

May 25, 2022



South Southwest (HHS Region 6)

**MHTTC****Mental Health Technology Transfer Center Network**

Funded by Substance Abuse and Mental Health Services Administration

## Responding to the Tragedy in Uvalde

Our hearts are breaking for our fellow Texans as we all try to respond to the unthinkable tragedy of a school shooting. We know you join us in sending our love and caring to the Uvalde community and share our commitment to supporting the children, families, educators, and community members as they grieve the unimaginable losses. There are no adequate words of comfort, just the heartfelt grief and anguish we share in community with our neighbors.

We know that students, families, and educators across the state are impacted as well, as we try to understand and grapple with our emotions. We wanted to share some initial resources from well-respected sources to assist in your response. Please reach out to our MHTTC if we can provide specific resources, technical assistance, or training to support your school community.

[Email the MHTTC](#)

### Resources for Families

#### **For Teens: Coping After Mass Violence**

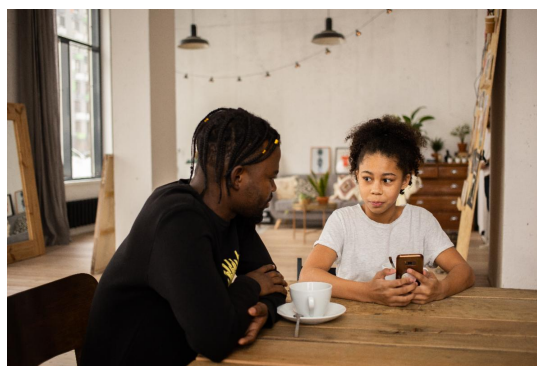
Developed by the National Child Traumatic Stress Network (NCTSN)

[English version](#) | [Spanish version](#)

#### **Parent Guidelines for Helping Youth after the Recent School Shooting**

Developed by the National Child Traumatic Stress Network (NCTSN)

[English version](#)



#### **Talking to Children about the School Shooting**

Developed by the National Child Traumatic Stress Network (NCTSN)

[English version](#)

#### **Tips for Parents on Media Coverage of a School Shooting**

Developed by the National Child Traumatic Stress Network (NCTSN)

[English version](#)

#### **Age-Related Reactions to a Traumatic Event**

Developed by the National Child Traumatic Stress Network (NCTSN)

[English version](#)

## Talking with Children about Tragedies and Other News Events

Developed by the American Academy of Pediatrics

[English version](#)

## Restoring a Sense of Safety in the Aftermath of a Shooting: Tips for Parents and Professionals

Developed by the National Child Traumatic Stress Network (NCTSN)

[English version](#)

## Resources for Educators and other Professionals

### Helping Youth after Community Trauma: Tips for Educators

Developed by the National Child Traumatic Stress Network (NCTSN)

[English version](#)

### Supporting Students and Staff in the Aftermath of Crisis and Loss

Webinar provided by the Pacific Southwest MHTTC, led by David Schonfeld, National Center for School Crisis and Bereavement (2019)

[Access the webinar](#)



### Talking to Children about Violence: Tips for Parents and Educators

Developed by the National Association of School Psychologists

[English version](#) | [Infographic](#)

### Classroom WISE

Developed by the Mental Health Technology Transfer Center and National Center for School Mental Health, this online training provides training for educators on promoting safe and supportive classrooms, as well as understanding and supporting students experiencing adversity.

[Access the resources](#)

### Planning for a School Crises During a School Crises

Webinar provided by the Pacific Southwest MHTTC, provides an overview of the third edition of PREPaRE, a curriculum that integrates school safety and crisis prevention (2020)

[Access the webinar](#)

### Trauma-Focused CBT: A Culturally Adapted Therapy to Work with Latino Families

Webinar provided by the National Hispanic and Latino MHTTC, describes cultural modifications to TF-CBT, incorporating topics of spirituality, gender, family, personalism, respect, and others. (2020)

[Access the webinar](#)

### Online Trainings for Trauma Treatment Providers

- [Trauma-Focused CBT 2.0](#) is an online, self-paced course for mental health professionals learning a treatment protocol for children suffering from PTSD or PTSD-like symptoms. It has a course fee of \$35. The Spanish version of the course is available [here](#).
- [Child Traumatic Grief](#) is a free, online course that provides training on the use of TF-CBT for childhood traumatic grief. It is intended to be completed after training in TF-CBT.
- [Cognitive Behavioral Intervention in Schools \(CBITS\)](#) is a school-based group intervention for students experience trauma symptoms. It has been used for students from 5th through 12th

grade. The free online course is available with registration.

- [Bounce Back](#) is a school-based group intervention for elementary students, adapted from the CBITS program.

## Caring for Yourself So You Can Care for Others

### Coping with Stress Following a Mass Shooting

Developed by the Center for the Study of Traumatic Stress

[English version](#)

### Managing Your Distress in the Aftermath of a Shooting

Tip sheet from the American Psychological Association

[Access the resource](#)

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