

## RESOURCES FOR DEALING WITH TRAUMATIC EVENTS IN SCHOOLS

*The national Center for School Mental Health has compiled a list of web-based resources to assist school administrators, educators, health and mental health providers, parents/guardians, and other caring adults to better support students following traumatic events such as school shootings. We hope that these resources can help communities to cope with, respond to, and heal from crisis events. In addition, some of the resources offer recommendations on how schools and communities can work together to promote safe and supportive learning environments in every school. We welcome input regarding additional resources to add to this listing.*

- 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.

### CAREGIVER GUIDES

- [Talking to Children about the Shooting](#)
- [Psychological Impact of the Recent Shooting](#)
- [Helping Youth after Mass Violence: Parent Tips](#)
- [Parent Tips for Helping Teens with Traumatic Grief](#)
- [Parent Tips for Helping School-aged Children with Traumatic Grief](#)
- [Parent Tips for Helping Young Children with Traumatic Grief](#)
- [Parent Tips for Helping Preschool-Aged Children after Disasters](#)
- [Parent Tips for Helping School-Aged Children after Disasters](#)
- [After a Crisis: Helping Young Children Heal](#)

### EDUCATOR GUIDES

- Psychological First Aid for Schools (PFA-S) is an evidence-informed approach for assisting children, adolescents, adults, and families in the aftermath of a school crisis, disaster, or terrorism event.
  - [PFA-S: For Schools](#)
  - [PFA-S: For Health-Related Professionals](#)
  - [PFA-S: For Principals and Administrators](#)
  - [PFA-S: For School Support Staff](#)
  - [PFA-S: For Teachers](#)
- [The Child Trauma Toolkit](#) assists school administrators, teachers, staff, and caregivers when supporting traumatized students in schools.
- [Helping Youth after Community Trauma: Tips for Educators](#)
- [Identifying psychological and behavioral impact of trauma on high school students](#)
- [Practical suggestions for educators to help traumatized children at school](#)
- [Psychological and Behavioral Impact of Trauma: High School Students](#)
- [Self-Care Checklist for School Staff](#)
- [Suggestions for Educators](#)

### GUIDELINES ABOUT MEDIA COVERAGE

- [Tips for Youth Talking to Journalists about Mass Violence](#)
- [Tips for Parents on Media Coverage](#)

- The **American Academy of Child and Adolescent Psychiatry** has compiled resources to help children and families dealing with violence.
  - [News and Children](#)
  - [Grief and Children](#)
  - [Disaster: Helping Children Cope](#)
  - [Firearms and Children](#)
  - [Children and Guns](#)
  - [Disaster Resource Center](#)
  
- The **American Psychological Association** [offers tips for parents](#) to help children manage distress after school shootings.
  
- The **American School Counselor Association (ASCA)** has 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.
  
- The **Centers for Disease Control (CDC)** developed [a short guide](#) on coping with a traumatic event. The document provides information on responses to traumatic events, Post-Traumatic Stress Disorder (PTSD), and coping strategies for adults and children.
  
- **The Children’s Hospital of Philadelphia’s** [After the Injury](#) website contains guidance and resources about recovery from injury and trauma.
  
- The **National Association of School Psychologists (NASP)** provides [an entire section of resources on its website](#) for related to school safety and crisis.
  
- The **National Center for Mental Health Promotion and Youth Violence Prevention** has assembled [numerous resources](#) that may be useful for parents, service providers or educators who are working with children or youth who are experiencing or have experienced trauma.
  
- 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 **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](#)
  - [Additional resources and publications](#)
  
- The **National Parent Teacher Association** provides [guidance](#) on action steps for parents and PTAs in the aftermath of school violence.

- The **School Social Work Association of America** has compiled [a significant number of resources](#) addressing crisis response in schools.
- The **Substance Abuse and Mental Health Service Administration (SAMHSA)** developed [a brief guide](#) for parents and educators that provides tips for talking to preschoolers, school-aged children, and adolescents after traumatic events.
- 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.
- **Dr. Marleen Wong**, CSMH Advisory Board 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.



Center for School Mental Health

**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.**

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