



STATE OF CONNECTICUT  
DEPARTMENT OF EDUCATION



## Resources Addressing Trauma, Violence, and Grief in the Aftermath of a Mass Shooting

### RESOURCES FOR PARENTS AND EDUCATORS

- *The National Center for School Crisis and Bereavement* at the University of Southern California developed a guide for parents on how to talk with children about the mass shooting in Orlando. (Attached)
- [\*The National Child Traumatic Stress Network \(NCTSN\)\*](#) provides resources for a variety of audiences, including school personnel.
  - [“Talking to Children about the Shooting”](#) offers helpful information for educators and parents on discussing the tragedy with children.
  - [NCTSN’s “Tips for Parents on Media Coverage”](#) provides parents with guidance on helping children understand and cope with what they see and hear in the news regarding the shooting.
  - A [“Trauma Toolkit for Educators”](#) includes information about responding to a school crisis, school safety, the effects of trauma, disaster response, and service interventions; a list of web resources is also available.
- [\*The National Center for Trauma-Informed Care\*](#) is operated by the federal Substance Abuse and Mental Health Services Administration (SAMHSA). The website provides information on trauma-informed care, links to models that could be adapted for implementation by schools, and information on training and technical assistance support.
- [\*The American Academy of Pediatrics’ “Talking with Children”\*](#) provides resources to help parents talk to children about violence and disasters.
- [\*Mental Health America’s “Helping Children Cope with Tragedy Related Anxiety”\*](#) provides helpful suggestions on how to discuss anxiety caused by a traumatic event based on the child’s maturity.

### TRAINING RESOURCES AND CLASSROOM TOOLS FOR EDUCATORS

- [\*National Child Traumatic Stress Network Learning Center\*](#) offers a free online learning center providing access to several archived sessions of interest to education professionals.

The Schools and Trauma Speaker Series has five archived sessions:

  1. Trauma-informed IEPs
  2. Evidence-based practices
  3. Sudden death on a school campus
  4. Trauma-informed understanding of bullying
  5. School/mental health partnerships
- [\*Southwest Michigan Children’s Trauma Assessment Center’s School Intervention Project Curriculum\*](#) resource includes background information on trauma and trauma-

informed principles and provides several trauma-informed lesson plans that can be adapted for use with different age groups.

- Education World compiled a list of information, "[Helping Children Cope: Teacher Resources for Talking About Tragedy](#)," focused on the important role of teachers in helping students cope with and understand unspeakable tragedies. This online resource provides links to materials on how to help students cope with loss and how to discuss violence and terrorism, among other topics.

## **MATERIALS THROUGH THE CHILD HEALTH AND DEVELOPMENT INSTITUTE (CHDI) OF CONNECTICUT**

CHDI of Connecticut is a nonprofit organization dedicated to improving health, and early care systems for children across the state. It offers multiple resources on trauma-informed care and pediatric mental health care. Guardians, educators, and community-based health providers may find the following resources to be useful:

- [Advancing Trauma-Informed Systems for Children](#)
- [Starting Early: The Long Reach of Childhood Trauma](#)
- [Improving Outcomes for Children in Schools: Expanded School Mental Health](#)
- [Best Practices in School Mental Health](#)
- [Trauma-Focused Cognitive Behavioral Therapy: Sustaining a Highly Effective Intervention](#)
- [Developing a Therapeutic Support Service](#)

## **TRAUMA-SPECIFIC INTERVENTIONS**

Several online resources profile evidence-based and promising practices for trauma intervention that can be adapted and used by schools, including:

- [RAND Corporation's "How Schools Can Help Students Recover from Traumatic Experiences Toolkit"](#): This toolkit provides a menu of programs that schools can implement to help children recover from trauma, categorized by type of trauma. Recommendations for securing program funding are also provided.
- [Support for Students Exposed to Trauma](#): This trauma-specific intervention was designed for implementation by teachers and school counselors, and the program manual, including lesson plans, is available for download.

## **ADDITIONAL RESOURCES ON CRISIS, TRAUMA, AND DISASTER**

- [How to Help Children Cope with a Crisis - Save The Children](#)
- [Helping Children Cope With Terrorism - Tips for Families and Educators – NASP](#)
- [Promoting Adjustment and Helping Children Cope After Disaster and Crisis – AAP](#)