Recovery – Resource Section

1. Authorities and References:
   a. Authorities
   b. References
      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

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:
   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
   l. Indoor Air Quality Tools for Schools: http://www.epa.gov/iaq/schools/
   m. International Critical Incident Stress Foundation: www.icisf.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
   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
   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.nctsnet.org
   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