

Grief, Trauma and Loss Resource Supplement

Mental Health Related:

1. New Publication from the Substance Abuse and Mental Health Services Administration "**Preventing Suicide: A Toolkit for High Schools.**" Download for **FREE** at: <http://store.samhsa.gov/shin/content//SMA12-4669/SMA12-4669.pdf>
2. National Suicide Prevention Lifeline "**Lifeline Online PostventionManual**" <http://www.sprc.org/sites/sprc.org/files/library/LifelineOnlinePostventionManual.pdf>
3. American Foundation for Suicide Prevention "**After a Suicide: A Toolkit for Schools**" <http://www.afsp.org/files/Surviving/toolkit.pdf>
4. "**Integrating Mental Health into Chronic Disease Prevention Strategies for Youth: An Opportunity for Change,**" a 21-page booklet available for free on-line. http://www.chronicdisease.org/resource/resmgr/school_health/integration_of_mental_health.pdf?hhSearchTerms=integrating+and+mental+and+health
5. **Boystown National** has a website for teens on suicide prevention it is called "*Your Life, Your Voice.*" There is a section on journal pages that provides free downloads of journal. In the 3 Ways to Get Help Section," visitors can email a question and receive a response within 48 hours, they can participate in a "live chat now," (available M-TH from 7:30 PM-12AM CST) or call the Boys Town National Hotline 1-800-448-3000-a toll free number available for kids, teens and young adults anytime. To visit the website and download the free resources go to: www.yourlifeyourvoice.org
6. The Reach Institute (Resource for Advancing Children's Health) published "**The Action Signs Project: A toolkit to help parents, educators and health professionals identify children at behavioral and emotional risk**" on Oct. 31, 2011. <http://www.thereachinstitute.org/files/documents/action-signs-toolkit-final.pdf>
7. **Riverside Trauma Center** in Needham MA has a number of downloadable resources available at: <http://www.riversidetraumacenter.org/resources.html>
8. The **Well Aware™** website has a number of resources including archived webinars with nationally renowned speakers. The website is: <http://www.wellaware.org/index.php>

Postvention Resources:

9. National Suicide Prevention Lifeline "**Lifeline Online PostventionManual**" <http://www.sprc.org/sites/sprc.org/files/library/LifelineOnlinePostventionManual.pdf>
10. Post-Vention TeenScreen To link to the 8 page summary. <http://www.teenscreen.org/wp-content/uploads/SchnectSuicidePrevention1.pdf>

Grief/Trauma/Loss Related:

1. National Center for School Crisis and Bereavement based at Cincinnati Children's Hospital has School Resources, Psychological First Aid Resources and a download entitled "Supporting a Grieving Child: Parent Guide. All of these resources are located at: http://www.cincinnatichildrens.org/service/n/school-crisis/default/?utm_source=National%2BCenter%2Bfor%2BSchool%2BCrisis%2Band%2BBereavement&utm_medium=shortcut&utm_campaign=school-crisis

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2. U.S. Department of Education, Emergency Response and Crisis Management Technical Assistance Center “**Coping with the Death of a Student or Staff Member.**”
http://rems.ed.gov/docs/CopingW_Death_StudentOrStaff.pdf
3. The **National Education Association Health Information Network (NEAHIN) School Crisis Guide** this is a website filled with resources for schools to help with crisis planning, responding when a crisis occurs and after the crisis helping students and staff recover.
<http://crisisguide.neahin.org/crisisguide/>
4. **The Dougy Center, National Center for Grieving Children and Families** has a number of resources available on-line at: <http://www.dougy.org/>
5. **Coping with the Holidays** a hand-out that covers the 3 C’s by Kenneth Doka published by The Bay Area Jewish Healing Center can be accessed at:
<http://www.jewishhealingcenter.org/HHD09/3cscoping.pdf>
6. **Preparing Yourself and Your Family for the Holiday Season** an 8-page guide that includes a holiday checklist, ideas for embracing memories, ideas for creating new memories and ways to help children cope. To access a pdf of this guide from Hospice of Calgary visit:
<http://www.hospicecalgary.com/sites/default/files/Preparing%20for%20the%20Holidays2011.pdf>
7. **“Supporting Infants, Toddlers and Families Impacted by Caregiver Mental Health Problems, Substance Abuse and Trauma,”** a publication of the Substance Abuse and Mental Health Services Administration (SAMHSA-Oct. 2012) This 92 page free action guide uses a case study approach and presents resources that service providers, advocates, and practitioners can use to better understand and engage the community in responding to children whose caregivers are negatively impacted by mental illness, substance abuse, or trauma. To download visit:
<http://store.samhsa.gov/shin/content//SMA12-4726/SMA12-4726.pdf>
8. **The National Child Traumatic Stress Network** has resources for professionals, Educators and Family Members on a trauma types, resources and a section on Understanding Child Traumatic Stress. **To access the many resources visit:** <http://nctsn.org/>
9. **“Healing Magazine”** is a publication of KidsPeace Institute. The winter 2012 edition features articles with a focus on Social Media plus content on Helping the grieving child at school. To learn more about KidsPeace and view the current magazine content on-line visit:
<http://www.kidspeace.org/healing.aspx?id=3201>
10. **“10 Things Grieving Children Want You to Know”** a 2-page sheet from the National Alliance for Grieving Children, written by Pamela Gabbay, M.A., FT; Program Director, Mourning Star Center for Grieving Children and Teens. To view , download and print this resource visit:
<http://childrengrieve.org/sites/default/files/spiritweb/10%20Things%20Grieving%20Children%20Want%20You%20to%20Know.pdf>
11. Article **“Understanding Grief and Loss in Children,”** by Jody J. Fiorini and Jodi A. Mullen. To view, download or print the 5-page article visit:
<http://counselingoutfitters.com/vistas/vistas06/vistas06.07.pdf>

Cancer in the Family

1. SuperSibs is a website serving siblings of children with cancer. The website includes sections that are age specific, have information by diagnosis and also resources for bereavement. There is much more on the website as well. To learn more visit: <http://www.supersibs.org/>

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Stress Related:

1. "School Nurse Care Toolkit To Increase Awareness & Support to Military Children" authored by Bonnie Ohye, Ph.D, Paula Rauch, M.D. and Jeffrey Bostic, M.D., Ed.D. published by the Red Sox Foundation and Massachusetts General Hospital's Home Base Program & the Massachusetts Child Psychiatry Access Project in Partnership with the Massachusetts Department of Public Health. This is a free downloadable 35 page toolkit with tools to assess the strengths and difficulties for children ages 3-4, 4-10 and 11-17, in addition there are multiple resources for Military Families listed in the toolkit. To access and download a copy go to:
http://www.homebaseprogram.org/pdf/HomeBase_toolkit.pdf
2. The National Child Traumatic Stress Network has published a free downloadable resource entitled "Coping in Hard Times: A Fact Sheet for Parents". To access this free resource visit:
http://www.nctsn.org/sites/default/files/assets/pdfs/coping_for_parents_final.pdf
3. KidsHealth in the Classroom: Resource for grades 9-12 on stress. Visit the following link, scroll down to Emotional/Behavioral Health and click on the various free downloads.
<http://kidshealth.org/classroom/index.jsp?Grade=912&Section=problems>
4. Relax Kids is a UK based program that offers school and community based programs and resources to help children relax. There are a number of free downloads available:
<http://www.relaxkids.com/>