

## Resources for Dealing with Traumatic Events in Schools

- ✦ The CSMH in collaboration with the Maryland School Mental Health Alliance developed a brief information guide for parents and caregivers when dealing with crises with their children and youth. <http://schoolmentalhealth.org/Resources/Fam/MSMHAparentsmanagement.pdf>
- ✦ Dr. Marleen Wong, CSMH Expert Advisory Panel Member, and Clinical Professor and Dean of Field Education at the University of Southern California, wrote a white paper titled “Managing Threats: Safety Lessons Learned from School Shootings.” The paper discusses the social and psychological effects of school shootings, provides suggestions for preventing school shootings, and discusses education policy for school safety procedures. [http://www.nctsn.org/nctsn\\_assets/pdfs/UrbanED\\_Managing\\_Threats\\_MWongPhD.pdf](http://www.nctsn.org/nctsn_assets/pdfs/UrbanED_Managing_Threats_MWongPhD.pdf)
- ✦ The National Education Association and the National Education Association Health Information Network developed an extensive step-by-step guide for preparing, responding to, and recovering from crises in schools. The crisis guide provides practical suggestions and tips for educators, schools, and districts. In addition, the guide provides information on the mental health needs of students, school staff, and the greater school community.
  - <http://healthyfutures.nea.org/wp-content/uploads/2015/05/schoolcrisisguide.pdf>
- ✦ The American Psychological Association offers tips for parents to help children manage distress after school shootings. <http://www.apa.org/helpcenter/aftermath.aspx>
- ✦ The National Child Traumatic Stress Network (NCTSN) has a wealth of resources to assist caregivers and educators with how to best talk to and support students following traumatic events such as school shootings. <http://www.nctsn.org/trauma-types/terrorism>
  - Specific resources include:
    - [Talking to Children about the Shooting](#)
    - [Psychological Impact of the Recent Shooting](#)
    - [Tips for Parents on Media Coverage](#)
    - [After a Crisis: Helping Young Children Heal](#)
    - [Parents Tips for Helping Preschool-Aged Children after Disasters](#)
    - [Parents Tips for Helping School-Aged Children after Disasters](#)
  - NCTSN developed the Child Trauma Toolkit to assist school administrators, teachers, staff, and caregivers when supporting traumatized children in schools. [http://www.nctsn.org/sites/default/files/assets/pdfs/Child\\_Trauma\\_Toolkit\\_Final.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/Child_Trauma_Toolkit_Final.pdf)
  - NCTSN developed a two page list of practical suggestions for educators to help traumatized children at school. [http://www.nctsn.org/nctsn\\_assets/pdfs/CTTE\\_Educators.pdf](http://www.nctsn.org/nctsn_assets/pdfs/CTTE_Educators.pdf)
  - NCTSN developed a brief fact sheet on the psychological and behavioral impact of trauma on high school students. [http://www.nctsn.org/sites/default/files/assets/pdfs/ctte\\_highschool.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/ctte_highschool.pdf)

- ✚ The National Association of School Psychologist (NASP) provides several resources for schools about dealing with school safety and crisis.  
<http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis>
- ✚ The National Center for Mental Health Promotion and Youth Violence Prevention has assembled numerous resources to Safe Schools / Healthy Students grantees to assist them with dealing with traumatic events at school. This helpful link includes information to schools that have experienced a traumatic event including, talking to children about violence, responding and recovering from a traumatic event in school, and preventing violence.  
[http://www.nasponline.org/resources/crisis\\_safety/school-violence-prevention.aspx](http://www.nasponline.org/resources/crisis_safety/school-violence-prevention.aspx)
- ✚ The National Center on Safe and Supportive Learning Environments compiled a list of prevention, recovery, and resiliency resources.
  - [Prevention Resources](#)
  - [Recovery Resources](#)
  - [Resiliency Resources](#)
- ✚ The American School Counselor Association (ASCA) compiled helpful documents and publications for helping children during a crisis. These resources include parent and school guides and tips, crisis team information, and suggested resource centers and educational facilities.  
<https://www.schoolcounselor.org/school-counselors-members/professional-development/learn-more/helping-kids-during-crisis>
- ✚ The National Institute of Mental Health (NIMH) assembled detailed information and fact sheets for parents and community members who may have experienced a traumatic event.
  - [What Parents Can Do](#)
  - [What Community Members Can Do](#)

The website also includes links to additional resources and publications.

<http://www.nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml>

- ✚ The United States Department of Education developed a brochure with practical 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. The brochure provides tips for students, parents, school staff, and others. <http://www2.ed.gov/parents/academic/help/recovering/recovering.pdf>
  - The Department of Education has also created a website full of recovery and mental health resources to help children and youth recover from a traumatic event.  
[http://rems.ed.gov/docs/HPAnnounce\\_EPResources03202013.pdf](http://rems.ed.gov/docs/HPAnnounce_EPResources03202013.pdf)
  - In partnership with the Department of Justice, the Department of Education created “[Safeguarding our Children: An Action Guide](#)” outlining action steps for school staff, mental health professionals and families to take to reduce violence in schools
- ✚ The National Center for Post Traumatic Stress Disorder highlights the common reactions and problems that adults may experience after experiencing a traumatic event. This may be relevant for educators, administrators, and other school based staff.  
<https://www.ptsd.va.gov/public/problems/common-reactions-after-trauma.asp>

- ✚ The Centers for Disease Control (CDC) developed a brochure on coping with a traumatic event. The brochure provides information on responses to traumatic events, Post-Traumatic Stress Disorder (PTSD), and coping strategies for adults and children.  
<http://www.cdc.gov/masstrauma/factsheets/public/coping.pdf>
- ✚ The National Parent Teacher Association provides helpful guides for parents to help manage their child in distress in the aftermath of shooting, how to discuss at and violence, and a checklist to prevent violence in schools. <http://www.pta.org/programs/content.cfm?ItemNumber=3238>
- ✚ The Substance Abuse and Mental Health Service Administration (SAMHSA) developed a guide for parents and educators that provides tips for talking to preschoolers, school-aged children, and adolescents after traumatic events.  
<https://store.samhsa.gov/shin/content/KEN01-0093R/KEN01-0093R.pdf>
- ✚ The UCLA Center for Mental Health in Schools developed a resource for assessing student violence. <http://smhp.psych.ucla.edu/pdfdocs/shootings.pdf>

*The mission of the Center for School Mental Health is to strengthen policies and programs in school mental health to improve learning and promote success for America's youth.*

We welcome input regarding additional content related to school crisis response. Please contact CSMH Program Manager, Kathryn Baxter, [kbaxter@som.umaryland.edu](mailto:kbaxter@som.umaryland.edu), with any suggestions and/or feedback.

Center for School Mental Health  
University of Maryland School of Medicine  
Department of Psychiatry  
737 W. Lombard St. 4th floor  
Baltimore, Maryland 21201  
(410)706-0980- phone  
(410)706-0984- fax  
<http://csmh.umaryland.edu>

Co-Directors: Sharon Hoover Stephan, Ph.D. and Nancy Lever, Ph.D.

Support for this project (Project # U45MC00174-16-00) was provided by the Office of Adolescent Health, Maternal, and Child Health Bureau, Health Resources and Services Administration, Department of Health and Human Services.