

Pandemic Resilience Resources for American Indian and Alaskan Natives

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U.S. Department of Health and Human Services

August 18, 2022



SAMHSA
Substance Abuse and Mental Health
Services Administration

Office of Tribal Affairs and Policy

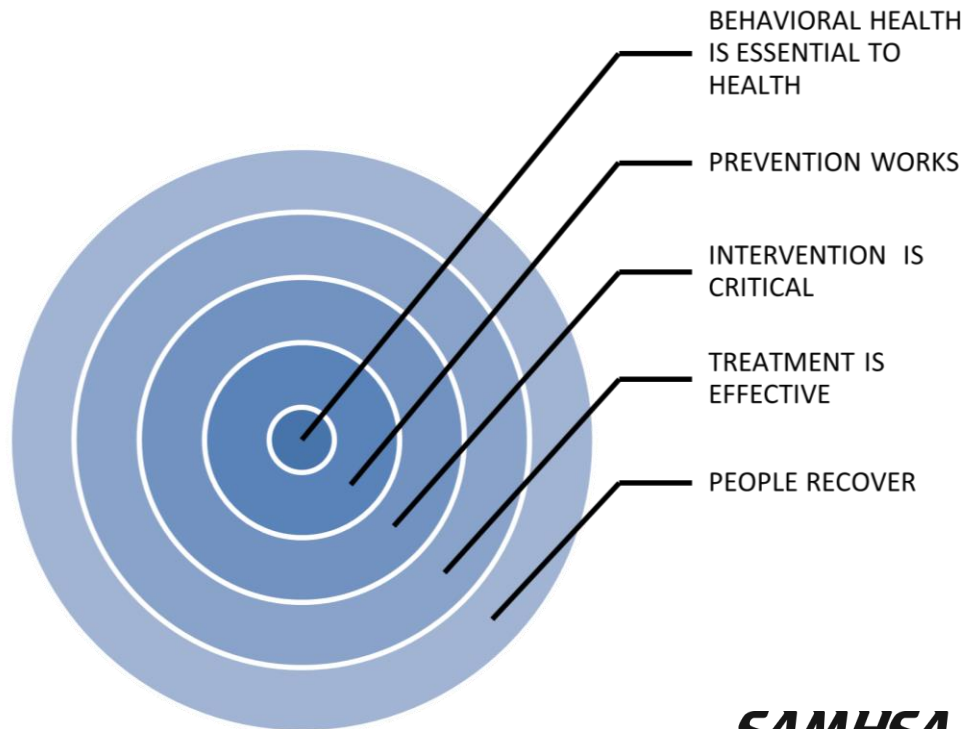
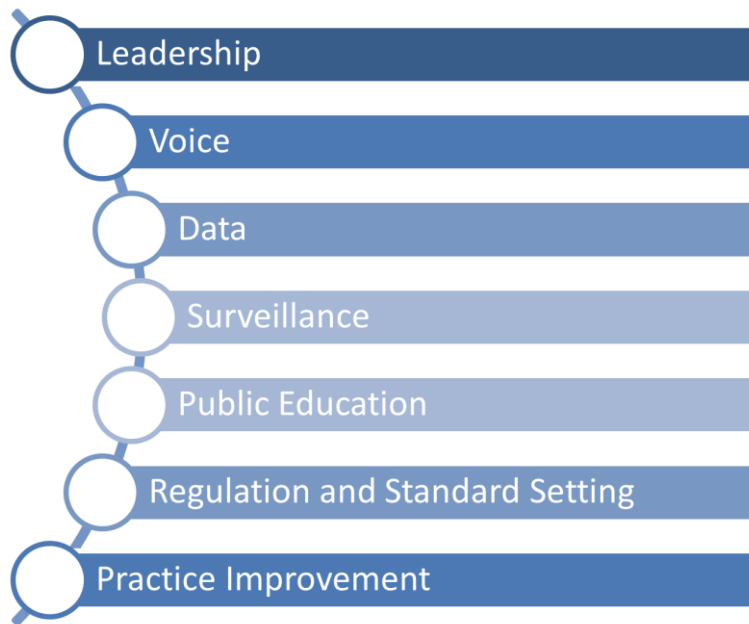


- Serves as the primary point of contact within SAMHSA for Tribes, Tribal organizations, and other partners on Tribal behavioral health.
- Leads and supports SAMHSA-wide actions to improve behavioral health of Tribal communities.
- Leads SAMHSA Tribal consultation, outreach, education, and engagement efforts.
- Leads coordination of Indian Alcohol and Substance Abuse (IASA) efforts in response to the Tribal Law and Order Act (TLOA).



Behavioral Health – A National Priority

Our mission is to reduce the impact of substance use and mental illness on America's communities





Impact of the COVID-19 Pandemic on American Indian/Alaskan Natives

Impact of COVID-19

- After nearly two and a half years since COVID-19 became widespread globally, over one million people in the US have died from the virus and around 90 million cases have been reported.
- Though all have been impacted by COVID-19, the pandemic has taken a tremendous toll on public health workers and healthcare providers, who have dealt with crisis levels of burnout and stress, as well as vulnerable populations such as the elderly and marginalized groups.
- Among those vulnerable populations most heavily impacted are American Indians and Alaska Natives (AI/ANs), who have reported COVID-19 infection rates over 3.5 times higher than non-Hispanic Whites, are over four times likelier to be hospitalized due to the virus, and have reported higher rates of mortality at younger ages than non-Hispanic Whites.

COVID-19 and Native Americans Explained

- Historical trauma and continuing racial inequity have contributed to disparities in health and socioeconomic factors seen in AI/AN populations today and has likely contributed to the observed elevated incidence of COVID-19 among AI/ANs.
- Spanning several years, AI/ANs have experienced food insecurity, poverty, and poor housing conditions, while access to quality health care remains a challenge for those living both on and off reservations.
- The COVID-19 pandemic has intensified inequality stemming from these issues, as Tribes have struggled to receive suitable testing and treatment and adopt adequate prevention measures against the virus.
- Worth noting, Native Americans also experience markedly higher rates of COVID-19 mortality compared with other racial and ethnic groups.

SAMHSA's Response to COVID-19

- Due to the COVID-19 pandemic's negative impact, SAMHSA has compiled several resources applicable to both Native American populations and the larger US population.
- Resources can be divided into the following categories:
 - SAMHSA Resources and Information
 - Grants
 - Guidance
- [SAMHSA COVID-19 Resource Page](#)

Tips for Managing Stress During the COVID-19 Pandemic:



- Take time away from media reports to focus on things in your life that are going well and that you can control.
- Talk to family and friends. You can still stay connected while social distancing.
- Pay attention to your body. Recognize the early warning signs of stress, and take time to renew your spirit through meditation, prayer, or helping others in need.

ADDITIONAL RESOURCES

Disaster Distress Helpline:

1-800-985-5990

National Suicide Prevention Lifeline:

1-800-273-TALK (1-800-273-8255)

SAMHSA

Substance Abuse and Mental Health
Services Administration

Toll-free: 1-877-SAMHSA-7 (1-877-726-4727) |
info@samhsa.hhs.gov | <https://store.samhsa.gov>

PEP20-01-01-013

Are you working to help people affected by the COVID-19 pandemic?

Use these principles of Psychological First Aid (PFA) when working with survivors:

- Respond to requests and initiate contacts in a nonintrusive, compassionate, and helpful way.
- Help people meet their basic needs.
- Calm emotionally overwhelmed or disoriented individuals.
- Identify immediate needs and concerns.
- Empower people to take steps to meet their needs.
- Encourage people to reach out to family and friends via phone, text, or other virtual methods.
- Provide information about common stress reactions.



Talking With Children: TIPS FOR CAREGIVERS, PARENTS, AND TEACHERS DURING INFECTIOUS DISEASE OUTBREAKS

What You Should Know

When children and youth watch news on TV about an infectious disease outbreak, read about it in the news, or overhear others discussing it, they can feel scared, confused, or anxious—as much as adults. This is true even if they live far from where the outbreak is taking place and are at little to no actual risk of getting sick. Young people react to anxiety and stress differently than adults. Some may react right away; others may show signs that they are having a difficult time much later. As such, adults do not always know when a child needs help.

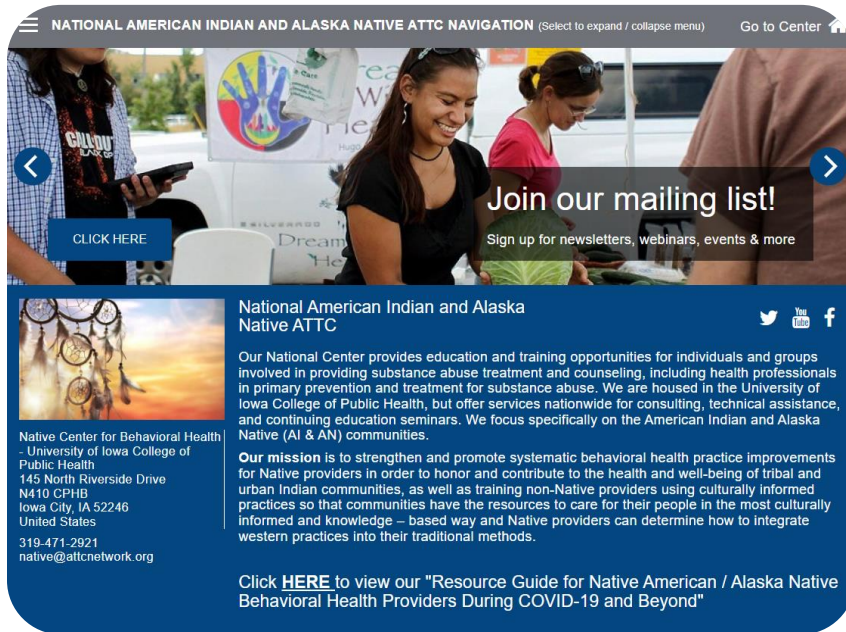
PRESCHOOL CHILDREN, 0-5 YEARS OLD

Very young children may express anxiety and stress by going back to thumb sucking or wetting the bed at night. They may fear sickness, strangers, darkness, or monsters. It is fairly common for preschool children to become clingy with a parent, caregiver, or teacher or to want to stay in a place where they feel safe. They may express their understanding of the outbreak repeatedly in their play or tell exaggerated stories about it. Some children's eating and sleeping habits may change. They also may have aches and pains that cannot be explained. Other symptoms to watch for are:



SAMHSA Resources and Information

American Indian/Alaska Native (AI/AN) TTC Resources



NATIONAL AMERICAN INDIAN AND ALASKA NATIVE ATTC NAVIGATION (Select to expand / collapse menu) Go to Center

Join our mailing list!
Sign up for newsletters, webinars, events & more

CLICK HERE

National American Indian and Alaska Native ATTC

Our National Center provides education and training opportunities for individuals and groups involved in providing substance abuse treatment and counseling, including health professionals in primary prevention and treatment for substance abuse. We are housed in the University of Iowa College of Public Health, but offer services nationwide for consulting, technical assistance, and continuing education seminars. We focus specifically on the American Indian and Alaska Native (AI & AN) communities.

Our mission is to strengthen and promote systematic behavioral health practice improvements for Native providers in order to honor and contribute to the health and well-being of tribal and urban Indian communities, as well as training non-Native providers using culturally informed practices so that communities have the resources to care for their people in the most culturally informed and knowledge – based way and Native providers can determine how to integrate western practices into their traditional methods.

Native Center for Behavioral Health
- University of Iowa College of Public Health
145 North Riverside Drive
N410 CPHB
Iowa City, IA 52246
United States
319-471-2921
native@attcnetwork.org

Click **HERE** to view our "Resource Guide for Native American / Alaska Native Behavioral Health Providers During COVID-19 and Beyond"

- This National Center provides education and training opportunities for individuals and groups involved in providing substance abuse treatment and counseling, including health professionals in primary prevention and treatment for substance abuse and focuses specifically on the AI/AN communities.
- See more here:
<https://attcnetwork.org/centers/content/national-american-indian-and-alaska-native-attc>

MHTTC Resources



MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Responding to COVID-19 |
Grief, Loss and Bereavement

Responding to COVID-19 | Intimate
Partner Violence (IPV) and Child Abuse

Responding to COVID-19 | Mental
Health Disparities

Responding to COVID-19 | Provider
Well-being

Responding to COVID-19 |
School Mental Health

Responding to COVID-19 | Telehealth

Responding to COVID-19 |
Anxiety & Return to Work/School

Featured MHTTC Resources



Motivational Interviewing for COVID-19 Vaccine Hesitancy | New England MHTTC

There are enough COVID-19 vaccines for everyone in the United States, but some people aren't quite sure yet if they are ready to get one. Dr. Emily Kline will teach you to use skills from an evidence-based approach called motivational interviewing to have more successful conversations about COVID-19 vaccines in this webinar.



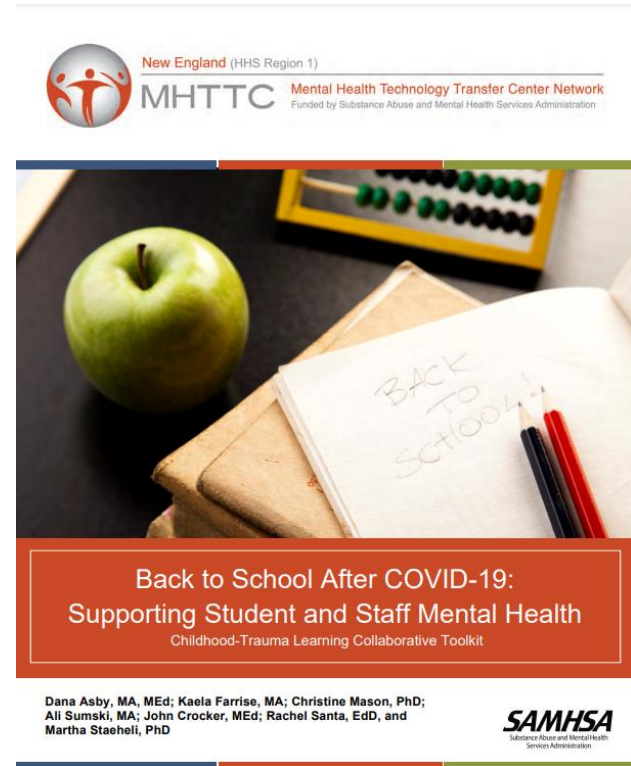
Ask a Peer: COVID-19 Vaccine Q&A for Youth and Families | New England MHTTC

Young people who have experienced psychosis and their families may have unanswered questions about the COVID-19 vaccine. With walk-in vaccine appointments now available across Massachusetts, this panel of early psychosis peer specialists and local vaccine experts are here to share their experiences. Join the New England MHTTC for a presentation and open conversation on the COVID-19 vaccine, equity, and mental health.

- The purpose of the MHTTC Network is technology transfer - disseminating and implementing evidence-based practices for mental disorders into the field.
- Responding to COVID-19, the Mental Health Technology Transfer Centers (MHTTC) offer products and resources that can be useful when coping with the effects of widespread public health crises such as:
 - Psychosocial Impacts of Disasters: Assisting Community Leaders
 - Supportive Practices for Mental Health Professionals During Pandemic-Related Social Distancing
- See the following for more:
<https://mhttcnetwork.org/centers/global-mhttc/responding-covid-19>

Back to School After COVID-19: Supporting Student and Staff Mental Health Toolkit

- Designed to help guide conversations to include a trauma-informed, equitable, and compassionate lens to providing mental health supports to every member of the school community.
- See more here:
<https://mhttcnetwork.org/sites/default/files/2020-07/B2S%20Toolkit%20-%20Print%20Ready3.pdf>



ATTC Resources

- The ATTC Network is an international, multidisciplinary resource for professionals in the addiction treatment and recovery services field.
- The Addiction Technology Transfer Centers (ATTC) have produced several resources to help providers to improve services capability in response to COVID-19
- See the following for more:
<https://attnetwork.org/centers/global-atcc/pandemic-response-resources>



ATTC Network COVID-19 Response Resources

Search our [Online Products & Resources](#) Catalog for additional COVID-related resources.





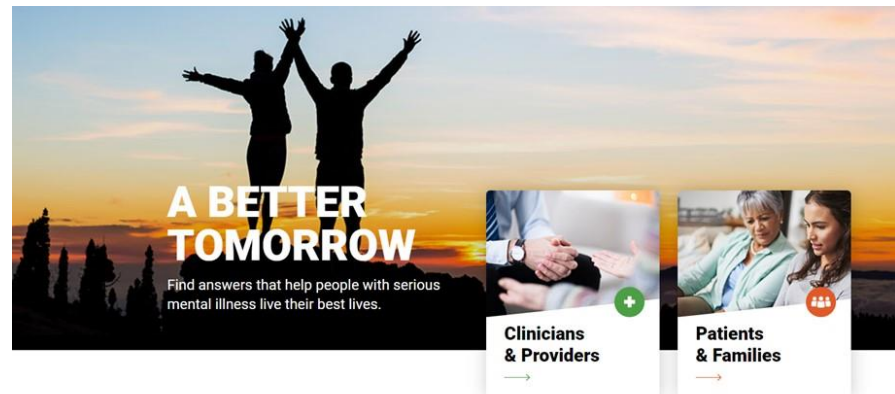
PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

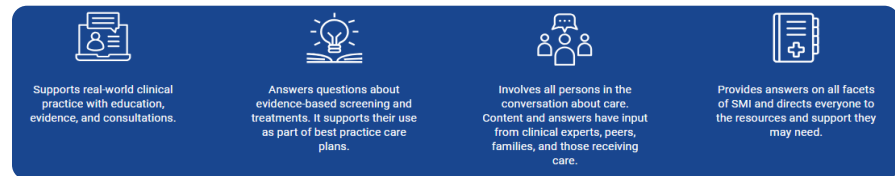
- The purpose of the Prevention Technology Transfer Center (PTTC) Network is to improve implementation and delivery of effective substance abuse prevention interventions, and provide training and technical assistance services to the substance misuse prevention field.
- The Prevention Technology Transfer Centers (PTTC) have produced several resources to help providers to improve services capability in response to COVID-19.
- See more via the following:
<https://pttcnetwork.org/centers/global-pttc/pandemic-response-resources>

Serious Mental Illness (SMI) Adviser Resources

- **Mission:** To advance the use of a person-centered approach to care for people who have serious mental illness (SMI).
- An SMI adviser has compiled a list of resources for clinicians who serve individuals with serious mental illness (SMI) and include evidence-based resources for specific guidance around COVID-19:
 - [SMI Adviser Coronavirus Resources](#)
 - [How to Talk About the COVID-19 Vaccines with Individuals Who Have Serious Mental Illness \(SMI\)](#)
 - Recorded Webinars
 - [Managing the Mental Health Effects of COVID-19](#)
 - [Telepsychiatry in the Era of COVID-19](#)
 - [Serious Mental Illness and COVID-19: Tailoring ACT Teams, Group Homes, and Supportive Housing](#)



How SMI Adviser Transforms Care



National Center of Excellence for Eating Disorders - NCEED

- NCEED is the nation's first center of excellence dedicated to eating disorders. This program mission is to advance education and training of healthcare providers and to promote public awareness of eating disorders and eating disorder treatment.
- NCEED has gathered information to help support the community as the COVID-19 crises evolve, which include the following:
 - [Resources created to provide guidance on how one can support themselves, loved ones, and patients](#)
 - [Eating Disorders and COVID-19: What Healthcare Providers Need to Know](#)
 - [Eating Disorders and COVID-19: What Individuals and Families/Caregivers Need to Know](#)
- See the following for more:
<https://www.nceedus.org/covid/>



I am here
for myself

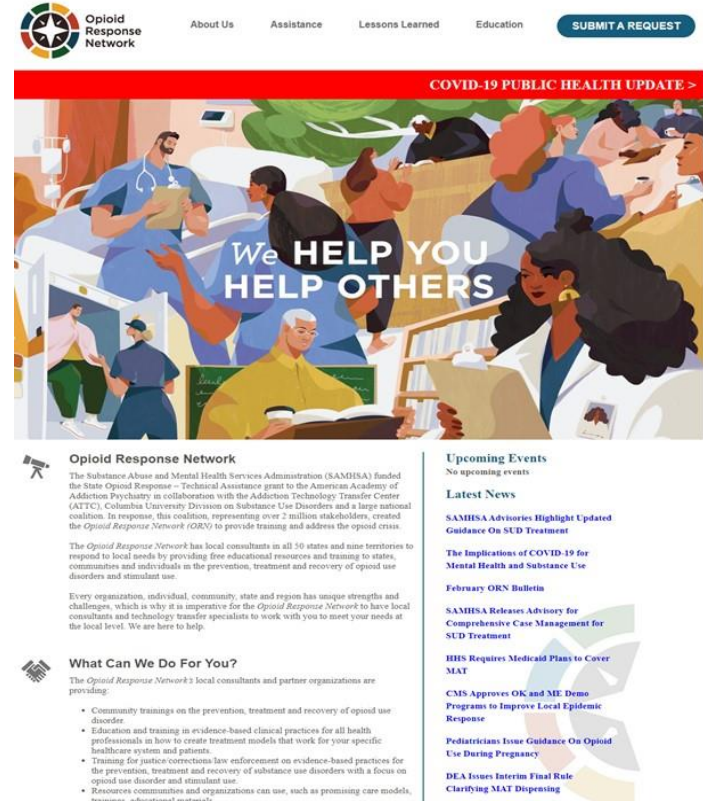
Someone I know
might need help

I am a health
professional

I am a
researcher

Opioid Response Network (ORN)

- The ORN has local consultants in all 50 states and nine territories.
- Designed to respond to local needs by providing free educational resources and training to states, communities and individuals in the prevention, treatment and recovery of opioid use disorders and stimulant use.
- ORN has disseminated information provided by SAMHSA, CDC, and other Technical Assistance Centers pertaining to COVID-19 and include the following:
 - [The Opioid Epidemic and COVID-19: How Social Determinants of Health Create Differential Impacts](#)
 - [Compassionate Fatigue and Self Care: For Helping Professionals Working with Opioid Related Disorders](#)
- See the following for more:
<https://opioidresponsenetwork.org/COVID19.aspx#Video>



The screenshot displays the Opioid Response Network website. At the top, there is a navigation bar with links for 'About Us', 'Assistance', 'Lessons Learned', and 'Education', along with a 'SUBMIT A REQUEST' button. Below the navigation bar is a large banner titled 'COVID-19 PUBLIC HEALTH UPDATE >' with the text 'We HELP YOU HELP OTHERS' overlaid on an illustration of healthcare workers. The main content area is divided into several sections: 'Opioid Response Network' with a paragraph about SAMHSA funding, 'Upcoming Events' with a note on no upcoming events, 'Latest News' with articles on SAMHSA advisories and COVID-19 implications, 'February ORN Bulletin' with links to advisories and BHS requirements, and 'What Can We Do For You?' with a list of community trainings and educational resources.

Opioid Response Network
The Substance Abuse and Mental Health Services Administration (SAMHSA) funded the State Opioid Response – Technical Assistance grant to the American Academy of Addiction Psychiatry in collaboration with the Addiction Technology Transfer Center (ATTC), Columbia University Division on Substance Use Disorders and a large national coalition. In response, this coalition, representing over 2 million stakeholders, created the Opioid Response Network (ORN) to provide training and address the opioid crisis.

The Opioid Response Network has local consultants in all 50 states and nine territories to respond to local needs by providing free educational resources and training to states, communities and individuals in the prevention, treatment and recovery of opioid use disorders and stimulant use.

Every organization, individual, community, state and region has unique strengths and challenges, which is why it is imperative for the Opioid Response Network to have local consultants and technology transfer specialists to work with you to meet your needs at the local level. We are here to help.

What Can We Do For You?
The Opioid Response Network's local consultants and partner organizations are providing:

- Community trainings on the prevention, treatment and recovery of opioid use disorders
- Education and training in evidence-based clinical practices for all health professionals in how to create treatment models that work for your specific healthcare system and patients
- Training for justice/corrections law enforcement on evidence-based practices for the prevention, treatment and recovery of substance use disorders with a focus on opioid use disorder and stimulant use
- Resources communities and organizations can use, such as promising care models, trainees, educational materials

Upcoming Events
No upcoming events

Latest News
SAMHSA Advisories Highlight Updated Guidance On SUD Treatment
The Implications of COVID-19 for Mental Health and Substance Use
February ORN Bulletin
SAMHSA Releases Advisory for Comprehensive Case Management for SUD Treatment
BHS Requires Medicaid Plans to Cover MAT
CMS Approves OK and ME Demo Programs to Improve Local Epidemic Response
Pediatricians Issue Guidance On Opioid Use During Pregnancy
DEA Issues Interim Final Rule Clarifying MAT Dispensing

Disaster Distress Helpline



- The purpose of this program is to assist states, territories, Tribes, and local entities with all-hazards disaster behavioral health response planning that allows them to prepare for and respond to both natural and human-caused disasters.
- SAMHSA DTAC also supports collaboration among mental health and substance abuse authorities, federal agencies, and nongovernmental organizations and facilitates in the sharing of information and best practices with the disaster behavioral health field.
- SAMHSA's [Disaster Distress Helpline](#) provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.
- The Disaster Distress Helpline is staffed by trained counselors from a network of crisis call centers located across the United States. These counselors provide:
 - Crisis counseling for people in emotional distress related to any natural or human-caused disaster
 - Information on how to recognize distress and its effects on individuals and families
 - Tips for healthy coping
 - Referrals to local crisis call centers for additional follow-up care and support
- Call or text 1-800-985-5990 to connect with a trained crisis counselor.

Ongoing Implementation of 988 Suicide Prevention Lifeline



- On July 16th the National Suicide Prevention Lifeline is moving to a 3-digit dialing code.
- The 988 dialing code is a first step toward strengthening and transforming crisis care in this country. It creates a universal entry point – and over time, the vision is to have additional crisis services available in communities across the nation, similar to the way emergency medical services are dispatched.
- See more here: www.samhsa.gov/988



Guidance



Guidance for General Public


- [Virtual Recovery Resources](#)
 - Comprises a tip sheet which provides resources that can be utilized to virtually support recovery from mental/substance use disorders, as well as resources to help local recovery programs create virtual meetings.
- [Intimate Partner Violence and Child Abuse Considerations During COVID-19](#)
 - The following speaks on how COVID-19 may create safety concerns for victims of IPV during quarantine and provides several SAMHSA and non-SAMHSA resources.





Necessary COVID-19 Tips

Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress



**Tips for Survivors of a Disaster or Other Traumatic Event:
MANAGING STRESS**

Important Things To Know About Disasters and Other Traumatic Events

If you were involved in a disaster such as a hurricane, flood, or even terrorism, or another traumatic event like a car crash, you may be affected personally regardless of whether you were hurt or lost a loved one. You can be affected just by witnessing a disaster or other traumatic event. It is common to show signs of stress after exposure to a disaster or other traumatic event, and it is important to monitor your physical and emotional health.

Possible Reactions to a Disaster or Other Traumatic Event

Try to identify your early warning signs of stress. Stress usually shows up in the four areas shown below, but everyone should check for ANY unusual stress responses after a disaster or other traumatic event. Below are some of the most common reactions.

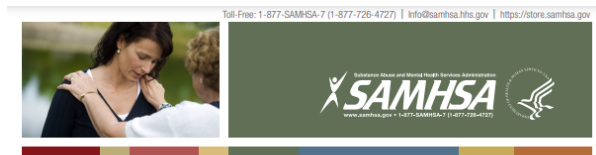
YOU MAY FEEL EMOTIONALLY:	YOU MAY HAVE PHYSICAL REACTIONS, SUCH AS:
<ul style="list-style-type: none">* Anxious or fearful* Overwhelmed by sadness* Angry, especially if the event involved violence* Guilty, even when you had no control over the traumatic event* Heroic, like you can do anything* Like you have too much energy or no energy at all* Disconnected, not caring about anything or anyone* Numb, unable to feel either joy or sadness	<ul style="list-style-type: none">* Having stomachaches or diarrhea* Having headaches or other physical pains for no clear reason* Eating too much or too little* Sweating or having chills* Getting tremors (shaking) or muscle twitches* Being jumpy or easily startled

Toll-Free: 1-877-SAMHSA-7 (1-877-726-4776) | info@samhsa.hhs.gov | <http://store.samhsa.gov>

- This fact sheet offers tips for preventing and managing stress when dealing with the effects of trauma, mass violence, or terrorism. It lists tips for relieving stress and seeking professional help.
- See Fact Sheet Here:
<https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-Managing-Stress/SMA13-4776>

Coping with Stress During Infectious Disease Outbreaks

- This fact sheet provides tips for coping with stress during an infectious disease outbreak. It describes common signs of stress and how to recognize when to get help.
- See Fact Sheet Here:
<https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>



Coping With Stress During Infectious Disease Outbreaks

What You Should Know

When you hear, read, or watch news about an outbreak of an infectious disease such as Ebola, you may feel anxious and show signs of stress—even when the outbreak affects people far from where you live and you are at low or no risk of getting sick. These signs of stress are normal, and may be more likely or pronounced in people with loved ones in parts of the world affected by the outbreak. In the wake of an infectious disease outbreak, monitor your own physical and mental health. Know the signs of stress in yourself and your loved ones. Know how to relieve stress, and know when to get help.

Know the Signs of Stress

What follows are behavioral, physical, emotional, and cognitive responses that are all common signs of anxiety and stress. You may notice some of them after you learn about an infectious disease outbreak.

YOUR BEHAVIOR:

- An increase or decrease in your energy and activity levels
- An increase in your alcohol, tobacco use, or use of illegal drugs
- An increase in irritability, with outbursts of anger and frequent arguing
- Having trouble relaxing or sleeping
- Crying frequently
- Worrying excessively
- Wanting to be alone most of the time
- Blaming other people for everything
- Having difficulty communicating or listening
- Having difficulty giving or accepting help
- Inability to feel pleasure or have fun

Know When To Get Help

You may experience serious distress when you hear about an infectious disease outbreak, even if you are at little or no risk of getting sick. If you or someone you know shows signs of stress (see list at left) for several days or weeks, get help by accessing one of the resources at the end of this tip sheet. Contact the National Suicide Prevention Lifeline right away if you or someone you know threatens to hurt or kill him- or herself or someone else, or talks or writes about death, dying, or suicide.

Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks



Talking With Children:

TIPS FOR CAREGIVERS, PARENTS, AND TEACHERS DURING INFECTIOUS DISEASE OUTBREAKS

What You Should Know

When children and youth watch news on TV about an infectious disease outbreak, read about it in the news, or overhear others discussing it, they can feel scared, confused, or anxious—as much as adults. This is true even if they live far from where the outbreak is taking place and are at little to no actual risk of getting sick. Young people react to anxiety and stress differently than adults. Some may react right away; others may show signs that they are having a difficult time much later. As such, adults do not always know when a child needs help.

This tip sheet will help parents, caregivers, and teachers learn some common reactions, respond in a helpful way, and know when to seek support.

Possible Reactions to an Infectious Disease Outbreak

Many of the reactions noted below are normal when children and youth are handling stress. If any of these behaviors lasts for more than 2 to 4 weeks, or if they suddenly appear later on, then children may need more help coping. Information about where to find help is in the Helpful Resources section of this tip sheet.

PRESCHOOL CHILDREN, 0–5 YEARS OLD

Very young children may express anxiety and stress by going back to thumb sucking or wetting the bed at night. They may fear sickness, strangers, darkness, or monsters. It is fairly common for preschool children to become clingy with a parent, caregiver, or teacher or to want to stay in a place where they feel safe. They may express their understanding of the outbreak repeatedly in their play or tell exaggerated stories about it. Some children's eating and sleeping habits may change. They also may have aches and pains that cannot be explained. Other symptoms to watch for are aggressive or withdrawn behavior, hyperactivity, speech difficulties, and disobedience.


- **Infants and Toddlers, 0–2 years old**, cannot understand that something bad in the world is happening, but they know when their caregiver is upset. They may start to show the same emotions as their caregivers, or they may act differently, like crying for no reason or withdrawing from people and not playing with their toys.
- **Children, 3–5 years old**, may be able to understand the effects of an outbreak. If they are very upset by news of the outbreak, they may have trouble adjusting to change and loss. They may depend on the adults around them to help them feel better.

- This fact sheet provides parents, caregivers, and teachers with strategies for helping children manage their stress during an infectious disease outbreak. It describes potential reactions among youth and the support adults can provide to help them.

- See Fact Sheet Here:
<https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006>

Taking Care of Your Behavioral Health – Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak

- This fact sheet explains social distancing, quarantine, and isolation in the event of an infectious disease outbreak. It discusses feelings and thoughts that may arise during this time and suggests ways to cope and support oneself during such an experience.
- See Fact Sheet Here:
<https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-Tips-for-Social-Distancing-Quarantine-and-Isolation-During-an-Infectious-Disease-Outbreak/PEP20-01-01-007>

**TAKING CARE OF YOUR BEHAVIORAL HEALTH**

Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak

What Is Social Distancing?

Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Schools and other gathering places such as movie theaters may close, and sports events and religious services may be cancelled.

What Is Quarantine?

Quarantine separates and restricts the movement of people who have been exposed to a contagious disease to see if they become sick. It lasts long enough to ensure the person has not contracted an infectious disease.

What Is Isolation?

Isolation prevents the spread of an infectious disease by separating people who are sick from those who are not. It lasts as long as the disease is contagious.

Introduction

In the event of an infectious disease outbreak, local officials may require the public to take measures to limit and control the spread of the disease. This tip sheet provides information about **social distancing**, **quarantine**, and **isolation**. The government has the right to enforce federal and state laws related to public health if people within the country get sick with highly contagious diseases that have the potential to develop into outbreaks or pandemics.

This tip sheet describes feelings and thoughts you may have during and after social distancing, quarantine, and isolation. It also suggests ways to care for your behavioral health during these experiences and provides resources for more help.

What To Expect: Typical Reactions

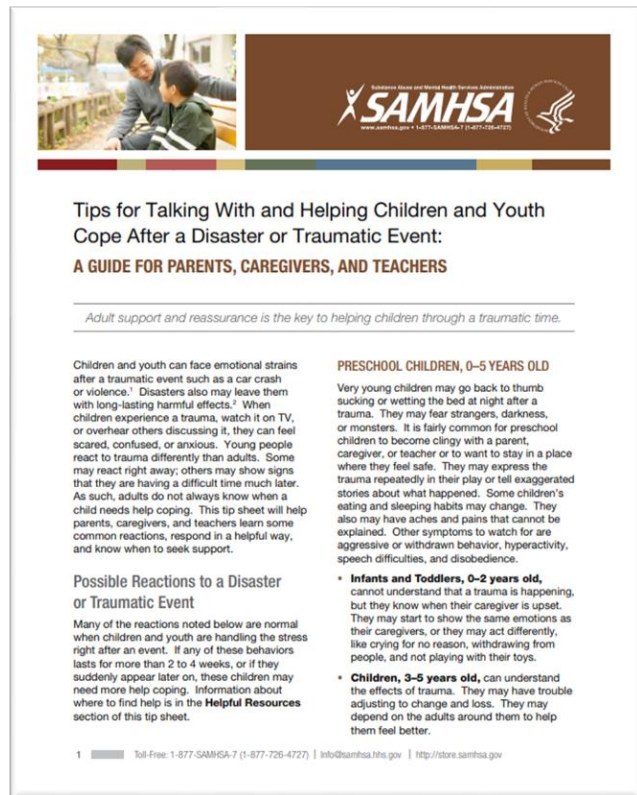
Everyone reacts differently to stressful situations such as an infectious disease outbreak that requires social distancing, quarantine, or isolation. People may feel:

Anxiety, worry, or fear related to:

- Your own health status
- The health status of others whom you may have exposed to the disease
- The resentment that your friends and family may feel if they need to go into quarantine as a result of contact with you
- The experience of monitoring yourself, or being monitored by others for signs and symptoms of the disease
- Time taken off from work and the potential loss of income and job security
- The challenges of securing things you need, such as groceries and personal care items
- **Concern** about being able to effectively care for children or others in your care
- **Uncertainty or frustration** about how long you will need to remain in this situation, and uncertainty about the future
- **Loneliness** associated with feeling cut off from the world and from loved ones
- **Anger** if you think you were exposed to the disease because of others' negligence
- **Boredom and frustration** because you may not be able to work or engage in regular day-to-day activities
- **Uncertainty or ambivalence** about the situation
- **A desire** to use alcohol or drugs to cope
- **Symptoms of depression**, such as feelings of hopelessness, changes in appetite, or sleeping too little or too much

Toll-Free: 1-877-SAMHSA-7 (1-877-726-4727) | info@samhsa.hhs.gov | <http://store.samhsa.gov>

Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event: A Guide for Parents, Caregivers, and Teachers



- This fact sheet helps parents and teachers recognize common reactions of children after experiencing a disaster or traumatic event. It highlights reactions by age group, offers tips for how to respond in a helpful way, and recommends when to seek support.
- See Fact Sheet Here:
<https://store.samhsa.gov/product/tip-s-talking-helping-children-youth-cope-after-disaster-or-traumatic-event-guide-parents/sma12-4732>

Tips for Survivors of a Disaster or Traumatic Event: What to Expect in Your Personal, Family, Work, and Financial Life

- This fact sheet offers self-help tips for coping after a traumatic event. It discusses the long-term impact of trauma, including personal uncertainties, family relationship changes, work disruptions, and financial concerns.
- See Fact Sheet Here:
<https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Traumatic-Event-What-to-Expect-in-Your-Personal-Family-Work-and-Financial-Life/SMA13-4775>



Tips for Survivors of a Disaster or Traumatic Event: WHAT TO EXPECT IN YOUR PERSONAL, FAMILY, WORK, AND FINANCIAL LIFE

About Disasters and Traumatic Events

Disasters and traumatic events touch all of our lives. About two thirds of the U.S. population have reported experiencing at least one personal traumatic event before the age of 18.¹ Many people experience trauma due to natural disasters such as floods, hurricanes, and other storms and human-caused events like mass violence and terrorism. For some survivors, disasters can remind them of earlier trauma and make it harder to recover. But with good social support and coping skills, most survivors have the ability to recover and are quite resilient. For those who continue to suffer, help is available.

After a Disaster or Traumatic Event

What follows are examples of the types of emotional, behavioral, physical, and cognitive responses that are all common reactions to a disaster or other traumatic event.

WHAT TO EXPECT IN YOUR PERSONAL LIFE

Anxiety, sadness, and trouble sleeping are the most common responses to traumatic events. So are headaches and stomach aches, overeating, and loss of appetite. Grief may be felt intensely on and off for at least a year if someone has lost a loved one in the event.

Anger is a common response experienced more by men, while self-blame appears more often in women. Some people will look at what their lives were like prior to a trauma and make comparisons. Others may be concerned about their own and their family's safety. Additionally, everyone has different ways of coping, which can make people act differently than they usually do.

WHAT TO EXPECT IN YOUR FAMILY LIFE

The effect of a disaster or traumatic event goes far beyond its immediate devastation. It takes time for survivors to grieve and rebuild individual and family lives. Everyday routines may not return to normal for months, or even years, especially following a large-scale disaster or traumatic event. Alternate living conditions (e.g., temporary housing) can disrupt day-to-day activities and create shifts in roles and responsibilities, leading to strains in relationships. These disruptions in routine can make life unfamiliar or unpredictable and change everyone's expectations. Remember, also, that children's stress may be a reflection of how their parents are handling the stress.

¹ Centers for Disease Control and Prevention. (2012). The Adverse Childhood Experiences (ACE) study. Retrieved from <http://www.cdc.gov/ace/findings.htm>.

Thank you

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

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