



Dealing with Natural & Man-Made Disasters

General

The National Center for Posttraumatic Stress Disorder highlights the many reactions one might experience after surviving a natural disaster or otherwise traumatic event.

<https://www.ptsd.va.gov/public/problems/common-reactions-after-trauma.asp>

FEMA has developed this booklet to guide adults on how to properly prepare for disasters and how to help children cope once a disaster occurs.

<http://www.fema.gov/pdf/library/children.pdf>

FEMA Resources available in Spanish: <https://www.fema.gov/media-library/assets/documents/93453>

The National Education Association Health Information Network has developed an extensive guide on dealing with crises in schools, and notably, provides information on the mental health needs of students, school staff, and the greater school community.

<http://healthyfutures.nea.org/wpcproduct/school-crisis-guide/>

US Department of Education had developed a brochure with information from more than three dozen experts who work with children in schools that offers advice on how to help students recover from traumatic events.

<http://www2.ed.gov/parents/academic/help/recovering/recovering.pdf>

Center for Mental Health in Schools at UCLA developed a resource for schools to help students deal with loss including information on resilience and social support.

<http://smhp.psych.ucla.edu/pdfdocs/loss.pdf>

The American Academy of Child and Adolescent Psychiatry offers families information on how to help children deal with disasters.

https://www.aacap.org/aacap/families_and_youth/facts_for_families/fff-guide/Helping-Children-After-A-Disaster-036.aspx

Natural Disasters

The American Psychological Association (APA) Health Center's article "Managing Traumatic Stress: After the Tornadoes" gives tips on recovering from a tornado and managing traumatic stress.

<http://www.apa.org/helpcenter/tornadoes.aspx>

The Centers for Disease Control and Prevention (CDC) has developed comprehensive web pages on how to prepare for and respond to natural disasters including:

Earthquakes: <https://www.cdc.gov/disasters/earthquakes/index.html>

Floods: <https://www.cdc.gov/disasters/floods/index.html>

Hurricanes: <https://www.cdc.gov/disasters/hurricanes/index.html>

Tornadoes: <https://www.cdc.gov/disasters/tornadoes/index.html>

Mental Health America (MHA) has developed a fact sheet on helping children deal with the anxiety that may be associated with natural disasters. <http://www.mentalhealthamerica.net/conditions/coping-disaster>

How to cope with the stress of natural disasters: <http://www.mentalhealthamerica.net/conditions/coping-stress-natural-disasters>

How to Help Children Cope With Tragedy Related Anxiety: <http://www.mentalhealthamerica.net/children-cope-with-tragedy>

The National Association of School Psychologists (NASP) highlights the possible reactions children might have to natural disasters and provides school crisis teams with tips on how to best support children and families.

<http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/natural-disaster>

The National Child Traumatic Stress Network (NCTSN) provides a description of what families need to know about natural disasters and offers tips on readiness, response, and recovery from:

Earthquakes: <http://www.nctsn.org/trauma-types/natural-disasters/earthquakes#tabset-tab-5>

Floods: <http://www.nctsn.org/trauma-types/natural-disasters/floods>

Hurricanes: <http://www.nctsn.org/trauma-types/natural-disasters/hurricanes#q3>

Tornadoes: <http://www.nctsn.org/trauma-types/natural-disasters/tornadoes>

For Parents and Caregivers: (resources also available in Spanish on this page)

<http://nctsn.org/trauma-types/natural-disasters/hurricane-tools-and-links>

For Teachers to Help Students After a Hurricane:

http://www.nctsn.org/sites/default/files/assets/pdfs/teachers_guidelines_talk_children_hurricanes.pdf

Simple Activities for Children and Adolescents:

http://nctsn.org/sites/default/files/assets/pdfs/activities_for_children_and_adolescents.pdf

Sesame Street Hurricane Toolkit

Hurricanes, storms, and other natural disasters can be difficult for young children who may not fully understand what's going on around them. These tips, activities, and videos can help them feel safe, cope with emotions, and understand that there is hope for the future.

The hurricane episode and related resources: <https://www.sesamestreet.org/search?keyword=hurricane>

For parents:

Emergency prep: <https://www.sesamestreet.org/toolkits/ready>

Support after an emergency: <https://www.sesamestreet.org/toolkits/emergencies>

Man-Made Disasters

The American Psychological Association (APA) provides an overview of the impact of terrorism and other disasters on children, including risk and protective factors.

<http://www.apa.org/about/gr/issues/cyf/disaster.aspx>

The APA also offers tips for parents to help children manage distress after school shootings.

<http://www.apa.org/helpcenter/aftermath.aspx>

The National Center for Posttraumatic Stress Disorder has developed a fact sheet on terrorist attacks and children, including information on how children may react to terrorist attacks and how to speak to children about such attacks.

https://www.ptsd.va.gov/professional/trauma/disaster-terrorism/terrorist_attacks_and_children.asp

The Office for Victims of Crime has developed a handbook detailing some of the expected reactions to acts of terrorism or mass violence. It also provides practical coping strategies and lists contacts for victims who want to seek assistance.

http://www.ojp.usdoj.gov/ovc/publications/infores/cat_hndbk/NCJ190249.pdf

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