts](#)

[Ep 9: Understanding the Impact of Global and Collective Traumas](#)

[Ep 10: How Mental Health Providers Can Foster Resilience](#)

[Ep 11: How Healthcare Providers Can Foster Resilience](#)

[Ep 12: How Clinical Training Programs Can Foster Resilience](#)

[Ep 13: How Lawyers and the Legal System Can Foster Resilience](#)

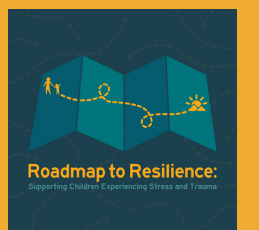
[Ep 14: How Parents Can Foster Resilience](#)

[Ep 15: How Communities Can Foster Resilience](#)

[Ep 16: How Policies and Systems Can Foster Resilience](#)

[Ep 17: Trauma & Resilience: How the Helpers Help Themselves](#)

Featuring: [Dr. Apryl Alexander](#), [Dr. Claudette Antuña](#), [Dr. Sandra Baita](#), [Dr. Archana Basu](#), [Hernán Carvente-Martinez](#), [Dr. David Corwin](#), [Jessica Feierman](#), [Dr. Bianca Harper](#), [Dr. Brooks Keeshin](#), [Nicole LaPlena](#), [Dr. Sandra Rafman](#), [Dr. Michael Salter](#), [Dr. Joyanna Silberg](#), [Yehudis Stokes](#), [Dr. Viola Vaughan-Eden](#), & [Karen Zilberstein](#).



Meet the Hosts



Dr. Julian Ford

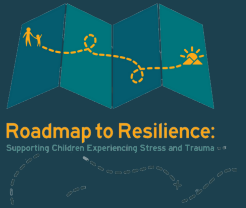
Host & Producer



Dr. Amanda Zelechowski

Host & Producer

Meet Our Guest Experts



Dr. Apryl
Alexander



Dr. Claudia
Antuna



Dr. Sandra
Baita



Dr. Archana
Basu



Hernán Carvente-
Martinez



Dr. David
Corwin



Jessica
Feierman



Dr. Bianca
Harper



Dr. Brooks
Keeshin



Nicole
LaPlena



Dr. Sandra
Rafman



Dr. Michael
Salter



Dr. Joyanna
Silberg



Yehudis
Stokes



Dr. Viola
Vaughan-Eden



Karen
Zilberstein

Additional Inter-Organizational Child Trauma Task Force Members



Laura Captari

Stacie Schrieffer LeBlanc, J.D., M.Ed.

Rachel Ann Wamser, Ph.D.

Stephen Zollman, J.D.

Our Team Behind Roadmap To Resilience



Victoria Bruick

Producer



Carmen Vincent

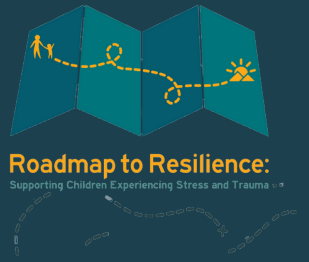
Producer/Podcast Editor



Jennifer Valentine

Executive Director, Pandemic Parenting

Social Media Assets



Twitter [@ResilienceRoad](https://twitter.com/ResilienceRoad) November 2021

SAMPLE COPY

A screenshot of a Twitter post on a dark blue background. On the left is a rounded square graphic with a yellow border containing the "Roadmap to Resilience" logo and the text "Supporting Children Experiencing Stress and Trauma". To the right of the graphic is the text: "We believe in making clinical science available and accessible for anyone who needs it." Below this is "Learn from Child Trauma Experts from Around the Globe" and the website "WWW.ROADMAPTORESILIENCE.ORG". A white hand cursor icon is pointing at a "CLICK" button in the top right corner of the screenshot.

Introducing:

We believe in making clinical science available and accessible for anyone who needs it.

Learn from Child Trauma Experts from Around the Globe

WWW.ROADMAPTORESILIENCE.ORG

Introducing www.roadmaptoresilience.org.
Join me and leading Child Trauma Experts from around the globe as we delve into research-based strategies for building resilience in children of all ages.
Follow @ResilienceRoad #podcast #adversity #trauma

Contact Us



[@resilienceroad](https://twitter.com/resilienceroad)

www.roadmaptoresilience.org

Media Contact:

media@roadmaptoresilience.org



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