

From: [BREWER Leilani B \(Lane County\)](#)
To: [BREWER Leilani B \(Lane County\)](#)
Subject: RE: NCTSN Resources: Wildfires in Western U.S.
Date: Thursday, September 10, 2020 9:57:00 AM



Resources in Response to the Wildfires in the Western States

In response to the numerous wildfires in the western U.S., the National Child Traumatic Stress Network has developed resources to help families and communities. Because these wildfires are happening during the time of COVID-19, individuals and families may need to give extra consideration to how they might safely evacuate if needed. This may include additional planning around transportation, including cleaning supplies in an emergency kit, or considering where to safely shelter. Resources include:

- [Parent Guidelines for Helping Children Impacted by Wildfires \(En Español\)](#)
- [Wildfires: Tips for Parents on Media Coverage \(En Español\)](#)
- [Simple Activities for Children During Evacuations or When Playing Outside is Restricted](#)
- [Strategies to Manage Challenges for EMS and Other First Responder Families](#)
- [Trinka and Sam: The Big Fire - e-book for young children. \(En Español\)](#)
- [Helping Youth After Community Trauma: Tips for Educators](#)
- [After a Crisis: Helping Young Children Heal](#)
- [Age-Related Reactions to a Traumatic Event](#)
- [Helping Young Children with Traumatic Grief: Tips for Caregivers](#)
- [Helping School-Age Children with Traumatic Grief: Tips for Caregivers](#)
- [Helping Teens with Traumatic Grief: Tips for Caregivers](#)
- [The Power of Parenting: How to Help Your Child After a Parent or Caregiver Dies](#)
- [Childhood Traumatic Grief: Youth Information Sheet](#)

Psychological First Aid

The NCTSN also has resources for responders on [Psychological First Aid](#) (PFA; [En Español](#)). PFA is an early intervention to support children, adolescents, adults, and families impacted by these types of events.

- [Parent Tips for Helping Infants and Toddlers \(En Español\)](#)
- [Parent Tips for Helping Preschoolers \(En Español\)](#)
- [Parent Tips for Helping School-Age Children \(En Español\)](#)
- [Parent Tips for Helping Adolescents \(En Español\)](#)
- [Tips for Adults \(En Español\)](#)

E-Learning Courses:

- For providers working with firefighters, take the [Helping Heroes web-based training](#).
- For community and mental health providers who plan to continue working with affected communities long-term, review [Skills for Psychological Recovery](#) (SPR; [En Español](#)) and take the [SPR Online course](#).

Mobile Apps:

- [Help Kids Cope](#)
- [PFA Mobile](#)
- [SAMHSA Behavioral Health Disaster Response App](#)

Available from the Center for the Study of Traumatic Stress at the Uniformed Services University and other partners:

- [Sustaining the Psychological Well-Being of Caregivers While Caring for Disaster Victims](#)
- [Safety, Recovery and Hope after Disaster: Helping Communities and Families Recover](#)
- [Leadership Communication: Anticipating and Responding to Stressful Events](#)
- [Wildfire Smoke Factsheet: Protecting Children from Wildfire Smoke and Ash](#)

Disaster Helpline

SAMHSA has a [Disaster Distress Helpline](#)—call **1-800-985-5990** or text **TalkWithUs** to **66746**.

Additional Resources:

For those that are needing technical assistance or additional resources, please don't hesitate to

contact Dr. Melissa Brymer at mbrymer@mednet.ucla.edu.

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