

## Additional List of Resources

### American Psychological Association:

<https://www.apa.org/topics/gun-violence-crime/shooting-aftermath>

<https://www.apa.org/topics/stress/talking>

<https://www.apa.org/pubs/reports/gun-violence-prevention>

<https://www.nctsn.org/resources/traumatic-stress-ill-or-injured-children-after-abcs-consider-defs>

<http://childadvocate.net/disaster-help-for-parents-and-children/>

[Disaster and Trauma Responses of Children \(PDF\)](#)

[Disaster and Trauma Responses of Children \(PDF\)](#)

[Informed by trauma](#)

[The toll of childhood trauma](#)

American Counseling Association Fact Sheet 8

**[Personal and Pre-Disposing Factors](#)**

American Counseling Association Fact Sheet 9:

**[Vicarious Trauma](#)**

American Counseling Association Fact Sheet 12:

**[Grief Reactions Over the Lifespan](#)**

American Counseling Association Fact Sheet 13:

**[Helping Survivors with Stress-Management Skills](#)**

American Association Fact Sheet 15:

**[Intrusive Memories](#)**

### ***ACA Disaster Mental Health Resources:***

<http://www.counseling.org/knowledge-center/trauma-disaster>

ACA has numerous disaster mental health resources which help familiarize counselors

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with some of the skills needed for working with survivors. Some useful fact sheets for crisis and disaster response:

Helping Survivors with Stress Management Skills  
Disaster and Trauma Responses of Children  
Disaster and Trauma Effects on Parents

### ***National Center for Posttraumatic Stress Disorder:***

Impact of mass shootings on survivors, families and communities:

<http://www.ptsd.va.gov/professional/newsletters/research-quarterly/V18N3.pdf>

### ***Substance Abuse Mental Health Services Administration***

***Coping with Mass Violence and Shooting:*** <http://www.samhsa.gov/trauma/>

Online access to hotline information:

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

San Benito County Resource Guide

<https://hhsa.cosb.us/wp-content/uploads/2020/10/SBC-Pocket-Resource-Guide-2021.pdf>

<https://www.psychguides.com/guides/mental-health-hotline/>

<https://www.blackmentalwellness.com/>

### **Mental Health Resources**

- San Benito County Behavioral Health Department San Benito County Behavioral Health Department Access Line: 831-636-4020 & 888-636-4020 Can assess over the phone (via appt) for crisis services as well as outpatient mental health and substance use services. Serves those with Medi-Cal, uninsured, government type of insurances accepted. Once level of care is determined, referred is made to appropriate services.
- **San Benito County Behavioral Health Clinic** 1131 San Felipe Road, Hollister, CA 95023 Can walk in 8-5 to complete assessment but calling first is best, to set appointment. Offers psychiatric, psychotherapy, and substance use services.

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- Family Service Agency of the Central Coast Serving the Tri-County, Family Service Agency of the Central Coast provides the resources, support, and counseling services essential to healthy families and communities.
- **National Suicide Prevention Lifeline:** 1-800-273-8255
- **Suicide Prevention Crisis Line:** 831-636-4020 & 888-636-4020
- **Mobile Crisis Response Team:** Comprehensive Crisis Services: 888-636-4020 & 888-636-4020 (all ages)
- National Crisis Text Line: 741741
- FURS 24/7-Implementation of The Family Urgent Response System (Furs) County Mobile Response Teams for Current And Former Foster Children/Youth And Caregivers And Claiming For Medi-Cal Specialty Mental Health Services-1-833-939-3877  
<https://www.cdss.ca.gov/inforesources/cdss-programs/foster-care/furs>
- Emmaus House/San Benito County Domestic Violence Shelter for Women and Children \* 24 Hour Hotline: 1-877-778-7978
- **Youth Alliance** <http://site.youthall.org/resources/>
- **Esperanza Center**  
<https://www.cosb.us/departments/behavioral-health/esperanza-center>

<https://dying.lovetoknow.com/ideas-advice-coping-grief/survivors-guilt-simple-strategies-cope-overcome>

<https://dying.lovetoknow.com/ideas-advice-coping-grief/coping-teen-grief-healthy-ways>

<https://dying.lovetoknow.com/coping-grief/stages-mourning>

<https://dying.lovetoknow.com/ideas-advice-coping-grief/healthy-ways-dealing-death-loved-one>

**Trauma symptoms include:**

### ■ Changes in Thoughts and Mood

1. Inability to remember important aspects of the trauma
2. Persistent & exaggerated negative beliefs or expectations about oneself, others, or the world.
3. Distorted beliefs about the cause or consequences of the trauma that lead to self-blame.
4. Persistent negative emotional state (e.g., fear, horror, anger, guilt, or shame).
5. Markedly diminished interest or participation in significant activities.
6. Feelings of detachment from others

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# What is Grief?



Grief is a strong emotion that people feel when they lose someone or something that was close to them. It is a normal reaction, but it can affect us all very differently. Grief can occur from different kinds of loss. Types of loss that might cause grief include:

- ❖ A loved one dying
- ❖ Losing a friendship
- ❖ Changing schools
- ❖ Moving to a new neighborhood
- ❖ Losing an object that is important to you
- ❖ A pet dying
- ❖ A friend or family member being very sick
- ❖ Getting seriously injured or losing the use of a body part
- ❖ Breaking up with a girlfriend or boyfriend

Grief can be described as the extreme sadness that you feel when you no longer have someone or something important to you in your life. It becomes hard for you to feel happy and all you want most in the whole world is for that person to come back into your life. It can take a while to understand that the person is gone. There's no time limit on grieving. Everyone goes through this process in their own way.

Have you experienced grief and loss before?      **YES**      **NO**

Who/what did you lose? \_\_\_\_\_

What were some feelings that you experienced?

\_\_\_\_\_

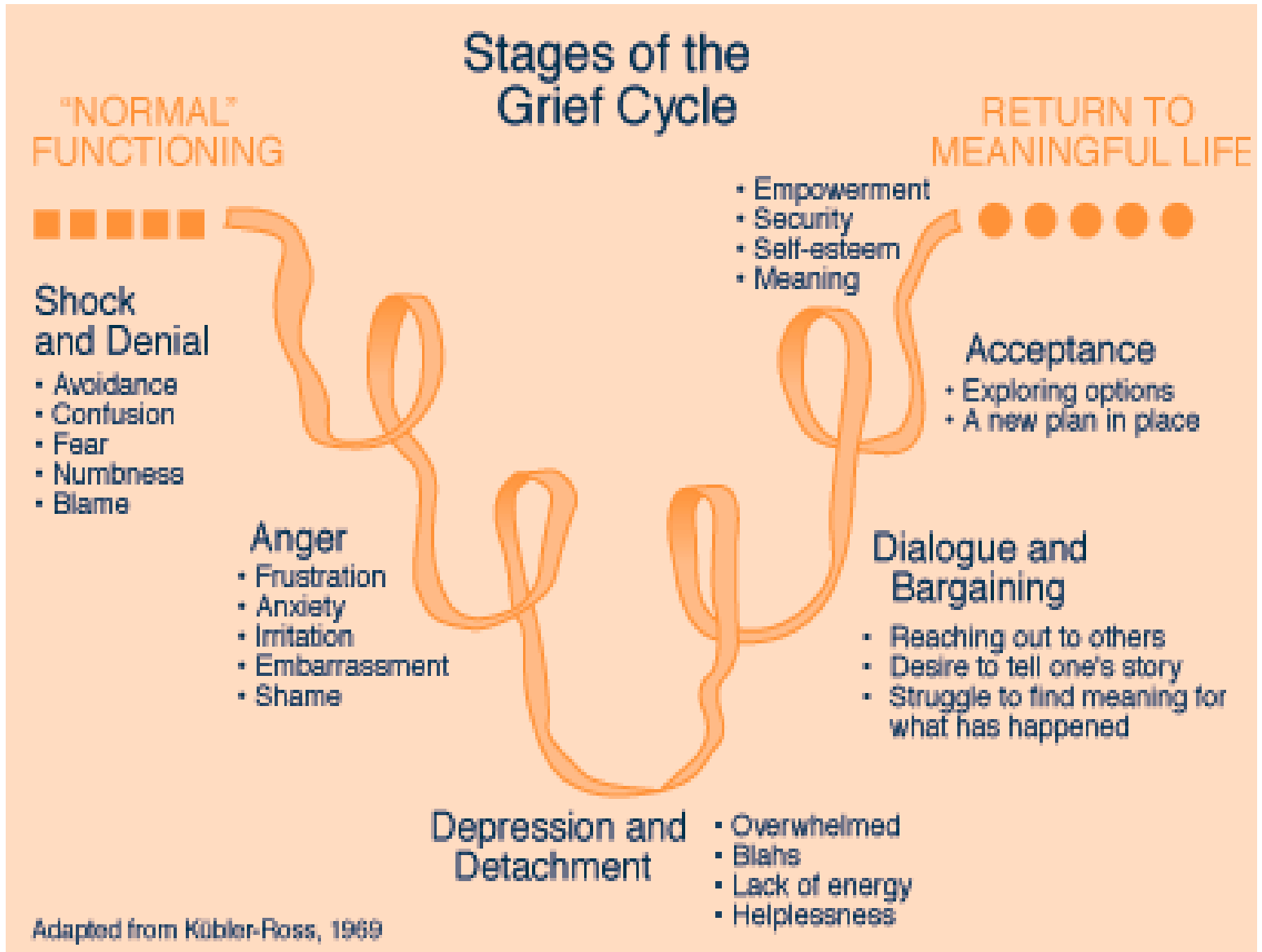
What were some things you did that helped you feel better?

\_\_\_\_\_

\_\_\_\_\_



## Additional List of Resources



# STAGES OF GRIEF

Grief occurs when someone close to us passes away or we experience any kind of loss.



## DENIAL

It is really hard for you to imagine that this person is really gone. You find it hard to believe that it's true.

## ANGER

You start to feel angry because this person is not in your life anymore. You may feel angry toward them or others.

## BARGAINING

You try to figure out if there's anything that you can do or change that could make this person come back.

## DEPRESSION

You feel really sad because you understand that this person is gone and will not come back.

## ACCEPTANCE

You understand that this person is gone, and you try to continue to get things back to normal the best that you can.

