Crisis and Trauma Resources

The below resources may be of help to parents who are struggling to help their child(ren) understand and cope with recent events.

Free Resources From the National Center for School Crisis and Bereavement: (A one page printout)

Talking to children about terrorist attacks and school and community shootings in the news

Organizations & Lists of Resources

- Brooklyn Public Library: Talking About Gun Violence with Children: Supporting Early Conversations - many excellent resources in here
  - Of note: American Red Cross - Helping Children Cope with Disaster (available in):
    - English
    - Chinese
    - Korean
    - Spanish
    - Tagalog
    - Vietnamese

- NCLA-Duke National Center for Child Traumatic Stress (website going up and down today, probably due to heavy traffic)

- WeRepair.org: Talking to Kids About Gun Violence (includes resource list)

- ¡Colorín Colorado!: 15 Tips for Talking with Children About Violence / en Español
  - Includes resources specific to Udale & Buffalo shootings

Articles/individual resources

- Sesame Street in Communities: Traumatic Experiences

- Child Mind Institute - How to Talk to Kids About School Shootings - includes help for parents/caregivers to reduce their own anxiety
National Child Traumatic Stress Network Resource List:

In response to the Robb Elementary School shooting in Uvalde Texas, the National Child Traumatic Stress Network has developed resources to help children, families, educators, and communities navigate what they are seeing and hearing, acknowledge their feelings, and find ways to cope together. These resources include:

- Talking to Children about the Shooting
- Helping Youth After a Community Trauma: Tips for Educators (En Español)
- Talking to Children: When Scary Things Happen (En Español)
- Talking to Teens about Violence (En Español)
- Tips for Talking to Students about Violence
- Coping After Mass Violence: For Adults
- For Teens: Coping After Mass Violence (En Español)
- Helping School-Age Children with Traumatic Grief: Tips for Caregivers (En Español)
- Helping Teens with Traumatic Grief: Tips for Caregivers (En Español)
- Helping Young Children with Traumatic Grief: Tips for Caregivers (En Español)
- Guiding Adults in Talking to Children about Death and Attending Services
- After a Crisis: Helping Young Children Heal
- Age-Related Reactions to a Traumatic Event
- Health Care Toolbox—website for pediatric health providers working with injured children
- Pause-Reset-Nourish (PRN) to Promote Wellbeing (En Español) (for responders)

From the National Mass Violence and Victimization Resource Center

- Transcend (mobile app to assist with recovery after mass violence)
- Rebuild your Community: Resources for Community Leaders
- Media Guidelines for Homicide Family Survivors
- Timeline of Activities to Promote Mental Health Recovery
- Self-Help: Resources for Survivors
- E-learning Courses: Trainings for Clinicians
- Resources for Victim Assistance Professionals

National Association of School Psychologist

- Recovery from large-scale crisis
- Talking to Children about violence: Tips for Parents & teachers
- Responding to a Mass casualty event at a school
- School safety Drills for students with ASD (autism spectrum disorder)
- Using Social Media during and after