

The Substance Abuse and Mental Health Services Administration (SAMHSA) supports preparedness efforts by states, U.S. territories, tribes, and local entities to deliver an effective mental health and substance use-related (behavioral health) response to disasters. SAMHSA helps states and communities with disaster behavioral health preparedness and response issues directly, as well as through the SAMHSA Technology Transfer Centers (TTCs) and the SAMHSA Disaster Technical Assistance Center (DTAC).

The purpose of the SAMHSA-funded TTCs is to develop and strengthen the specialized behavioral healthcare and primary healthcare workforce that provides prevention, treatment, and recovery support services for substance use disorders and mental illness. The TTC program includes three networks: the Addiction Technology Transfer Center (ATTC) Network, the Mental Health Technology Transfer Center (MHTTC) Network, and the Prevention Technology Transfer Center (PTTC) Network. For more information about the SAMHSA TTCs, please visit <https://www.samhsa.gov/technology-transfer-centers-ttc-program>.

SAMHSA DTAC provides materials, training, and technical assistance to the entire United States, its territories, and federally recognized tribes for all-hazards disaster behavioral health preparedness, response, and recovery. For more information about our services, please visit our website at <https://www.samhsa.gov/dtac>. You can also contact SAMHSA DTAC by emailing dtac@iqsolutions.com or calling the toll-free hotline at 1-800-308-3515.

The following list of materials includes those focused on general behavioral health needs after an incident of mass violence, as well as separate sections listing materials for children, families, and schools; faith-based communities and spiritual leaders; rural communities; people with substance use issues and conditions; and disaster responders and first responders.

General Disaster Response and Recovery Information

- ***Tips for Survivors: Coping With Grief After a Disaster or Traumatic Event***—In this tip sheet, SAMHSA defines and describes grief, discusses ways of coping with grief, and explains complicated or traumatic grief. The tip sheet also offers relevant resources for additional support.
<https://store.samhsa.gov/product/Tips-for-Survivors-/SMA17-5035>
- **The Impact of Disaster and Mass Violence Events on Mental Health**—Intended for mental health and substance use disorder treatment professionals, this online article from the National Center for Posttraumatic Stress Disorder (PTSD) summarizes research on common reactions to disasters. The article identifies common reactions in disaster-affected communities and describes how reactions increase and decrease in communities over time, as well as highlighting risk factors for longer-term reactions.
https://www.ptsd.va.gov/professional/treat/type/violence_trauma_effects.asp
- **Online Clinical Trainings**—Provided by the National Mass Violence Victimization Resource Center (NMVIRC), this web page includes descriptions and links to trainings focused on treatments for trauma and PTSD in children and adults. Treatments for which trainings are provided include trauma-focused cognitive behavioral therapy,

cognitive processing therapy, and prolonged exposure.

<https://www.nmvrc.org/vsps-clinicians/online-clinical-trainings>

Mass Violence-specific Information

- **Disaster-specific Resources: Mass Violence/Community Violence**—This part of the SAMHSA Disaster Behavioral Health Information Series (DBHIS) resource collection focuses on incidents of mass violence and community violence and their effects. Resources discuss common reactions to incidents of mass violence, tips for coping, and ways to support children and youth in coping.
https://www.samhsa.gov/resource-search/dbhis?rc%5B0%5D=type_of_disaster%3A21219
- **Tips for Young Adults: Coping With Mass Violence**—In this tip sheet, SAMHSA DTAC discusses ages 18 to 26 as a phase of development and explains how incidents of mass violence may affect people within this phase. The tip sheet highlights common reactions to mass violence, tips for coping, and resources for disaster behavioral health support.
<https://store.samhsa.gov/product/tips-young-adults-coping-mass-violence/pep22-01-01-006>
- **Serving Communities of Diverse Cultures and Languages After Mass Violence**—This tip sheet intends to assist consultants entering communities affected by mass violence in enhancing their cultural competence. Emphasizing the importance of understanding diverse cultures and languages, the tip sheet encourages consultants to be culturally appropriate and sensitive to the beliefs and practices of affected populations.
https://www.ovcttac.gov/downloads/massviolence/Mass-Violence-Diverse-Cultures-Languages_508c_03282023_JA.pdf
- **Remembering**—This NMVRC web page describes how communities typically respond in grief after an incident of mass violence and offers guidance for community leaders in supporting communities through this process. Information and downloadable resources focus on communities remembering tragic events, incident anniversaries, and memorials.
<https://www.nmvrc.org/community-leaders/rebuild-your-community/remembering>

Resources for Children, Youth, Parents and Other Caregivers, and Schools

- **Understanding Child Trauma**—This web page from SAMHSA presents statistics on child trauma, which may be experienced as part of a natural or human-caused disaster, and lists signs of traumatic stress in children and youth. It also offers tips for parents and other caregivers for helping children and youth to cope with trauma. Links are also provided to downloadable infographics in English and Spanish provided by the SAMHSA National Child Traumatic Stress Initiative.
<https://www.samhsa.gov/child-trauma/understanding-child-trauma>

- ***Coping after Mass Violence***—Written for parents and families, this National Child Traumatic Stress Network (NCTSN) tip sheet provides information about common reactions to mass violence and self-care tips for those living in communities where an incident of mass violence has taken place. The tip sheet also includes external resources for individuals seeking further support.
<https://www.nctsn.org/resources/coping-after-mass-violence>
- ***For Teens: Coping After Mass Violence***—Written for teens, this NCTSN fact sheet shares insight into common reactions to mass violence. In addition, the fact sheet provides tips for teens to cope and care for themselves, as well as connect with others after mass violence occurs.
<https://www.nctsn.org/resources/for-teens-coping-after-mass-violence>

This tip sheet is available in Spanish at

<https://www.nctsn.org/resources/for-teens-coping-after-mass-violence-sp>.

- ***Parent Guidelines for Helping Youth after the Recent Shooting***—In this 3-page tip sheet released shortly after a shooting, NCTSN describes how such an event may affect children and teens as well as parents and other caregivers. The tip sheet lists reactions common among people of all ages, offers coping tips for caregivers, and suggests ways for caregivers to support children and youth in talking about and managing their reactions.
<https://www.nctsn.org/resources/parent-guidelines-helping-youth-after-recent-shooting>

This resource is available in Spanish at <https://www.nctsn.org/resources/guia-para-los-padres-para-ayudar-los-jovenes-despues-de-un-tiro-teo-reciente>.

Resources for Faith-based Communities and Spiritual Leaders

- ***Disasters & Religions app***—Provided by the University of Southern California Center for Religion and Civic Culture, New York Disaster Interfaith Services, and NDIN, this mobile app offers information and resources to help responders and voluntary organizations serve disaster-affected religious communities more effectively and build partnerships with religious leaders. Compatible with Apple (<https://apps.apple.com/us/app/disasters-and-religions/id1513405416>) and Android (https://play.google.com/store/apps/details?id=com.crcc&hl=en_US&gl=US) operating systems, the app contains information about 27 different religions and links to PDF resources that are easy to share.
<https://n-din.org/disasters-religions-app>
- ***Faith Communities & Disaster Mental Health***—This NDIN tip sheet provides information for religious leaders about common stress reactions people may have after a disaster and suggests ways faith leaders and others can cope effectively with disaster stress reactions, as well as helping others with coping. The sheet also provides information on referring people for mental health services.

https://n-din.org/wp-content/uploads/2021/08/11_NDIN_TS_DisasterMentalHealth.pdf

This tip sheet is available in Spanish at https://n-din.org/wp-content/uploads/2021/08/11_NDIN_TS_DisasterMentalHealth_Sp.pdf.

- ***Vulnerable Populations & Disaster***—This NDIN tip sheet discusses how religious leaders can help meet the needs of vulnerable populations, including individuals with physical and cognitive differences and disabilities, during disaster preparedness and response. The tip sheet identifies several vulnerable populations and suggests practices to offer support to individuals within these populations during preparedness and response.

https://n-din.org/wp-content/uploads/2021/08/26_NDIN_TS_VulnerablePopulations.pdf

This tip sheet is available in Spanish at https://n-din.org/wp-content/uploads/2021/08/26_NDIN_TS_VulnerablePopulations_Sp.pdf.

Resources for and About Rural Communities

- ***Rural Disaster Behavioral Health: A Guide for Outreach Workers and Crisis Counselors***—Developed for crisis counselors, outreach workers, and others serving rural communities that have experienced disaster, this SAMHSA DTAC guide describes unique aspects of rural communities, explains how disasters may affect the behavioral health of rural populations, and suggests ways to help rural communities. The guide features resources and a tip sheet that can be customized for specific disaster response and recovery programs.
<https://store.samhsa.gov/product/rural-disaster-behavioral-health-guide-outreach-workers-crisis-counselors/pep23-01-01-002>
- ***Rural Population-specific Resources***—This part of the SAMHSA DBHIS collection features resources on responding to and coping with disasters affecting rural communities. Resources include materials on rural mental health, stress management, and barriers in rural access.
<https://www.samhsa.gov/resource-search/dbhis?rc%5B0%5D=populations%3A20185>
- ***The Rural Mental Health Crisis***—Developed by Mental Health America and Rural Minds, this fact sheet highlights the unique challenges individuals living in rural areas face with their mental well health. The fact sheet emphasizes the importance of open conversations about mental health and providing mental health support to combat stigma. Resources for accessing information, seeking care, and contacting crisis helplines are also included in this fact sheet.
<https://static1.squarespace.com/static/607618e4571c58062141a83c/t/634f05282ae30a7144fe7bd9/1666123048510/Rural+MH+Crisis+Fact+Sheet.pdf>

Resources Focused on Substance Use Concerns

- **People With Substance Use Disorders and Disasters**—Several subsections within the SAMHSA DBHIS collection feature resources on including and supporting people with substance use disorders (SUD) through processes of disaster planning, response, and recovery. These collections include tip sheets, guides, and other resources that can help with disaster preparedness, response, and recovery for people with SUD, people in recovery, and people at risk of SUD. Following are parts of the SAMHSA DBHIS focused on people with SUD:
- Substance use, substance misuse, and people with SUD: https://www.samhsa.gov/resource-search/dbhis?rc%5B0%5D=issues_conditions_disorders%3A20317&rc%5B1%5D=issues_conditions_disorders%3A20578
- Alcohol use, alcohol misuse, and people with alcohol use disorder: https://www.samhsa.gov/resource-search/dbhis?rc%5B0%5D=issues_conditions_disorders%3A20278&rc%5B1%5D=issues_conditions_disorders%3A20576
- People with opioid use disorder: https://www.samhsa.gov/resource-search/dbhis?rc%5B0%5D=issues_conditions_disorders%3A20303
- People with co-occurring disorders (one of which may be SUD): https://www.samhsa.gov/resource-search/dbhis?rc%5B0%5D=issues_conditions_disorders%3A20285
- **PFA: Alcohol, Medication, and Drug Use After Disaster**—Part of the *Psychological First Aid (PFA) Field Operations Guide* developed by the National Child Traumatic Stress Network and National Center for Posttraumatic Stress Disorder, this handout provides information that disaster survivors can use to avoid increased use of alcohol and misuse of prescription medications and other drugs after a disaster. It also provides tips for survivors in recovery from SUD to avoid restarting substance use after a disaster. <https://www.nctsn.org/resources/pfa-alcohol-and-drug-use-after-disasters>

Resources for Disaster Responders and First Responders: Stress Management

- **First Responders and Disaster Responders Resource Portal**—This part of the SAMHSA DTAC website notes the stressors that may be involved in work as a responder, identifies signs of stress, and offers coping tips. The page features links to tip sheets, online trainings, and other resources related to responder mental health and freedom from substance use issues and conditions. <https://www.samhsa.gov/dtac/disaster-responders>
- **A Guide to Managing Stress for Disaster Responders and First Responders**—This SAMHSA guide is designed for first responders, public health workers, construction workers, transportation workers, utility workers, crisis counselors, and volunteers who respond to disasters and other crises. The guide provides information on how people

experience stress; signs of extreme stress; and ways for organizations and individuals to manage and mitigate stress before, during, and after disaster response.

<https://store.samhsa.gov/product/managing-stress-responders/pep22-01-01-003>

- **Emergency Responders: Tips for Taking Care of Yourself**—This online article from the Centers for Disease Control and Prevention emphasizes the importance of responder self-care and presents steps responders can take before, during, and after deployment to manage stress and avoid burnout and secondary traumatic stress. Suggestions are provided for working with other responders on stress management and maintaining habits to support health and optimal functioning.
<https://emergency.cdc.gov/coping/responders.asp>
- **Responder Safety and Health**—In this topical resource collection, the Administration for Strategic Preparedness and Response (ASPR) provides a wealth of items for health care, public health, and emergency management professionals pertaining to safety, including mental health-related safety for responders. Part of the ASPR Technical Resources, Assistance Center, and Information Exchange (TRACIE) resource, the collection features three sections about responder behavioral health and resilience.
<https://asprtracie.hhs.gov/technical-resources/72/responder-safety-and-health/0>

Resources for Disaster Responders and First Responders: Serving Communities

- **Tips for Retaining and Caring for Staff after a Disaster**—Developed by ASPR, this tip sheet suggests ways for healthcare facility executives to support staff after a disaster. It offers tips for executives to help meet staff needs immediately after the disaster and over the next few weeks, and it covers issues ranging from basic needs (food, clothing, and shelter) to psychological needs.
<https://asprtracie.hhs.gov/technical-resources/resource/3595/tips-for-retaining-and-caring-for-staff-after-a-disaster>
- **Helping Victims of Mass Violence & Terrorism Toolkit**—Available through the website of the Office for Victims of Crime Training and Technical Assistance Center, this toolkit includes information and resources to help communities prepare for and respond to incidents of mass violence and terrorism. While some parts of the toolkit focus on steps to take before an incident, other sections are designed to support responders in participating in and managing effective response and recovery processes.
<https://www.ovcttac.gov/massviolence/?nm=sfa&ns=mvt&nt=hvmv>
- **Mass Violence**—Developed by the ASPR TRACIE team, this resource collection is designed to help emergency managers, public health professionals, and other responders support communities affected by an incident of mass violence. The resource collection features topical collections, newsletters, and other materials about community response, family assistance, emergency medical considerations, and responder safety and health.
<https://asprtracie.hhs.gov/mass-violence>

- **Psychological First Aid Field Operations Guide, 2nd Edition**—Developed by the National Center for Posttraumatic Stress Disorder and NCTSN, PFA is an evidence-informed approach that disaster response workers can use to assist people in the immediate aftermath of disaster.
https://www.ptsd.va.gov/professional/treat/type/psych_firstaid_manual.asp and <https://www.nctsn.org/resources/psychological-first-aid-pfa-field-operations-guide-2nd-edition>

NCTSN also provides a Spanish-language version of the guide at <https://www.nctsn.org/resources/primeros-auxilios-psicologicos-guia-de-operaciones-practicas-2da-edicion>.

Additional Resources for Acute Needs

- **SAMHSA Disaster Distress Helpline**—The SAMHSA Disaster Distress Helpline (DDH) provides free, confidential crisis counseling and support to people in distress due to natural and human-caused disasters. The DDH is available 24/7, on all days of the year, via talk or text to 1–800–985–5990. The line also offers support in Spanish (people who call or text should press 2 for this option) and several additional languages other than English. People who are deaf or hard of hearing or who have other speech or hearing disabilities can use the texting option or, if they would like support in American Sign Language (ASL), they can call the DDH’s toll-free number via videophone-enabled device or click the “ASL Now” link at the DDH website.
<https://www.samhsa.gov/find-help/disaster-distress-helpline>

This website is available in Spanish at <https://www.samhsa.gov/find-help/disaster-distress-helpline/espanol>.

- **988 Suicide and Crisis Lifeline**—The 988 Suicide and Crisis Lifeline is a source of support available 24/7 to people in crisis, including people experiencing challenging reactions to disasters. Call 988 for support in English or Spanish.
<https://988lifeline.org>

The website is available in Spanish at <https://988lifeline.org/es/home>.

A disaster event such as this is unexpected and often brings out strong emotions. People can call or text the SAMHSA Disaster Distress Helpline’s toll-free number (**1–800–985–5990**) and receive immediate counseling. This free, confidential, multilingual crisis support service is available to anyone experiencing distress as a result of a disaster. People who call and text are connected to trained, caring professionals from crisis counseling centers in the network. Helpline staff provide confidential counseling, referrals, and other needed support services.

Should you have further questions, please feel free to contact me directly; my phone number, email, and mailing address appear below. You may also reach a technical assistance specialist at SAMHSA DTAC by calling 1–800–308–3515 or emailing dtac@iqsolutions.com.