

Resources for Helping Deal with Stressful Events

From: Andy Tucker, BVSD Counseling Director <communications@bvsd.org>

Natural disasters like the widespread flooding that has occurred within our community can produce strong emotional reactions for us and our children. BVSD staff will make every effort possible to support you and your children throughout this difficult time. Please know that if your children are experiencing stress and/or are overwhelmed with the events of this past week, BVSD has well-trained staff in place to provide support during the school day.

By accessing the following links, you will find articles on how to cope with the stress that arises as a result of natural disasters, as well as ways to support your children:

- **Helping Children After a Natural Disaster: Information for Parents and Teachers:** http://www.nasponline.org/resources/crisis_safety/naturaldisaster_ho.aspx
- **Tips for Talking With and Helping Children and Youth Cope after a Disaster or Traumatic Event: A Guide for Parents, Caregivers, and Teachers** <http://store.samhsa.gov/shin/content//SMA12-4732/SMA12-4732.pdf>
- **Helping Parents Cope with a Disaster:** <http://www.bt.cdc.gov/mentalhealth/pdf/helping-parents-cope-with-disaster.pdf>
- **After a Disaster: Self-Care Tips for Dealing with Stress** <http://www.samhsa.gov/csatsdisasterrecovery/outreach/afterDisasterSelfCareTipsForDealingWithStress.pdf>

In addition, below you will find links to community organizations that can provide needed emergency or ongoing support through this difficult time:

- **Emergency Family Assistance Association:** For all emergency needs for residents of Boulder and Broomfield Counties: <http://www.efaa.org/>
- **Mental Health Partners for Boulder and Broomfield Counties-** For emotional support, especially for families in need without insurance: <http://www.mhpcolorado.org/Home.aspx> (Phone: For emergency needs: 303-447-1665; To request services: 303-413-6263)
- **Boulder Psychological Services:** For a large directory of counselors, therapists, and psychologists throughout our region: Mostly for those with insurance: <http://boulderpsychologicalservices.com/>
- **Community Food Share:** For emergency or ongoing food needs for residents of Boulder and Broomfield Counties: <http://communityfoodshare.org/>

As we recover from this unprecedented event, we encourage all families to do what is best for the adults and the children. We will support your needs and do everything we can to make your children's transition back to school as smooth as possible.

Our thoughts go out to all families, especially to those most affected by the flooding.

Andy Tucker

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