

## ***Web Resources***

### **Government Agencies**

#### **Centers for Disease Control – Emergency Preparedness and Response**

[www.bt.cdc.gov](http://www.bt.cdc.gov)

The Center for Disease Control is a governmental organization that is charged with the task of protecting the health of the populace. This includes: agents of bioterrorism, chemical agents, radiation emergencies, mass trauma, natural disasters, and outbreaks of disease (i.e. SARS, Influenza, etc.)

#### **Federal Emergency Management Agency (FEMA)**

<http://www.fema.gov/>

An agency in Homeland Security, whose mission is to reduce loss of life and property and protect our nation's critical infrastructure from all types of hazards through a comprehensive, risk-based, emergency management program of mitigation, preparedness, response and recovery.

#### **FirstGov: America Responds**

<http://www.firstgov.gov/Topics/Usgresponse.shtml>

This site lists information on preparing for emergencies and disasters, information on chemical and biological weapons, safe travel tips, and a personnel locator.

#### **Guide to Citizen Preparedness**

<http://www.citizencorps.gov>

Citizen Corps, a component of USA Freedom Corps, was created to help coordinate crisis worker activities. It provides opportunities for people to participate in a range of measures to make their families, their homes, and their communities safer from the threats of crime, terrorism, and disasters of all kinds.

#### **National Institute of Mental Health - Information About Coping with Traumatic Events**

<http://www.nimh.nih.gov/healthinformation/traumaticmenu.cfm>

The National Institute of Mental Health conducts research not only on a wide range of mental health disorders, but also on the reactions that occur in a time of crisis or terror.

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

##### **• Disaster Technical Assistance Center**

<http://www.mentalhealth.samhsa.gov/dtac/default.asp>

Established by the Substance Abuse and Mental Health Services Administration (SAMHSA), the Disaster Technical Assistance Center (DTAC) helps SAMHSA ensure that our Nation is prepared and able to respond rapidly when events increase the need for trauma-related mental health and substance abuse services.

##### **• Emergency Services**

<http://mentalhealth.samhsa.gov/cmhs/EmergencyServices/after.asp>

This site provides tips for talking about disaster. Some materials are available in Spanish. Includes links to other relevant mental health information.

#### **U.S. National Library of Medicine**

<http://www.nlm.nih.gov/medlineplus/biodefenseandbioterrorism.html>

This MEDLINE Plus site provides links to information on dealing with emergencies and disasters.

**U.S. Department of Homeland Security – ready.gov**

[www.ready.gov](http://www.ready.gov)

**U.S. Food and Drug Administration**

<http://www.fda.gov/oca/sthealth.htm>

This site lists contact information for each State Health Agencies and links to their web sites.

**General Information About Psychological Responses to Emergencies**

**American Psychological Association Disaster Response Network**

<http://www.apa.org/practice/drnindex.html>

**American Red Cross**

<http://www.redcross.org/>

**Dart Foundation – PTSD Gateway to Post Traumatic Stress Disorder Information**

<http://www.ptsdinfo.org/>

This link service is a public Service of the Dart Foundation. It is a gateway to four nonprofit sites that offer PTSD information and resources.

**International Society of Traumatic Stress Studies**

<http://www.istss.org/>

The International Society for Traumatic Stress Studies provides a forum for the sharing of research, clinical strategies, public policy concerns, and theoretical formulations on trauma.

**National Center for Post-Traumatic Stress Disorder**

<http://www.ncptsd.org/>

The National Center for Post-Traumatic Stress Disorder is involved in multidisciplinary activities in research, education, and training related to PTSD.

**National Mental Health Association**

<http://www.nmha.org/reassurance/anniversary/index.cfm>

The National Mental Health Association has prepared several fact sheets for adults, seniors, children, individuals with mental illness, employers, and physicians on coping with war-related stress and terrorism. Many are also available in Spanish.

**Substance Abuse Mental Health Services Administration (SAMHSA)**

<http://www.samhsa.gov/>

SAMHSA is the Federal agency charged with improving the quality and availability of prevention, treatment, and rehabilitative services in order to reduce illness, death, disability, and cost to society resulting from substance abuse and mental illnesses. There are three centers: Center for Mental Health Services, Center for Substance Abuse Prevention and Center for Substance Abuse Treatment.

**Freedom From Fear**

[www.freedomfromfear.com](http://www.freedomfromfear.com)

**Resources for Faith Communities**

### **American Academy of Experts in Traumatic Stress**

[www.aaets.org/arts/art82.htm](http://www.aaets.org/arts/art82.htm)

Article discusses roles of funeral, memorials, and spiritual fellowship for communities affected by disaster as well as the effectiveness of pastoral counseling.

### **Church World Service**

<http://www.cwserp.org/training/>

This is the Church World Service disaster information for faith communities.

### **National Center for Post-traumatic Stress Disorder – Spirituality**

[www.ncptsd.org/topics/spirituality.html](http://www.ncptsd.org/topics/spirituality.html)

This provides spirituality-related fact sheets, articles, videos, and website links.

### **National Council of Churches USA**

[www.nccusa.org/nmu/mce/childrenterrorism.html](http://www.nccusa.org/nmu/mce/childrenterrorism.html)

Sponsored by the National Council of Churches, this site provides a short list of tips for talking to children about terrorism and also lists religious and secular resources for work with children.

## **Resources for Families / Helping Children Cope After A Disaster**

### **Center for Mental Health Services – Child and Adolescent Trauma**

<http://www.mentalhealth.org/child/childhealth.asp>

The Center for Mental Health Services sponsors this page on general topics related to child and adolescent mental health, including the Child Traumatic Stress Network and school violence prevention.

### **Community Resilience Project – Children and adolescents**

- <http://www.communityresilience.com/Information/DisasterWhatTeensCanDo.htm>

A short fact sheet for teens that provides suggestions for coping after a disaster based on what was learned from working with teens affected by the 1995 Oklahoma City bombing.

- <http://www.communityresilience.com/Information/StressManagementforTeensbrochure.htm>

Defines stress for teens, how to recognize it, ways to manage stress and three helpful stress relief activities.

### **American Academy of Child and Adolescent Psychiatry**

<http://www.aacap.org/publications/factsfam/disaster.htm>

Strategies for parents who are comforting children after a disaster. It explains that children must be allowed to talk about the frightening parts of the disaster and that their experience must not be minimized.

[www.aacap.org/publications/DisasterResponse/index.htm](http://www.aacap.org/publications/DisasterResponse/index.htm)

Fact sheets in English and Spanish.

### **National Child Traumatic Stress Network**

<http://www.nctsnet.org/>

The mission of the National Child Traumatic Stress Network (NCTSN) is to raise the standard of care and improve access to services for traumatized children, their families, and communities throughout the United States.

### **Substance Abuse and Mental Health Service Administration – Tips for Parents**

<http://www.mentalhealth.samhsa.gov/cmhs/TraumaticEvents/tips.asp#parents>

Parents will find articles to guide them in providing mental health support for their children related to the emotional impact of war.

### **After the Disaster: A Children's Mental Health Checklist**

[http://www.fema.gov/kids/tch\\_mntl.htm](http://www.fema.gov/kids/tch_mntl.htm)

A checklist to assess a child's mental health status, following a disaster or traumatic experience.

### **National Center for Children Exposed to Violence at the Yale Child Study Center**

<http://www.nccev.org/>

There is a link to Children and Terrorism that also has fact sheets on how parents and teachers can talk to kids.

### **The Child Advocate**

*State Mental Health Authorities' Response to Terrorism* 62

[http://www.childadvocate.net/help\\_children\\_cope.htm](http://www.childadvocate.net/help_children_cope.htm)

Printable booklet developed by the Penn State University Pediatric Trauma team to help parents and professionals deal with disaster and related issues. Can be used in schools, clinics and other settings.

### **FEMA**

[http://www.fema.gov/kids/tch\\_mntl.htm](http://www.fema.gov/kids/tch_mntl.htm)

A checklist to assess a child's mental health status, following a disaster or traumatic experience.

## **Resources for Educators**

### **Community Resilience Project – Information for Parents and Children**

<http://www.communityresilience.com/InformationForParentTeacher.htm>

Provides links to fifteen other resource pages to support parents and teachers in helping children cope.

### **National Center for Child Traumatic Stress**

[http://nctsnet.org/nccts/nav.do?pid=ctr\\_schl](http://nctsnet.org/nccts/nav.do?pid=ctr_schl)

This is a brief overview of child trauma and additional websites provided by the National Center for Child Traumatic Stress about trauma risk, normal reactions, best practices and other resources.

### **Substance Abuse Mental Health Service Administration – Tips for Teachers**

<http://www.mentalhealth.samhsa.gov/cmhs/TraumaticEvents/tips.asp#teachers>

Teachers will find articles at this SAMHSA site giving them tips and suggestions for responding to children of different ages. Information also describes signs and symptoms that may indicate stress or fear in a child and coping strategies for dealing with fear and anxiety.

### **North Carolina State University College of Agriculture & Life Sciences, Cooperative Extension Services**

[www.ces.ncsu.edu/depts/fcs/humandev/disas3.html](http://www.ces.ncsu.edu/depts/fcs/humandev/disas3.html)

Articles on Strategies for Parents and Teachers to help children handle disaster related anxiety.

## **Special Populations and Needs**

### **Administration on Aging: Disaster Assistance Resources**

[http://www.aoa.gov/eldfam/Disaster\\_Assistance/Disaster\\_Assistance.asp](http://www.aoa.gov/eldfam/Disaster_Assistance/Disaster_Assistance.asp)

For older persons who have been affected by a disaster—information about receiving financial assistance including Small Business Administration (SBA) loans. Available in English and Spanish.

### **American Red Cross – Persons with Disabilities**

<http://www.redcross.org/services/disaster/beprepared/prep.html>

This is a link that provides guidance on disaster preparedness for persons with disabilities.

### **National Center for PTSD – Substance Abuse**

[http://www.ncptsd.org/facts/disasters/fs\\_substance\\_disaster.html](http://www.ncptsd.org/facts/disasters/fs_substance_disaster.html)

This is a fact sheet prepared by the National Center for PTSD regarding substance abuse after disasters.

### **National Organization on Disability**

<http://www.nod.org/>

### **National Rural Behavioral Health Center**

<http://www.nrbhc.org/disaster.asp>

This is the National Rural Behavior Health Center rural disaster page

## **Cultural Competence / Global**

### **Federal Emergency Management Agency – Spanish Version**

<http://www.fema.gov/spanish/>

Agencia Federal para el manejo de emergencias.

### **Massey University - Australasian Journal of Disaster and Trauma Studies**

<http://www.massey.ac.nz/~trauma/issues/1999-2/doherty.htm>

This article reviews cross-cultural counseling research including studies involving disaster victims and workers in other cultures.

### **Project Liberty**

<http://www.projectliberty.state.ny.us/Resources/PLcultural.htm>

A site developed as part of Project Liberty, New York's crisis counseling program post 9/11. The page provides specific information about why cultural competence is important in disaster services, tips for crisis counselors for cross-cultural engagement and therapeutic alliances, and links to other related information.

### **ReliefWeb**

<http://www.reliefweb.int/w/rwb.nsf>

ReliefWeb is an electronic clearinghouse for those needing timely information on humanitarian emergencies and natural disasters – designed specifically to help the humanitarian community improve its response to emergencies.

### **CrisisWeb**

<http://www.crisisweb.org/>

This is the Web site of the International Crisis Group, a private, multinational organization committed to strengthening the capacity of the international community to anticipate, understand and act to prevent and contain conflict. Offers news and reports on unstable situations in various countries around the world.

### **Support in the Workplace**

#### **American Psychological Association - Workplace**

<http://www.apa.org/pubinfo/post911workplace.html>

A brief article developed by the American Psychological Association that describes effective practices for organizations to prepare their workforce for emotional aftermath of violence in the workplace.

#### **National Mental Health Association**

[http://www.nmha.org/reassurance/workforce\\_printpage.cfm](http://www.nmha.org/reassurance/workforce_printpage.cfm)

A brief overview of how employers can support their workforce in the aftermath of a terrorist attack. It includes specific key messages for communication to employees.

#### **Mental Health Services – Emergency and Disaster Relief Branch**

[www.mentalhealth.org/cmhs/EmergencyServices/index.htm](http://www.mentalhealth.org/cmhs/EmergencyServices/index.htm)

Web site provides information and best practices documents.

### **Bioterrorism Information**

#### **Centers for Disease Control - Anthrax**

<http://www.cdc.gov/od/oc/media/ga.htm>

Anthrax Update, Webcast and text (requires RealPlayer for video)

<http://www.bt.cdc.gov/Agent/Anthrax/Anthrax.asp>

Facts about Anthrax

#### **Disaster Epidemiology**

<http://www.cdc.gov/nceh/hsb/disaster/default.htm>

#### **U.S. Food and Drug Administration**

<http://www.fda.gov/cber/cntrbio/cntrbio.htm>

Countering bioterrorism

#### **U.S. National Library of Medicine**

<http://www.nlm.nih.gov/medlineplus/biodefenseandbioterrorism.html>

MEDLINE Plus Biodefense and Bioterrorism

#### **U.S. Postal Service**

<http://www.usps.com/news/2001/press/serviceupdates.htm>

Safety and security of the mail

### **General Information on Disaster Response, Terrorism and Trauma**

#### **American Psychological Association**

**APA Online: Disaster Response Network**

<http://www.apa.org/practice/drnindex.html>

A free mental health service to disaster victims and relief workers.

**Help Center: Managing Psychological Stress**

<http://helping.apa.org/daily/traumaticstress.html>

*State Mental Health Authorities' Response to Terrorism* 63

Tips for recovering from disasters and other traumatic events and a list of additional resources and referrals.

**American Red Cross Disaster Services**

<http://www.redcross.org/services/disaster>

**Center for Mental Health Services (CMHS)**

<http://www.mentalhealth.org/>

Look for the link to the Emergency Mental Health and Traumatic Stress Services Branch.

**International Society for Traumatic Stress Studies**

<http://www.istss.org/>

Provides a forum for the sharing of research, clinical strategies, public policy concerns and theoretical formulations on trauma. Dedicated to the discovery and dissemination of knowledge and to the stimulation of policy, program and service initiatives that seek to reduce traumatic stressors and their immediate and long-term consequences.

**Coping with Traumatic Events**

<http://www.nimh.nih.gov/healthinformation/traumaticmenu.cfm>

**Relieving Trauma and Facts about Posttraumatic Stress Disorder (PTSD)**

<http://www.nimh.nih.gov/publicat/reliving.cfm>

A summary of posttraumatic stress disorder (PTSD) that includes statistics, treatment, and research findings

**National Mental Health Association**

<http://www.nmha.org/>

The National Mental Health Association is the country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness. Site contains excellent disaster fact sheets.

**American Public Health Association**

[http://www.apha.org/public\\_health/state.htm](http://www.apha.org/public_health/state.htm)

Find state and local health departments with which to link.

**Research****International Critical Incident Stress Foundation, Inc. – Pastoral Care**

[www.icisf.org/articles/Acrobat%20Documents/Pastoral%20Care/Special%20Article%20Everly.pdf](http://www.icisf.org/articles/Acrobat%20Documents/Pastoral%20Care/Special%20Article%20Everly.pdf)

This is a link to a brief article that describes approach to pastoral care in an emergency or disaster event. Also includes links to related mental health sites.

**U.S. Census Bureau**

<http://www.census.gov/>

This is a link to the United States Census Bureau that provides a wealth of information regarding people (i.e. income, housing, population estimates), businesses (i.e. economic census, government, etc.), geography (Maps, etc.) and current events (i.e. recent news releases, etc). This site is often extremely valuable when writing grants and proposals.

**Natural Hazards Center at the University of Colorado**

<http://www.colorado.edu/hazards/index.html>

The Natural Hazards Center at the University of Colorado is a national and international clearinghouse for information on natural hazards and human responses to hazards and disasters. Web site has general information, periodicals and listserves of the Center.

**Crisis workers / Disaster Workers****National Voluntary Organizations Active In Disaster**

<http://www.nvoad.org/>

NVOAD coordinates planning efforts by many voluntary organizations responding to disaster. Member organizations provide more effective and less duplication in service by getting together before disasters strike.

**New York State Office of Mental Health**

<http://www.omh.state.ny.us/omhweb/crisis/crisiscounseling10.html>

This is the New York training outline for mental health professionals & nonprofessionals.

**Center for Mental Health Services – Disaster Worker Stress**

<http://www.mentalhealth.samhsa.gov/cmhs/TraumaticEvents/tips.asp#workers>

This site sponsored by SAMHSA focuses on managing job related stress and more for emergency workers and mental health workers. It also links to a catalogue of disaster-related and other mental health information that can be downloaded or ordered free of charge.

**Department of Homeland Security (DHS)**

<http://www.dhs.gov/dhspublic/display?theme=63>

The lead Federal agency inaugurated March 1, 2003 that combines 22 previously disparate domestic agencies into one department to protect the nation. The agencies are housed under four directorates: Border and Transportation Security, Emergency Preparedness and Response, Science and Technology, and Information Analysis and Infrastructure Protection.