

Recovery – Resource Section

1. Authorities and References:

a. Authorities

- 1) Emergency Management Services Code, 35 Pa. C.S. §§ 7101 *et seq.*, as amended.
- 2) Public School Code of 1949, 24 P.S. §§ 1-101, *et seq.*, as amended.

b. References

- 1) The Commonwealth of Pennsylvania's Emergency Operations Plan, dated December 23, 2008
- 2) _(Insert name of School District's County Name here)_____
Emergency Operations Plan, dated _(Insert date of latest plan here)_____
- 3) _(Insert Each School Building's Municipality Name here)_____
Emergency Operations Plan, dated _____
- 4) _(Insert School District's County Name here)_____ County's Hazard Vulnerability Analysis
- 5) _(Insert Each School Building's Municipality Name here)_____
Municipality's Hazard Vulnerability Analysis
- 6) International Critical Incident Stress Foundation, Inc. 2001.

2. Key Words:

- a. Aggression/Anger – toward those who might have prevented the loss and sometimes toward the lost person (may have trouble acknowledging anger toward the person of loss, but if such anger can be expressed it can help with recovery).
- b. Anxiety – panic reactions as reality sets in.
- c. Denial – acting as if no loss has occurred.
- d. Depression – feeling pain, despair, emptiness--may not be accompanied by some emotional release such as crying (if the person can cry, it helps release stress).
- e. Guilt – self-blame for not having expressed more caring or belief the loss was his/her fault.
- f. Psychological First Aid - provides assessment and referral information in order to restore emotional stability and learning.
- g. Reintegration – loss is accepted (although there may be periods of relapse).
- h. Resilience – individuals show positive adaptation in spite of significant life adversities. It is the process and outcome of successfully adapting to difficult or challenging life experiences, especially highly stressful or traumatic events.
- i. Shock – usually the first reaction--often experienced as numbness or physical pain and associated with withdrawal.

3. Websites:

- a. American Academy of Child and Adolescent Psychiatry: www.aacap.org
- b. American Academy of Pediatrics: www.aap.org/featured/resourcepage.htm
- c. American Psychiatric Association: www.psych.org
- d. American Psychological Association: www.apa.org
- e. American Red Cross: www.redcross.org
- f. Center for Mental Health in Schools: <http://smhp.psych.ucla.edu>
- g. Center for Safe Schools: www.safeschools.info
- h. Centers for Disease Control and Prevention: www.cdc.gov
- i. Children's Grief Education Association: www.childgrief.org
- j. Crisis Management Institute: www.cmionline.org
- k. Federal Emergency Management Agency: www.fema.gov
- l. Indoor Air Quality Tools for Schools: <http://www.epa.gov/iaq/schools/>
- m. International Critical Incident Stress Foundation: www.icisf.org
- n. National Association of School Nurses (NASN): www.nasn.org
- o. National Association of School Psychologists: www.nasp.org
- p. National Center for Trauma-Informed Care: <http://mentalhealth.samhsa.gov/nctic/>
- q. National Education Association: www.nea.org
- r. National Institute of Mental Health: www.nimh.nih.gov
- s. National Organization for Victim Assistance: www.try-nova.org/
- t. Pennsylvania Department of Education: www.pde.state.pa.us
- u. Pennsylvania Emergency Management Agency: www.pema.state.pa.us
- v. Pennsylvania Pandemic Planning Toolkit for Schools: www.pandemicflu.state.pa.us
- w. Pennsylvania Suicide Plan: www.dpw.state.pa.us
- x. State Employee Assistance Program - Access Code: Pennsylvania: www.liveandworkwell.com
- y. Student Assistance Program: www.sap.state.pa.us
- z. Substance Abuse and Mental Health Services: www.samhsa.gov
- aa. The National Child Traumatic Stress Network: www.nctsn.org
- bb. U.S. Department of Education: www.ed.gov
- cc. U.S. Department of Health and Human Services: www.hhs.gov/mentalhealth

4. Sample Resources:

- a. Damage Inspection Chart Page 268 - 269
- b. Chart of Signs and Systems of Stress Reactions to Traumatic Incidents – Children Page 270
- c. Helpful Tips for School District/School Staff and Parents/Guardians Page 271
- d. Chart of Signs and Symptoms of Stress Reactions to Traumatic Incidents - 1 Page 272
- e. Chart of Signs and Symptoms of Stress Reactions to Traumatic Incidents – 2 Page 273

- f. Helpful Tips for School District/School Incident Command Team Members and Other School Staff Page 274
- g. Letter to Parents/Guardians Page 275
- h. Guidelines for Memorial Services Page 276 - 277
- i. List of How School Districts/Schools can Help Students Deal with Loss Page 278 - 279
- j. Checklist for School District/School Staff Meeting for First Day Back at School Page 280