

**To: Friends and Colleagues in Georgia**

**From: Center for Mental Health in Schools at UCLA**

**President Obama today declared a major disaster exists in the State of Georgia after devastating floods struck the metro Atlanta area.**

Such disasters raise many concerns about the impact on students' families, homes, and schools. As you mobilize to respond to the crisis, you may find some of the following resources helpful with respect to supporting students, families, and schools.

**>>From our Center, see *Responding to a Crisis* --  
<http://smhp.psych.ucla.edu/crisisresp.htm>**

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**>>From the University of Arizona -- <http://ag.arizona.edu/fcs/home>**

**1. Supporting Families Following a Disaster: An Overview**

Lynne M. Borden

The purpose of this fact sheet is to provide a better understanding of a disaster and the impact it may have on families.

<http://ag.arizona.edu/pubs/family/az1341/az1341d.pdf>

**2. Promoting a Family's Physical and Mental Health and Well-Being**

Marta Stuart

The purpose of this fact sheet is to help families understand how they can be healthy while going through a very stressful time in their lives.

<http://cals.arizona.edu/pubs/family/az1341/az1341b.pdf>

**3. Understanding the Impact of Disasters on the Lives of Children and Youth**

Lynne M. Borden

The purpose of this fact sheet is to offer parents and others who work with children and youth an understanding of the impact of a natural disaster, such as a drought, on the lives of young people.

<http://cals.arizona.edu/pubs/family/az1341/az1341c.pdf>

**4. Supporting Children and Youth Following a Disaster**

Lynne M. Borden

The purpose of this fact sheet is to provide families with ways to support children during times of stress.

<http://cals.arizona.edu/pubs/family/az1341/az1341d.pdf>

**5. Stress Management After a Disaster**

Marta Stuart

The purpose of this fact sheet is to introduce information on the symptoms of stress, and how individuals can effectively manage their stress.

<http://cals.arizona.edu/pubs/family/az1341/az1341e.pdf>

**6. Encouraging Family Communication After a Disaster**

Steve Marks and Lynne M. Borden

Good family communication is necessary to effectively work together to prevent or respond to crises. This fact sheet offers ways of developing communication skills that help families not only to survive crises, but also to improve their daily lives.

<http://cals.arizona.edu/pubs/family/az1341/az1341f.pdf>

## 7. Managing Conflict Following a Disaster

Marta Stuart

The purpose of this fact sheet is to help families develop skills in conflict resolution, especially at times when they are experiencing stressful situations during a disaster

<http://cals.arizona.edu/pubs/family/az1341/az1341g.pdf>

## 8. Understanding Depression Following a Disaster

Marta Stuart

The purpose of this fact sheet is to help families who are experiencing stressful times during a disaster develop an understanding about depression: what it is, what causes it, what are the symptoms, and how is it treated

<http://cals.arizona.edu/pubs/family/az1341/az1341h.pdf>

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>> **From the University of Illinois --**

**<http://web.extension.uiuc.edu/disaster/teacher/teacher.html>**

### **Children, Stress, and Natural Disasters**

Children, Stress, and Natural Disasters from the University of Illinois Cooperative Extension Service is a set of resources for teachers and other child-care or youth workers that helps prepare them for working with children who have been through a disaster. These resources include:

**A Guide for Teachers -** <http://web.extension.uiuc.edu/disaster/teacher2/guide.html>

Provides information that describes what children might experience during and after a disaster, how they might react to a disaster, and what teachers can do to help students during the recovery period.

**School Activities for Children -** <http://web.extension.uiuc.edu/disaster/teacher/csndactx.html>

Includes suggestions for activities that teachers can use in their classrooms after a disaster, lists of curriculum guides on disaster-related topics, a bibliography of children's literature on floods and natural disasters, and a list of resource material that are available from the American Red Cross.

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>>>**CDC's flood response/safety page -- <http://www.bt.cdc.gov/disasters/floods/>**

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In addition, you can access a large number of resources related to trauma and disaster through links on our **Online Clearinghouse** using the Quick Find on **Crisis prevention and response** at --

[http://smhp.psych.ucla.edu/qf/p2107\\_01.htm](http://smhp.psych.ucla.edu/qf/p2107_01.htm)