

**SAMHSA**
Substance Abuse and Mental Health
Services Administration

Leading Our School Systems & Communities Through and After Wildfire Supporting Resources

Watch The Recorded Webinar Here:

<http://bit.ly/SMHWildfireTownHall>

The **Northwest MHTTC** and the **Pacific Southwest MHTTC** collaborated in September of 2020 in the midst of unprecedented wildfires on the West Coast to provide a special virtual town hall on school mental health leadership in times of wildfire.

Six principals, superintendents, county and state office of education leaders from Washington State, California, and Oregon who have experienced wildfire in the past and present offered reflections, lessons learned, and shared their stories so we could learn from and with them in this moment of need.

This document provides a complete list of resources, materials, and helpful links shared - and more!

★ *Recursos Disponibles En Español* ★

Series Information & Materials

- **About The Town Hall:** <http://bit.ly/SMHWildfireTownHall>
- **Recording:** <http://bit.ly/WildfireTownHallWebinar>
- **Presentation:** <https://bit.ly/TownHallPDF>

Wildfire Resources

- **Wildfire Smoke Factsheet:** https://www3.epa.gov/airnow/smoke_fires/protecting-children-from-wildfire-smoke-and-ash.pdf
- **Wildfire Resources:** <https://www.nctsn.org/what-is-child-trauma/trauma-types/disasters/wildfire-resources>
- **Parent Guidelines for Helping Children Impacted by Wildfires:** https://www.nctsn.org/sites/default/files/resources/parents_guidelines_for_helping_children_impacted_by_wildfires.pdf
- ★ **GUÍA PARA PADRES CON HIJOS QUE HAN SIDO AFECTADOS POR INCENDIOS:** <https://www.nctsn.org/resources/guia-para-padres-con-hijos-que-han-sido-afectados-por-incendios>
- **Wildfires: Tips for Parents On Media Coverage:** <https://www.nctsn.org/resources/wildfires-tips-parents-media-coverage>
- ★ **LOS INCENDIOS Y SU COBERTURA EN LAS NOTICIAS: RECOMENDACIONES PARA LOS PADRES:** <https://www.nctsn.org/resources/los-incendios-y-su-cobertura-en-las-noticias-recomendaciones-para-los-padres>
- **Tips for Managing Your Distress Related to Wildfires:** <https://www.apa.org/topics/wildfires-tips>



Children & Family Resources

- **Behavioral Health Conditions in Children and Youth Exposed to Natural Disasters:**
<https://www.samhsa.gov/sites/default/files/srb-childrenyouth-8-22-18.pdf>
- **Simple Activities for Children and Adolescents:**
https://www.nctsn.org/sites/default/files/resources/fact-sheet/simple_activities_for_children_and_adolescents_4.pdf
- **After A Crisis: How Young Children Heal:**
https://www.nctsn.org/sites/default/files/resources//after_a_crisis_helping_young_children_heal.pdf
- **Age-related Reactions to A Traumatic Event:**
https://www.nctsn.org/sites/default/files/resources//age_related_reactions_to_traumatic_events.pdf
- ★ **REACCIONES A EVENTOS TRAUMÁTICOS RELACIONADAS CON LA EDAD:**
https://www.nctsn.org/sites/default/files/resources/fact-sheet/age_related_reactions_to_traumatic_events_sp.pdf
- **Childhood Traumatic Grief: Youth Information Sheet:**
https://www.nctsn.org/sites/default/files/resources/fact-sheet/childhood_traumatic_grief_youth_information_sheet.pdf
- **Sustaining the Psychological Well-Being of Caregivers While Caring for Disaster Victims:**
https://www.cstsonline.org/assets/media/documents/CSTS_FS_Sustaining_Psychological_Wellbeing_of_Caregivers_While%20Caring%20%20for%20Disaster%20Victims.pdf
- **Safety, Recovery and Hope After Disaster Helping Communities and Families Recover:**
https://www.cstsonline.org/assets/media/documents/CSTS_FS_Safety,%20Recovery%20and%20Hope%20after%20Disaster%20Helping%20Communities%20and%20Families%20Recover.pdf



Tips For Disasters & Traumatic Grief

- **11 Tips for Helping Children Who Have Experienced a Disaster:**
<https://www.naeyc.org/resources/pubs/tyc/feb2018/11x-tips-helping-children-disasters>
- **Coping with Disasters:** <https://www.naeyc.org/resources/topics/coping-disasters>
- **Helping Youth after Community Trauma: Tips for Educators:**
https://www.nctsn.org/sites/default/files/resources/tip-sheet/helping_youth_after_community_trauma_for_educators_final_explosions.pdf
- **Helping Young Children With Traumatic Grief: Tips for Caregivers:**
https://www.nctsn.org/sites/default/files/resources//helping_young_children_with_traumatic_grief_caregivers.pdf
- **Helping School-Age Children With Traumatic Grief: Tips For Caregivers:**
https://www.nctsn.org/sites/default/files/resources//helping_school_age_children_with_traumatic_grief_caregivers.pdf
- **Helping Teens With Traumatic Grief: Tips For Caregivers:**
https://www.nctsn.org/sites/default/files/resources//helping_teens_with_traumatic_grief_caregivers.pdf
- **The Power Of Parenting: How to Help Your Child After A Parent Or Caregiver Dies:**
[nctsn.org/sites/default/files/resources/fact-sheet/power_of_parenting_how_to_help_your_child_after_a_parent_or_caregiver_dies.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/power_of_parenting_how_to_help_your_child_after_a_parent_or_caregiver_dies.pdf)

Tips For Disasters & Traumatic Grief (Continued)

- **Psychological First Aid (PFA): Parent Tips For Helping Infants and Toddlers After Disasters:**
https://www.nctsn.org/sites/default/files/resources//pfa_parent_tips_for_helping_infants_and_toddlers_after_disasters.pdf
★ **PFA: CONSEJOS PARA PADRES: CÓMO AYUDAR A BEBÉS Y NIÑOS PEQUEÑOS:**
https://www.nctsn.org/sites/default/files/resources//pfa_parent_tips_for_helping_infants_and_toddlers_after_disasters_sp.pdf
- **PFA: Parent Tips For Helping Preschool-Age Children After Disasters:**
https://www.nctsn.org/sites/default/files/resources//pfa_parent_tips_for_helping_preschool_age_children_after_disasters.pdf
★ **PFA: CONSEJOS PARA PADRES: CÓMO AYUDAR A NIÑOS DE EDAD PREESCOLAR:**
https://www.nctsn.org/sites/default/files/resources//pfa_parent_tips_for_helping_preschool_age_children_after_disasters_sp.pdf
- **PFA: Parent Tips For Helping School-Age Children After Disasters:**
https://www.nctsn.org/sites/default/files/resources//pfa_parent_tips_for_helping_school_age_children_after_disasters.pdf
★ **PFA: CONSEJOS PARA PADRES: CÓMO AYUDAR A NIÑOS DE EDAD ESCOLAR:**
https://www.nctsn.org/sites/default/files/resources//pfa_parent_tips_for_helping_school_age_children_after_disasters_sp.pdf
- **PFA: Parent Tips For Helping Adolescents:**
https://www.nctsn.org/sites/default/files/resources//pfa_parent_tips_for_helping_adolescents_after_disasters.pdf
★ **PFA: CONSEJOS PARA PADRES: CÓMO AYUDAR A ADOLESCENTES:**
https://www.nctsn.org/sites/default/files/resources//pfa_parent_tips_for_helping_adolescents_after_disasters_sp.pdf

Additional Resources, Trainings & Mobile Apps

- **Help Kids Cope Mobile App:** <https://www.nctsn.org/resources/help-kids-cope>
- **PFA Mobile App:** <https://www.nctsn.org/resources/pfa-mobile>
- **SAMHSA Disaster Mobile App:** <https://store.samhsa.gov/product/samhsa-disaster>
- **Disaster Distress Helpline:** <https://www.samhsa.gov/find-help/disaster-distress-helpline>
 - *Call 1-800-985-5990 or text TalkWithUs to 66746.*
- **REMS TA Center: National Child Traumatic Stress Network and Substance Abuse and Mental Health Services Administration (K-12):** <https://www.nctsn.org/>
- **Psychological First Aid (PFA):** <https://www.nctsn.org/treatments-and-practices/psychological-first-aid-and-skills-for-psychological-recovery/about-pfa>
★ **PRIMEROS AUXILIOS PSICOLÓGICOS GUÍA DE OPERACIONES PRÁCTICAS 2DA EDICIÓN:** https://www.nctsn.org/sites/default/files/resources//pfa_sp.pdf
- **PFA Online Training:** <https://www.nctsn.org/resources/psychological-first-aid-pfa-online>
- **Helping Heroes A Web-Based Training Course For Providers Working With Firefighters:** <http://training.helping-heroes.org/user/login>

Additional Resources, Trainings & Mobile Apps (Continued)

- **Skills For Psychological Recovery (SPR) Field Operations Guide:**
https://www.nctsn.org/sites/default/files/resources/special-resource/spr_complete_english.pdf
- ★ **DESTREZAS PARA LA RECUPERACIÓN PSICOLÓGICA GUÍA DE OPERACIONES PRÁCTICAS:** https://www.nctsn.org/sites/default/files/resources/special-resource/skills_for_psychological_recovery_sp.pdf
- **Skills For Psychological Recovery (SPR) Online:** <https://www.nctsn.org/resources/skills-psychological-recovery-spr-online>
- **Leadership Communication: Anticipating and Responding to Stressful Events:**
https://www.cstsonline.org/assets/media/documents/CSTS_FS_Leadership_Communication_Anticipating_Responding_to_Stressful_Events.pdf

Children's Books

- **Trinka and Sam and the Big Fire**, by Chandra Michiko Ghosh Ippen, Melissa Brymer, Erich Ippen, Jr: https://www.nctsn.org/sites/default/files/resources/trinka_sam_the_big_fire.pdf
- ★ **TRINKA Y JUAN EL GRAN FUEGO**, by Chandra Michiko Ghosh Ippen, Melissa Brymer, Erich Ippen, Jr, Arú González, Gloria Castro, Luis Flores, Carmen Rosa Noroña:
https://www.nctsn.org/sites/default/files/resources/trinka_sam_the_big_fire_sp.pdf

National & Regional MHTTC Resources

- **National MHTTC Network School Mental Health Website:**
<https://mhttcnetwork.org/centers/mhttc-network-coordinating-office/school-mental-health>
- **National MHTTC Network School Mental Health Resources for Responding to COVID-19, with Back to School Resource Collection:** <https://mhttcnetwork.org/centers/global-mhttc/responding-covid-19-school-mental-health-resources>
- **Northwest MHTTC Network School Mental Health Website:**
<https://mhttcnetwork.org/centers/northwest-mhttc/school-mental-health>
- **Pacific Southwest MHTTC Network Website:** <https://mhttcnetwork.org/centers/pacific-southwest-mhttc/home>

Access all event recordings & materials here: <http://bit.ly/SMHWildfireTownHall>



Pacific Southwest (HHS Region 9)

Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Questions? Please email Northwest MHTTC: nwsmh@uw.edu

Disclaimer: The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).

