

RESOURCES SUPPORTING IMPLEMENTING PSYCHOLOGICAL FIRST AID IN SCHOOL AND POSTSECONDARY SETTINGS

Los Angeles Unified School District Trauma Services Adaptation Center. *Trauma Services Adaptation Center for Schools and Communities* Webpage. Available at http://notebook.lausd.net/portal/page?_pageid=33,1049552&_dad=ptl&_schema=PTL_EP

National Association of School Psychologists (NASP). *School Safety and Crisis Resources* Webpage. Available at http://www.nasponline.org/resources/crisis_safety/

The National Child Traumatic Stress Network (NCTSN)

- *Age-Related Reactions to a Traumatic Event*. Available at <http://www.nctsn.org/products/age-related-reactions-traumatic-event>
- CCTSN and the National Center for PTSD, (2012). *Psychological First Aid for Schools – Field Operations Guide*. Available at <http://www.nctsn.org/content/psychological-first-aid-schoolspfa>
- *College Students Coping after the Hurricane*. Available at <http://www.nctsn.org/products/college-students-coping-after-hurricane>
- *NCTSN Learning Center for Child and Adolescent Trauma Web Portal*. Available at <http://learn.nctsn.org/>
- “PFA Mobile™” (2012). Available at <http://www.nctsn.org/content/pfa-mobile>
- “*Psychological First Aid Field Manual, 2nd Edition*”, 2006 Available at <http://www.nctsn.org/content/psychological-first-aid>
- “*Trinka and Sam, The Rainy Windy Day: A Children's Booklet*” NCTSN, 2008 Available at http://nctsn.org/sites/default/files/assets/pdfs/trinka_and_sam_final.pdf

Español - “Trinka y Juan en un Día de Mucho Viento y Lluvia,” NCTSN, 2008. Available at <http://nctsn.org/sites/default/files/assets/pdfs/trinka-y-juan-final-2-11.pdf>

Ready.Gov, (2006). “*Listen, Protect, Connect - Model & Teach: Psychological First Aid (PFA) for Students and Teachers*”. Available at http://www.ready.gov/sites/default/files/documents/files/PFA_SchoolCrisis.pdf

Readiness and Emergency Management for Schools (REMS) Technical Assistance (TA) Center.

- *A Coordinated Response To Multiple Deaths in a School Community Helps the Healing Begin*, (Lessons Learned, Vol. 1, Issue 2, 2006). Available at http://rems.ed.gov/docs/CoordinatedResponseToMultipleDeaths_1102.pdf
- *Coping with the Death of a Student or Staff Member*, (REMSExpress, Vol. 3, Issue 2, 2007). Available at http://rems.ed.gov/docs/CopingW_Death_StudentOrStaff.pdf
- *Coping With Multiple Suicides Among Middle School Students*. (Lessons Learned, Vol. 2, Issue 2, 2007). Available at <http://rems.ed.gov/docs/LessonsLearnedSuicideApril12.pdf>
- *Paying Tribute to Deceased School Community Members*, (REMSExpress, Vol. 3, Issue 3, 2007). Available at http://rems.ed.gov/docs/ERCMNewsletter_Memorials.pdf
- “*Psychological First Aid (PFA) for Students and Teachers: Listen, Protect, Connect – Model & Teach*”, (Helpful Hints, Vol. 3, Issue 3 2008). Available at http://rems.ed.gov/docs/HH_Vol3Issue3.pdf

Español - Primeros Auxilios Psicológicos para Estudiantes y Docentes:

"Escuchar, Proteger, Conectar: Modelar y Enseñar", (Helpful Hints, Vol. 3, Issue 3 2008). Available at

http://rems.ed.gov/docs/11.%20HelpfulHints_PFA%20for%20Student%20and%20Teachers_SPANISH.pdf

- *Responding to a Suicide Cluster: Palo Alto School District*, (Lessons Learned, Vol. 5, Issue 2, 2010). Available at http://rems.ed.gov/docs/LL_Vol5Issue2.pdf

Español - Cómo responder a Suicidios en grupo: Distrito Escolar de Palo Alto.
Available at

http://rems.ed.gov/docs/12.%20LessonsLearned_Palo%20Alto%20Suicide%20Cluster_SPANISH.pdf

- *Retraumatization: How One College Campus Responded to Emotional Reinjury*, (Lessons Learned, Vol. 5, Issue 3, 2010). Available at http://rems.ed.gov/docs/LL_Vol5Issue3.pdf

Substance Abuse and Mental Health Services Administration (SAMHSA).

- *Disaster Behavioral Health Information Series (DBHIS) Resource Collections* Webpage. Available at <http://www.samhsa.gov/dtac/dbhis>
- *Disaster Distress Helpline*. Available at <http://www.disasterdistress.samhsa.gov/>, <https://twitter.com/#!/distressline>, <https://www.facebook.com/distresshelpline> or by phone and TTY for Deaf/Hearing Impaired:

- Phone: 800-985-5990
 - Text: TalkWithUs to 66746
 - TTY: 1-800-846-8517
- *Disaster Technical Assistance Center (DTAC) Webpage*. Available at <http://www.samhsa.gov/dtac/>
 - *Find Substance Abuse and Mental Health Treatment Webpage*. Available at <http://www.samhsa.gov/treatment/index.aspx>
 - *In the Wake of Trauma: Tips for College Students*. Available at <http://store.samhsa.gov/product/In-the-Wake-of-Trauma-Tips-for-College-Students/KEN01-0092R>
 - *Psychosocial Issues for Children and Adolescents in Disasters*. Available at <http://store.samhsa.gov/product/Psychosocial-Issues-for-Children-and-Adolescents-in-Disasters/ADM86-1070R>
 - *Tips for Talking with and Helping Children and Youth Cope After a Disaster or Traumatic Event: A Guide for Parents, Caregivers, and Teachers*. Available at <http://store.samhsa.gov/shin/content/KEN01-0093R/KEN01-0093R.pdf>

Substance Abuse and Mental Health Services Administration (SAMHSA) and The National Suicide Prevention Lifeline. *You Matter Campaign*. Available at <http://www.youmatter.suicidepreventionlifeline.org/>, <http://youmatterlifeline.tumblr.com/>, <https://www.facebook.com/youmatterlifeline>, <http://www.youtube.com/800273TALK>, and <https://twitter.com/#!/800273TALK>

U.S. Department of Education (ED), (September 2005). *Tips for Helping Students Recovering from Traumatic Events*. Available at http://rems.ed.gov/display.aspx?page=publications_General

Washington State Office of Superintendent of Public Instruction Compassionate Schools. *The Heart of Learning and Teaching: Compassion, Resilience, and Academic Success*. Available at <http://www.k12.wa.us/compassionateschools/pubdocs/TheHeartofLearningandTeaching.pdf>