



## Ideas & Resources for Dealing with Traumatic Events June 2016

### **Coalition Updates**

- Those interested in financial giving to support victims and families should be directed to Equality FL's GoFundMe campaign, <http://www.eqfl.org/>.
- [LGBT Statement of Unity](#)
- [JOINT STATEMENT FROM LGBTQ GROUPS AND GUN VIOLENCE-PREVENTION GROUPS](#)
- [LGBTQ LATINX GROUPS AND ALLIES REAFFIRM THEIR RESOLVE TO END VIOLENCE AGAINST MARGINALIZED COMMUNITIES](#)
  
- **For Schools**
  - GLSEN – Addressing the Orlando Shooting at Your School - <http://www.glsen.org/blog/addressing-orlando-shooting-your-school>
  - National Education Association School Crisis Guide - <http://neahealthyfutures.org/wpcproduct/school-crisis-guide/>
  - American School Counselor Association – Helping Kids During Crisis - <http://schoolcounselor.org/school-counselors-members/professional-development/2016-webinar-series/learn-more/helping-kids-during-crisis> (Also includes three webinars)
  - US Department of Education – Tips for Helping Students Recovering from Traumatic Events <http://www2.ed.gov/parents/academic/help/recovering/recovering.pdf>
  - UCLA – Schools Helping Students Deal with Loss - <http://smhp.psych.ucla.edu/pdfdocs/loss.pdf>
  - GLSEN – Ready Set Respect Toolkit (not specific to trauma) - <http://www.glsen.org/readyssetrespect>
  - GLSEN – Safe Space Kit - <http://www.glsen.org/safespace>
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- **For Parents**
  - American Psychological Association – Managing Traumatic Stress - <http://www.apa.org/helpcenter/recovering-disasters.aspx>
  - American Psychological Association – Building your Resilience - <http://www.apapracticecentral.org/outreach/building-resilience.aspx>
  - American Psychological Association – Managing your Distress in the Aftermath of a Shooting – <http://www.apa.org/helpcenter/mass-shooting.aspx>
  - American Psychological Association - The Impact of Terrorism and Disasters on Children - <http://www.apa.org/about/gr/issues/cyf/disaster.aspx>
  - American Psychological Association – Helping your Children Manage Distress in the Aftermath of a Shooting - <http://www.apa.org/helpcenter/aftermath.aspx>
  - FEMA - Helping Children Cope with Disaster - <http://www.fema.gov/pdf/library/children.pdf>
  - PBS – Talking with Kids About the News - <http://www.pbs.org/parents/talkingwithkids/news/>
  - Child Mind Institute – Helping Children Cope with Frightening News - <http://childmind.org/article/helping-children-cope-frightening-news/>
  - Child Mind Institute – Going Back to School After a Tragedy - <http://childmind.org/article/going-back-school-tragedy/>
  - The National Child Traumatic Stress Institute - <http://www.nctsn.org/trauma-types/natural-disasters>
  - US Department of Education – Tips for Helping Students Recovering from Traumatic Events <http://www2.ed.gov/parents/academic/help/recovering/recovering.pdf>

- American School Counselor Association – Helping Children Cope: Tips for Parents and Caregivers - <http://schoolcounselor.org/asca/media/asca/Crisis/HelpforCaregivers.pdf>

- **Resources**

- **Disaster Distress Helpline** - 1-800-985-5990 - The Helpline can provide immediate counseling to anyone who needs help in dealing with the tragic event in Orlando Florida. The Helpline is a 24 hours-a-day, seven-days-a-week resource that responds to people who need crisis counseling after experiencing a natural or man-made disaster or tragedy. The helpline can also be accessed at <http://disasterdistress.samhsa.gov> and TTY for deaf and hearing impaired: 1-800-846-8517.
- **English/Spanish hotline of the New York City Anti-Violence Project** - 212-714-1141.
- **Trevor Project** - 866-488-7386 and [thetrevorproject.org](http://thetrevorproject.org). They are particularly good at working with youth.

- **Books for Kids**

- “A Terrible Thing Happened” Margaret M. Holmes, ISBN # 1-57759-696-X, Dalmation Press , P.O. Box 682068, Franklin, TN 37068-2068
- “Reactions” Allison Salloum, Centering Corporation , Chicago, Illinois
- “Why Did it Happen?” Janice Cohen (1994), Morrow Junior Books, New York, NY

- **Books for Parents:**

- “Children and Trauma: A Parent’s Guide to Helping Children Heal” Josey-Bass , San Francisco, CA
- “The Scared Child: Helping Kids Overcome Traumatic Events” John Wiley, New York, New York

- **Professional Publications:**

- “About Traumatic Experiences” Joy Berry (1990), Children’s Press, Chicago, IL
- “Keeping Children Safe: A Program to Help Children Cope with Community Violence” Annette M. La Greca , Lisette M. Perez, Alissa Glickman, This is a manual based on two years of research examining the effects of community violence on children. The manual can be downloaded free of charge at <http://keepingchildrensafe.com>.
- “Safe From the Start: Taking Action on Children Exposed to Violence” A summary from the U.S. Department of Justice. Department of Justice publications may be ordered from NCJRS Publication Orders, P.O. Box 6000, Rockville, MD 20849-6000 , 800-851-3420 , [www.ncjrs.org/puborder](http://www.ncjrs.org/puborder)
- “Terrorism, Trauma and Tragedies: A Counselor’s Guide to Preparing and Responding” Debra D. Bass , Richard Yep, ISBN# 1-55620-225-3 American Counseling Association Foundation, 5999 Stevenson Ave., Alexandria, VA 22304
- The Scared Child: Helping Kids Overcome Traumatic Events, Barbara Brooks, Paula M. Siegel, (1996) John Wiley, New York, NY. Here are detailed instructions, based on professional techniques, to encourage kids of any age—from toddler to teenager—to reveal their feelings through words, drawings, and role playing with step-by-step advice for reassuring them and helping them let go of their fear.

- **Organizations:**

- [Family Equality Council](http://www.familyequalitycouncil.org) - connects, supports, and represents the three million parents who are lesbian, gay, bisexual, transgender and queer in this country and their six million children.
- [COLAGE](http://www.colage.org) - unites people with lesbian, gay, bisexual, transgender, and/or queer parents into a network of peers and supports them as they nurture and empower each other to be skilled, self-confident, and just leaders in our collective communities.
- [PFLAG](http://www.pflag.org) - Uniting people who are lesbian, gay, bisexual, transgender, and queer (LGBTQ) with families, friends, and allies.