

# The Oklahoma Department of Mental Health and Substance Abuse Services

## Coping with Violence and Traumatic Events

### *Resource Links*

The **Oklahoma Department of Mental Health and Substance Abuse Services** has compiled a list of resources to aid persons coping with violence and traumatic events. The following information is intended to assist with locating appropriate local services, along with suggested guidelines to help families address these issues.

### **Treatment Services Locator**

#### **The ODMHSAS Reachout Hotline and 211 System**

ODMHSAS operates a 24 hour, toll-free Reachout Hotline to help Oklahomans link to needed behavioral health services. In addition, individuals may utilize their local 211 system for information and referral to a variety of local services, including mental health and substance abuse treatment providers.

#### **Disaster Distress Helpline (National)**

The Substance Abuse and Mental Health Services Administration (SAMHSA) operates the Disaster Distress Helpline (DDH), the nation's first hotline dedicated to providing disaster crisis counseling. The toll-free Helpline operates 24 hours-a-day, seven days a week. This free, confidential and multilingual, crisis support service is available via telephone (1-800-985-5990) and SMS (Text 'TalkWithUs' to 66746). Callers are connected to trained and caring professionals from the closest crisis counseling center in the network. The helpline staff provides confidential counseling, referrals and other needed support services. [Read more about The Disaster Distress Helpline. \[PDF | 438KB\]](#)

### **Information Quick Links**

[Substance Abuse and Mental Health Services Administration](#)

[National Institute for Mental Health](#)

[The National Child Traumatic Stress Network](#)

[The Centers for Disease Control](#)

[American Psychological Association](#)

[Oklahoma City National Memorial and Museum](#)

## Tips for Talking to Children

### For Parents and Teachers

[Coping with Crisis—Helping Children With Special Needs](#)

This website provides information on how children with learning differences cope with tragedy and grief. The website also provides recommendations on additional considerations to be addressed for children with special needs.

[Listen, Protect, Connect – Model and Teach: Psychological First Aid for Teacher and Students](#)  
[\[PDF | 1.98MB\]](#)

This guidance helps parents to assess a child's firsthand experience of a disaster and describes some common reactions the child may have later. It describes how parents can provide Psychological First Aid by listening, protecting, and connecting. It also provides tips to keep in mind as one helps a child following a disaster.

[Parent Tips for Infants and Toddlers \[PDF | 302 KB\]](#)

This document offers a grid to help parents with infants and toddlers understand how their child may be feeling—it also offers an in-depth list of how parents can help their young children cope with disaster.

[English \[PDF | 302 KB\]](#)

[Chinese \[PDF | 949 KB\]](#)

[Japanese \[PDF | 24 6KB\]](#)

[Spanish \[PDF | 406 KB\]](#)

[Parent Tips for Preschoolers \[PDF | 238 KB\]](#)

This document provides information for parents including reactions and/or behavior that may occur after a disaster including suggestions for what to say and do once the disaster is over.

[English \[PDF | 238 KB\]](#)

[Chinese \[PDF | 625 KB\]](#)

[Japanese \[PDF | 230 KB\]](#)

[Spanish \[PDF | 291 KB\]](#)

[Parent Tips for School-age Children \[PDF | 238 KB\]](#)

This document offers information on common reactions after a disaster and how parents can respond to their school-age children.

[English \[PDF | 238 KB\]](#)

[Chinese \[PDF | 623 KB\]](#)

[Japanese \[PDF | 230 KB\]](#)

[Spanish \[PDF | 292 KB\]](#)

[Parent Tips for Adolescents \[PDF | 237 KB\]](#)

This document provides parents with tips for how to respond to their adolescent child after a disaster. The tips include possible reactions, responses, and examples of things to do and say.

[English \[PDF | 237 KB\]](#)

[Chinese \[PDF | 617 KB\]](#)

[Japanese \[PDF | 290 KB\]](#)

[Spanish \[PDF | 290 KB\]](#)

[Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event: A Guide for Parents, Caregivers, and Teachers \[PDF | 1 MB\]](#)

This tip sheet helps parents, caregivers, and teachers to recognize and address stress responses in children and youth affected by traumatic events such as automobile accidents and disasters. It describes stress reactions that are commonly seen in young trauma survivors from various age groups and offers tips on how to help as well as resources.

[Tips for Talking to Children: \*Interventions At Home for Preschoolers to Adolescents\* \[PDF | 263 KB\]](#)

This tip sheet provides recommendations to help children share feelings and experiences following exposure to a disaster or traumatic event. Interventions for parents are provided to help them engage with preschoolers, elementary age children, preadolescents and adolescents.

[Talking to Children About Violence: Tips for Parents and Teachers](#)

This tip sheet provides recommendations for parents and school personnel to help children feel safe following high profile acts of violence, particularly in schools. This tip sheet provides recommendations for establishing a sense of normalcy and security, as well as urging parents and school personnel to talk with children about their fears. This tip sheet has been translated into six other languages, including Spanish, Chinese, French, Vietnamese, Korean, and Amharic.

[Responding to a School Crisis](#)

This webpage from the National Child Traumatic Stress Network provides guidelines for responding to a school crisis. Several tip sheets are provided including tips for talking to children after a shooting, information on age-specific psychological impacts, tips about media coverage, and individualized guidelines for various school personnel.

## **Tips on Media Coverage**

[Helping your child cope with media coverage of disasters: A fact sheet for parents \[PDF | 409 KB\]](#)

According to the document, this fact sheet "provides an overview of how media coverage of a

disaster may affect your child and suggests strategies that parents can use to address these effects.

[Helping students cope with media coverage of disasters: A fact sheet for teachers and school staff \[PDF | 141 KB\]](#)

According to this fact sheet, it "provides an overview of how media coverage of a disaster may affect students and suggests strategies that people working in schools can use to address these effects. The strategies described in this fact sheet can be used by teachers, school counselors, school social workers, other school staff members, and school administrators".

[Tips for Parents on Media Coverage \[PDF | 52 KB\]](#)

This tip sheet provides information for parents on how to limit a child's exposure to disturbing media images.

## Coping with Grief

[After a loved one dies—how children grieve; And how parents and other adults can support them \[PDF | 1.7 MB\]](#)

This 26-page booklet is for parents and other adults to help children who have suffered the loss of a parent or loved one to get through their grief.

[How to Deal With Grief \[PDF | 266 KB\]](#)

This fact sheet explains how to deal with grief as a normal response to loss or death. It describes how grief feels, how long it lasts, the four-step grieving process, and how grief differs from depression.

[It's okay to remember](#)

This video provides information regarding traumatic grief in children, addresses the three main types of trauma reminders, and illustrates how families can experience the pain of loss and then heal. It features physicians and experts in the field and is appropriate for parents and others who care for children.

[Talk, listen, connect: When families grieve](#)

This collection of resources addresses the difficult topic of the death of a parent and helps families cope with complex emotions, honor the life of a loved one, and find strength in each other. There are components for military families and nonmilitary families.

## Coping with Traumatic Stress

[Understanding child traumatic stress \[PDF | 362 KB\]](#)

This document discusses the cognitive response to danger as it relates to traumatic experiences or traumatic stress throughout all developmental stages, particularly in children. It provides an overview of posttraumatic stress responses and their severity and duration, as well as posttraumatic stress after chronic or repeated trauma.

### [Coping with Stress](#)

This webpage from the Centers for Disease Control and Prevention provides clear concise information on coping with stress related to a traumatic event.

### [Dealing with the Effects of Trauma: A Self-Help Guide](#)

This SAMHSA guide provides more in-depth information on recovering from a traumatic event and is geared for those whose reactions may be lingering.

### [Disaster Tips Wallet Card: \*Having Trouble Coping?\* \(English\) \[PDF | 226 KB\] \(\*Español\*\) \[PDF | 129 KB\]](#)

This wallet card provides a list of warning signs describing when someone might be having trouble coping with a traumatic event. Contact information for the National Suicide Prevention Lifeline (1-800-273-TALK) is provided.

### [Responding to Stressful Events: Helping Children Cope \[PDF | 74 KB\]](#)

This packet contains information on helping children cope after a stressful event. It provides information on common reactions and coping techniques.

### [Responding to a School in Crisis](#)

This guide is a resource for key school personnel responding to school based events.

### [Tips for Survivors of a Traumatic Event: Managing Your Stress \[PDF | 927 KB\]](#)

This tip sheet outlines the common signs of stress after a disaster and provides stress reduction strategies.

### [Tips for Survivors of Traumatic Events: Self-Care Tips for Dealing with Stress \[PDF | 966 KB\]](#)

This fact sheet includes care tips for survivors of a traumatic event, what to expect in your personal, family, work, and financial life.

### [Listen, Protect, and Connect - Family to Family, Neighbor to Neighbor \[PDF | 435 KB\]](#)

This brochure suggests ways to support emotional well-being before, during and after emergencies. They build on ideas, strengths and practices that parents, teachers and schools already use with children, and offer more ideas and tools to call upon in times of traumatic events.

## **Coping with Mass Violence and Shooting**

### [A National Tragedy: Helping Children Cope](#)

This website provides recommendations for parents and school personnel for helping children cope with a crisis by establishing a sense of safety and security. The website provides suggestions for what adults, parents, and schools can do following a crisis event.

### [Effects of Traumatic Stress after Mass Violence, Terror, or Disaster](#)

Developed by the National Center for Posttraumatic Stress Disorder (PTSD), this publication provides information regarding normal reactions to abnormal situations. It includes descriptions

of common traumatic stress reactions, problematic stress responses, and symptoms of PTSD and Acute Stress Disorder.

[Restoring a Sense of Safety in the Aftermath of a Mass Shooting: Tips for Parents and Professionals](#)

From the American Medical Association and the Center for the Study of Traumatic Stress.

[Helping Your Children Manage Distress in the Aftermath of a Shooting](#)

This website from the American Psychological Association provides recommendations for parents who may be struggling with how to talk with their children following a shooting. The website provides tips and strategies for helping children manage their distress.

[A Practical Guide for Crisis Response in Our Schools](#)

This guide provides information to assist schools in responding effectively to “everyday crises” as well as school-based disasters. The guide offer strategies to potentially prevent violent school-based tragedies, assists educators in identifying students who may be at greatest risk and know when to refer to support staff, reviews protocol for managing crisis situations, and discusses practical strategies for addressing the emergent needs of students during times of crisis.