

Violence in the Community Resource Guide

Updated 5/27/2022

Caring for Yourself So You Can Care for Others

- [Coping with Stress Following a Mass Shooting](#) (Center for the Study of Traumatic Stress)
- Managing Your Distress in the Aftermath of a Shooting (American Psychological Association APA)
[English version](#) | [Spanish version](#)

Parents/Families

- [Community & Gun Violence--Safer Spaces, Caring Connections](#)—For children and families directly affected by violence in their own neighborhoods (Sesame Street in Communities)
- For Teens: Coping After Mass Violence (National Child Traumatic Stress Network NCTSN) [English version](#) | [Spanish version](#)
- Parent Guidelines for Helping Youth after the Recent School Shooting (NCTSN) [English version](#) | [Spanish version](#)
- Tips for Parents on Media Coverage of a School Shooting (NCTSN) [English version](#)
- Age-Related Reactions to a Traumatic Event (NCTSN) [English version](#) | [Spanish version](#)
- Talking with Children about Tragedies and Other News Events (American Academy of Pediatrics) [English version](#) | [Spanish version](#)
- Restoring a Sense of Safety in the Aftermath of a Shooting: Tips for Parents and Professionals (NCTSN) [English version](#)
- Talking to Children about Violence: Tips for Parents and Educators (National Association of School Psychologists NASP) [English version](#) | [Infographic](#)
- [Helping Children and Families Cope after a Traumatic Event](#)

Educators

- Talking to Children about the School Shooting (NCTSN) [English version](#)
- Helping Youth after Community Trauma: Tips for Educators (NCTSN) [English version](#) | [Spanish version](#)
- Talking to Children about Violence: Tips for Parents and Educators (NASP) [English version](#) | [Infographic](#)
- Restoring a Sense of Safety in the Aftermath of a Shooting: Tips for Parents and Professionals (NCTSN) [English version](#)

PBHA

Panhandle Behavioral Health Alliance

- [Supporting Students and Staff in the Aftermath of Crisis and Loss](#)—Webinar provided by the Pacific Southwest MHTTC, led by David Schonfeld, National Center for School Crisis and Bereavement (2019)
- [Classroom WISE](#)—Developed by the Mental Health Technology Transfer Center and National Center for School Mental Health, this online training provides training for educators on promoting safe and supportive classrooms, as well as understanding and supporting students experiencing adversity.
- [Planning for a School Crises During a School Crises](#)—Webinar provided by the Pacific Southwest MHTTC, provides an overview of the third edition of PREPaRE, a curriculum that integrates school safety and crisis prevention (2020)
- [Trauma-Focused CBT: A Culturally Adapted Therapy to Work with Latino Families](#)—Webinar provided by the National Hispanic and Latino MHTTC, describes cultural modifications to TF-CBT, incorporating topics of spirituality, gender, family, personalism, respect, and others. (2020)
- [Helping Youth After Community Trauma: Tips for Educators](#)

Providers

- Managing Your Distress in the Aftermath of a Shooting (APA) [English version](#) | [Spanish version](#)
- [Coping Tips for Traumatic Events and Disasters](#) (SAMHSA)
- Disaster Distress Helpline (SAMHSA) [English version](#) | [Spanish version](#)
- [Psychological Impact of Mass Violence](#) (NCTSN)
- [Coping after Mass Violence](#) (NCTSN)
- [All NCTSN Resources](#)—More resources can be found in multiple languages on The National Child Traumatic Stress Network’s website

Online Trainings for Trauma Treatment Providers

- Trauma-Focused CBT 2.0—Online, self-paced course for mental health professionals learning a treatment protocol for children suffering from PTSD or PTSD-like symptoms. It has a course fee of \$35. [English version](#) | [Spanish version](#)
- [Child Traumatic Grief](#)—Free, online course that provides training on the use of TF-CBT for childhood traumatic grief. It is intended to be completed after training in TF-CBT.
- [Cognitive Behavioral Intervention in Schools](#) (CBITS)—School-based group intervention for students experience trauma symptoms. It has been used for students from 5th through 12th grade. The free online course is available with registration.
- [Bounce Back](#)—School-based group intervention for elementary students, adapted from the CBITS program.