

Web Resources for Teachers and Parents of Students Who Have Experienced School-Based Traumatic Experiences





April 6, 2018

Introduction

This resource directory represents a selection of links to free documents available online to provide support and guidance for staff and parents of students who have experienced a school-based traumatic experience (e.g., school shooting, violent attack, etc.). The resources cover a variety of topics including the impact of trauma, grieving students, media coverage, communicating with others about the event, psychological first aid, cultural considerations, working with students with disabilities, and recovery from trauma. The links to the documents are provided for easy access. Some documents are provided in more than one language (e.g., Spanish) and those links are noted. The links included in this directory reflect best practices in the field of trauma and recovery. It is meant to be a working document that will periodically be revised. It is not meant to be comprehensive or exhaustive. **To access the resource document, use Ctrl + Click.**

As with all traumatic events and crises, **in the event of an emergency, please know that you can contact the Maryland Crisis Hotline number at 1.800.422.0009.** The hotline is available 24 hours a day, 7 days a week. **Maryland also has a crisis text line: Text 741741, compose your message, type MD and then click SEND.** For more information on responding to school-based traumatic events or other resources in this guide, please contact the following:

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To access the resource document, use Ctrl + Click

Websites								
National Child Traumatic Stress Network - http://www.nctsn.org								
<i>School Personnel Responding to a School Crisis</i>	<i>Effects of Trauma</i>	<i>Resources for Schools</i>	<i>Trauma Toolkit (in English and Spanish)</i>	<i>The Road to Recovery: Supporting Children with Intellectual and Developmental Disabilities Who Have Experienced Trauma (IDD Toolkit)</i>	<i>Back-to-School Resources for School Personnel</i>	<i>Psychological Impact of the Recent Shooting</i>	<i>Helping Youth After a Community Trauma</i>	<i>Self-Care Checklist for School Staff</i>
http://www.nctsn.org/resources/audiences/school-personnel/crisis-situation	http://www.nctsn.org/resources/audiences/school-personnel/effects-of-trauma	http://www.nctsn.org/resources/audiences/school-personnel/resources-for-schools	http://www.nctsn.org/resources/audiences/school-personnel/trauma-toolkit	http://www.nctsn.org/products/children-intellectual-and-developmental-disabilities-who-have-experienced-trauma	http://www.nctsn.org/sites/default/files/assets/pdfs/school_resource_list_final.pdf	http://www.nctsn.org/sites/default/files/assets/pdfs/psychological_information_sheet_two_pager.pdf	http://www.nctsn.org/sites/default/files/assets/pdfs/helping_youth_after_community_violence_educators.pdf	http://www.nctsn.org/sites/default/files/assets/pdfs/pdf_for_schools_appendix_c_self_care_checklist.pdf

Websites											
National Child Traumatic Stress Network - http://www.nctsn.org											
Resources for Parents and Caregivers	Understanding Trauma	How Parents can Help	Trauma Treatment	Information in Spanish	Tips for Parents on Media Coverage	Parent Guidelines for Helping Youth After the Recent Shooting	Helping Teens with Traumatic Grief: Tips for Caregivers	Helping School-Age Children with Traumatic Grief: Tips for Caregivers	Helping Young Children with Traumatic Grief: tips for Caregivers	After a Crisis: Helping Young Children Heal	After the Injury— website for families with injured children
http://www.nctsn.org/resources/audiences/parents-caregivers	http://www.nctsn.org/resources/audiences/parents-caregivers	http://www.nctsn.org/resources/audiences/parents-caregivers	http://www.nctsn.org/resources/audiences/parents-caregivers	http://www.nctsn.org/resources/audiences/informaci%C3%B3n-en-Espa%C3%B1ol	http://www.nctsn.org/sites/default/files/assets/pdfs/tips_for_parents_media_final.pdf	http://www.nctsn.org/sites/default/files/assets/pdfs/parents_guidelines_for_helping_teens_after_the_recent_attacks.pdf	http://www.nctsn.org/sites/default/files/assets/pdfs/helping_teens_with_traumatic_grief_caregivers_final.pdf	http://www.nctsn.org/sites/default/files/assets/pdfs/10things_schoolage_ctg.pdf	http://www.nctsn.org/sites/default/files/assets/pdfs/helping_children_with_traumatic_grief.pdf	http://www.nctsn.org/sites/default/files/assets/pdfs/helping_young_children_heal_crisis.pdf	https://www.aftertheinjury.org/

Websites											
National Association of School Psychologists - https://www.nasponline.org											
Helping Children Cope with Terrorism-Tips for Families and Educators	Translated School Safety and Crisis Resources	Talking to Children about Violence: Tips for Parents and Teachers	Addressing Grief	Reunification	Recovery from Large-Scale Crises: Guidelines for Crisis Teams and Administrators	Addressing Grief: Tips for Teachers and Administrators	Care for Caregivers: Tips for Families and Educators	Media and Crisis	Social Media and School Crises	Direct Crisis Support	School Safety and Crisis: When Grief/Loss Hits Close to Home: Tips for Caregivers
https://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/war-and-terrorism/helping-children-cope-with-terrorism	https://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/translated-safety-and-crisis-resources	https://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/talking-to-children-about-violence-tips-for-parents-and-teachers	https://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/addressing-grief	https://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/reunification	https://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/recovery-from-large-scale-crisis-guidelines-for-crisis-teams-and-administrators	https://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/addressing-grief/addressing-grief-tips-for-teachers-and-administrators	https://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/care-for-caregivers-tips-for-families-and-educators	https://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/media-and-crisis	https://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/social-media-and-school-crisis	https://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/direct-crisis-support	http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/addressing-grief/when-grief-loss-hits-close-to-home-tips-for-caregivers

Websites										
Healthy Children. Org - https://www.healthychildren.org/English/Pages/default.aspx				American Academy of Pediatrics https://www.aap.org/en-us/Pages/Default.aspx						
How to Support your Child's Resilience in a Time of Crisis	How to Support your Child's Resilience in a Time of Crisis (Spanish)	Talking with Children about Tragedies and other News Events	Talking with Children about Tragedies and other News Events (Spanish)	Promoting Adjustment and Helping Children Cope	Communicating with Children and Families: From Everyday Interactions to Skills in Conveying Distressing Information	Substance Abuse and Mental Health Services Administration	Mass Violence and Behavioral Health	Children's Mental Health Matters Campaign Factsheets CMHM Fact Sheet on Wellbeing & Resiliency	CMHM Fact Sheet on Trauma	CHMH Fact Sheet on Traumas (Spanish)
https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/How-to-Support-Your-Childs-Resilience-in-a-Time-of-Crisis.aspx	https://www.healthychildren.org/spanish/healthy-living/emotional-wellness/building-resilience/paginas/how-to-support-your-childs-resilience-in-a-time-of-crisis.aspx	https://www.healthychildren.org/English/family-life/Media/Pages/Talking-To-Children-About-Tragedies-and-Other-News-Events.aspx	https://www.healthychildren.org/spanish/family-life/media/paginas/talking-to-children-about-tragedies-and-other-news-events.aspx	https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Children-and-Disasters/Pages/Promoting-Adjustment-and-Helping-Children-Cope.aspx	http://pediatrics.aappublications.org/content/121/5/e1441	https://www.samhsa.gov/	https://www.samhsa.gov/sites/default/files/dtac/srb-mass-violence-behavioral-health.pdf	https://www.childrensmentalhealthmatters.org/wp-content/uploads/2017/10/Resiliency.pdf	https://www.childrensmentalhealthmatters.org/wp-content/uploads/2017/10/Trauma.pdf	https://www.childrensmentalhealthmatters.org/wp-content/uploads/2014/04/Trauma_ES.pdf

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Websites								
National Center for School Crisis and Bereavement - https://www.schoolcrisiscenter.org								
<i>Talking to Students about Terrorist Attacks and School and Community Shootings</i>	<i>After a Loved One Dies (in English, Spanish, and Japanese)</i>	<i>Guidelines for Responding to the Death of a Student or School Staff</i>	<i>Psychological First Aid for Students and Teachers</i>	<i>Grief over the Holiday: Educators can Help Students Cope</i>	<i>Student Commemoration; Guidelines on Commemoration of Students at Time of Graduation</i>	<i>Teacher Training Modules: Supporting Grieving Students in Schools</i>	<i>Supporting the Grieving Child and Family</i>	<i>Providing Psychosocial Support to Children and Families in the Aftermath of Disasters and Crises</i>
https://www.schoolcrisiscenter.org/wp-content/uploads/2018/02/guidelines-talking-about-tragedies.pdf	https://www.schoolcrisiscenter.org/resources/loved-one-dies/	https://www.schoolcrisiscenter.org/wp-content/uploads/2018/02/guidelines-responding-to-death.pdf	https://www.schoolcrisiscenter.org/wp-content/uploads/2017/04/nscsb-psychological-first-aid-students-and-teachers.pdf	https://www.schoolcrisiscenter.org/wp-content/uploads/2017/11/Support-Grief-Over-the-Holidays.pdf	https://www.schoolcrisiscenter.org/wp-content/uploads/2017/10/Guidelines-Graduation-Commemoration.pdf	https://www.schoolcrisiscenter.org/resources/teacher-training-modules/	https://www.schoolcrisiscenter.org/wp-content/uploads/2017/04/Final-Clinical-Report-Supporting-the-Grieving-Child-and-Family.pdf	https://www.schoolcrisiscenter.org/wp-content/uploads/2017/04/Providing-psychosocial-support-to-children-and-families.pdf

Websites								
Grieving Students - https://grievingstudents.org/								
<i>Talking with Children (handout)</i>	<i>Talking with Children (video)</i>	<i>What Not to Say (handout)</i>	<i>What Not to Say (video)</i>	<i>Providing Support over Time (handout)</i>	<i>Providing Support over Time (video)</i>	<i>Peer Support (handout)</i>	<i>Peer Support (video)</i>	<i>How Nurses Can Talk to Children about Death</i>
https://grievingstudents.org/wp-content/uploads/2016/05/NYL-1A-Talking-With-Children.pdf	https://grievingstudents.org/module-section/talking-with-children/	http://grievingstudents.org/wp-content/uploads/2016/05/NYL-1B-What-to-Say.pdf	https://grievingstudents.org/module-section/what-not-to-say/	http://grievingstudents.org/wp-content/uploads/2016/05/NYL-1C-Providing-Support-Over-Time.pdf	https://grievingstudents.org/module-section/providing-support-over-time/	http://grievingstudents.org/wp-content/uploads/2016/05/NYL-1D-Peer-Support.pdf	https://grievingstudents.org/module-section/peer-support/	https://grievingstudents.org/wp-content/uploads/2016/05/Talking-with-children-about-Death_Journal-ofPediatricHealthCare1.pdf

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Websites									
Grieving Students - https://grievingstudents.org/									
Concepts of Death (handout)	Concepts of Death (video)	Connecting with Families (handout)	Connecting with Families (video)	Cultural Sensitivity (handout)	Cultural Sensitivity (video)	Funeral Attendance (handout)	Funeral Attendance (video)	Secondary and Cumulative Losses (handout)	Secondary and Cumulative Losses (video)
http://grievingstudents.org/wp-content/uploads/2016/05/NYL-2A-Concepts-of-Death.pdf	https://grievingstudents.org/module-section/concepts-of-death/	http://grievingstudents.org/wp-content/uploads/2016/05/NYL-2B-Connecting-With-Families.pdf	https://grievingstudents.org/module-section/connecting-with-families/s	http://grievingstudents.org/wp-content/uploads/2016/05/NYL-2-C-Cultural-Sensitivity.pdf	https://grievingstudents.org/module-section/cultural-sensitivity/	http://grievingstudents.org/wp-content/uploads/2016/05/NYL-3A-Advice-Funerals.pdf	https://grievingstudents.org/module-section/funeral-attendance/	http://grievingstudents.org/wp-content/uploads/2016/05/NYL-3B-SecondaryLoss.pdf	https://grievingstudents.org/module-section/coordinating-services-supporting-transitions/

Websites							
Grieving Students - https://grievingstudents.org/							
<i>Coordinating Services and Supporting Transitions (handout)</i>	<i>Coordinating Services and Supporting Transitions (video)</i>	<i>Social Media (handout)</i>	<i>Social Media (video)</i>	<i>Impact on Learning (handout)</i>	<i>Impact on Learning (video)</i>	<i>Guilt & Shame (handout)</i>	<i>Guilt & Shame (video)</i>
http://grievingstudents.org/wp-content/uploads/2016/05/NYL-3C-CoordinatingServices.pdf	https://grievingstudents.org/module-section/coordinating-services-supporting-transitions/	http://grievingstudents.org/wp-content/uploads/2016/05/NYL-3D-Social-Media.pdf	https://grievingstudents.org/module-section/social-media/	http://grievingstudents.org/wp-content/uploads/2016/05/NYL-4A-ImpactLearning.pdf	https://grievingstudents.org/module-section/impact-on-learning/	http://grievingstudents.org/wp-content/uploads/2016/05/NYL-4B-GuiltShame.pdf	https://grievingstudents.org/module-section/guilt-shame/

Websites									
Grieving Students - https://grievingstudents.org/									
<i>Other Reactions (handout)</i>	<i>Other Reactions (video)</i>	<i>Grief Triggers (handout)</i>	<i>Grief Triggers (video)</i>	<i>Professional Preparation (handout)</i>	Professional Preparation (video)	Professional Self-Care (handout)	Professional Self-Care (video)	Death and School Crisis (handout)	Death and School Crisis (video)
http://grievingstudents.org/wp-content/uploads/2016/05/NYL-4C-OtherReaction.pdf	https://grievingstudents.org/module-section/other-reactions/	http://grievingstudents.org/wp-content/uploads/2016/05/NYL-4D-GriefTriggers.pdf	https://grievingstudents.org/module-section/grief-triggers/	http://grievingstudents.org/wp-content/uploads/2016/05/NYL-5A-ProfPreparation.pdf	https://grievingstudents.org/module-section/professional-preparation/	http://grievingstudents.org/wp-content/uploads/2016/05/NYL-5B-ProfSelfCare.pdf	https://grievingstudents.org/module-section/professional-self-care/	http://grievingstudents.org/wp-content/uploads/2016/05/NYL-6A-Death-and-School-Crisis.pdf	https://grievingstudents.org/module-section/death-school-crisis/

Websites					
Grieving Students - https://grievingstudents.org/					
<i>Suicide (handout)</i>	<i>Suicide (video)</i>	<i>Commemoration and Memorialization (handout)</i>	<i>Commemoration and Memorialization (video)</i>	<i>Potentially Life-Limiting Conditions (handout)</i>	<i>Potentially Life-Limiting Conditions (video)</i>
http://grievingstudents.org/wp-content/uploads/2016/05/NYL-6B-Suicide.pdf	https://grievingstudents.org/module-section/suicide/	http://grievingstudents.org/wp-content/uploads/2016/05/NYL-6C-Commemoration.pdf	https://grievingstudents.org/module-section/commemoration-and-memorialization/	http://grievingstudents.org/wp-content/uploads/2016/05/NYL-6D-Potentially-Life-Limiting.pdf	https://grievingstudents.org/module-section/potentially-life-limiting-conditions/

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<p style="text-align: center;">Websites</p> <p style="text-align: center;">Treatment and Services Adaptation Center - http://traumaawareschools.org/</p>						
<i>Making Schools Safer: A Quick Resource Guide</i>	<i>Childhood Trauma Basis Facts</i>	<i>Self-Care for Educators</i>	<i>Leadership Sets the Tone in a Crisis (transcript)</i>	<i>Leadership Sets the Tone in a Crisis (video)</i>	<i>People Heal when They Heal (transcript)</i>	<i>People Heal When They Heal (video)</i>
http://traumaawareschools.org/resources-materials/3162/ntac_saferschoolsmay2013.pdf?1386068052	http://traumaawareschools.org/resources-materials/3162/child_trauma_basic_facts_april_2007.pdf?1385464142	http://traumaawareschools.org/resources-materials/3162/Self-CareNCTSN.pdf?1385564566	http://traumaawareschools.org/articles/transcript/9554	http://traumaawareschools.org/articles/view/9554	http://traumaawareschools.org/articles/transcript/9555	http://traumaawareschools.org/articles/9555

Resources Focused on Parents of Students with Disabilities				
<p><i>Helping Children with Disabilities Cope with Disaster and Traumatic Events</i></p>	<p><i>Stress, PTSD, and Parents of Children with Special Needs</i></p>	<p><i>How My Autistic Son Dealt with a School Shooting</i></p>	<p><i>Helping Children with ASD, SPD, and other Special Needs through Natural Disasters</i></p>	<p><i>Helping a Child Living with Autism to Deal with Tragedy</i></p>
<p>https://www.cdc.gov/ncbddd/disabilityandsafety/trauma.html</p>	<p>http://differentdream.com/2015/02/stress-ptsd-and-parents-of-kids-with-special-needs/</p>	<p>https://themighty.com/2018/02/how-autistic-son-dealt-with-a-school-shooting/</p>	<p>https://profectum.org/helping-children-asd-spd-special-needs-natural-disasters/</p>	<p>https://www.autismspeaks.org/helping-child-tragedy</p>

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Resources Focused on Parents of Students with Disabilities

<p><i>Effects of Trauma on Children with Autism Spectrum Disorders</i></p>	<p><i>Trauma and Autism Spectrum Disorder: A Reference Guide</i></p>	<p><i>Crisis Intervention Resources for Students with Autism</i></p>		
<p>https://www.kennedykrieger.org/sites/default/files/patient-care-files/effects-psychological-trauma-children-autism.pdf</p>	<p>https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/1%20Therapist%20Resources/Bernier-Lab-UW-Trauma-and-ASD-Reference-Guide-2017.pdf</p>	<p>https://www.autismspeaks.org/family-services/crisis-intervention-resources</p>		