

## Mass Shootings

### *Tips and Tools:*

#### *APA:*

- **Helping Your Children Manage Distress in the Aftermath of a Shooting**  
Tips on how to talk to children after a shooting rampage.  
<http://www.apa.org/helpcenter/aftermath.aspx>
- **Managing Your Distress in the Aftermath of a Shooting**  
Tips on how to regain a sense of normalcy in daily life and how to strengthen your resilience in the time after a shooting.  
<http://www.apa.org/helpcenter/mass-shooting.aspx>
- **7 ways to talk to children and youth about the shootings in Orlando**  
<https://psychologybenefits.org/2016/06/13/7-ways-to-talk-to-children-and-youth-about-the-shootings-in-orlando/>
- **Responding to the Tragedy in Orlando: Helpful Responses for LGBTQ People and Allies**  
<https://psychologybenefits.org/2016/06/14/responding-to-the-tragedy-in-orlando-helpful-responses-for-lgbtq-people-and-allies/>
- **Managing your distress in the aftermath of a shooting**  
<http://www.apa.org/helpcenter/mass-shooting.aspx>
- **Helping your child manage distress in the aftermath of a shooting**  
<http://www.apa.org/helpcenter/aftermath.aspx>
- **How to talk with children about difficult news and tragedies**  
<http://www.apa.org/helpcenter/talking-to-children.aspx>
- **How much news coverage is okay for children?**  
<http://www.apa.org/helpcenter/news-coverage.aspx>
- **Building resilience to manage indirect exposure to terror**  
<http://www.apa.org/helpcenter/terror-exposure.aspx>

#### *Center for the Study of Traumatic Stress:*

- **Restoring a Sense of Safety in the Aftermath of a Mass Shooting: Tips for Parents and Professionals**  
Advice for parents on how to help their children in the wake of a mass shooting tragedy.  
[http://www.centerforthestudyoftraumaticstress.org/assets/media/documents/CSTS\\_restoring\\_sense\\_of\\_safety\\_aftermath\\_shooting.pdf](http://www.centerforthestudyoftraumaticstress.org/assets/media/documents/CSTS_restoring_sense_of_safety_aftermath_shooting.pdf)

#### *CNN:*

- **Five Tips for Talking with Kids about Scary News**

Advice for parents about how to explain traumatic events to children while still making them feel safe.

[http://www.cnn.com/2012/07/20/living/talking-kids-scary-news/index.html?hpt=hp\\_c2](http://www.cnn.com/2012/07/20/living/talking-kids-scary-news/index.html?hpt=hp_c2)

*EmpowHer:*

- **How Are You Coping with the Recent Mass Shootings?**

Psychologist Dr. Nerina Garcia-Arcement offers tips for coping following mass shootings

<http://www.empowher.com/mental-health/content/how-are-you-coping-recent-mass-shootings>

*National Center for PTSD:*

- **Resources for Survivors and the Public Following Sudden Trauma**

Sudden traumatic events of disaster can lead to injury, death, and psychological distress. Events in the media can also trigger reminders to past events. This page links to information to help survivors and loved ones deal with stresses that can come from sudden trauma.

[http://www.ptsd.va.gov/public/types/disasters/survivors\\_disaster.asp](http://www.ptsd.va.gov/public/types/disasters/survivors_disaster.asp)

- **Resources for Providers: Responding to Sudden Trauma**

Following disasters or terrorism, initial intervention involves reducing primary distress and offering practical assistance. The resources on this page will help first responders and mental health providers learn skills in psychological first aid and appropriate response to such events.

[http://www.ptsd.va.gov/professional/trauma/disaster-terrorism/Providers\\_Disaster.asp](http://www.ptsd.va.gov/professional/trauma/disaster-terrorism/Providers_Disaster.asp)

*National Child Traumatic Stress Network:*

- **Resources in Response to the Recent Shooting**

In response to the Aurora, CO shooting, the NCTSN has developed resources to help families and communities. Provides multiple tip sheets.

[http://www.nctsn.org/nctsn\\_assets/ebulletin/NCTSN\\_eBulletin\\_2012\\_08.html](http://www.nctsn.org/nctsn_assets/ebulletin/NCTSN_eBulletin_2012_08.html)

- In response to the Orlando nightclub hate crime and act of terrorism, the National Child Traumatic Stress Network has developed resources to help families and communities respond:

- [Talking to Children about the Shooting](#)
- [Psychological Impact of the Recent Shooting](#)
- [Tip Sheet for Youth Talking to Journalists about the Shooting](#)
- [Tips for Parents on Media Coverage](#)
- [Parent Guidelines for Helping Youth after the Recent Shooting](#)
- [After a Crisis: Helping Young Children Heal](#)
- [Parents Tips for Helping Preschool-Aged Children after Disasters](#)
- [Parents Tips for Helping School-Aged Children after Disasters](#)
- [Guiding Adults in Talking to Children about Death and Attending Services](#)

- [Restoring a Sense of Safety in the Aftermath of a Shooting: Tips for Parents and Professionals](#)
- [Helping Youth after Community Trauma: Tips for Educators](#)
- [Helping Teens with Traumatic Grief: Tips for Caregivers](#)
- [Helping Young Children with Traumatic Grief: Tips for Caregivers](#)
- [Helping School-Age Children with Traumatic Grief: Tips for Caregivers](#)
- [Sibling Death and Childhood Traumatic Grief: Information for Families](#)
- [LGBTQ Issues and Child Trauma](#)
- [LGBTQ Youth: Voices of Trauma, Lives of Promise](#) (Video)
- [Safe Spaces. Safe Places for Traumatized LGBTQ Youth](#) (Video)
- [LGBTQ Youth and Trauma: Information for Mental Health Professionals](#)

*NYU Child Study Center:*

- **Helping Your College-Bound Children and College Students Cope after the Virginia Tech Shootings: A Guide for Parents.**  
Tips for parents on helping adolescents and college students cope in the aftermath of school shootings, tips for parents with adolescents preparing for college, and indicators of difficulty with college adjustment are all included in this comprehensive guide regarding the Virginia Tech shootings.  
[http://webdoc.nyumc.org/aboutourkids/files/articles/vt\\_traumaguide\\_parents.pdf](http://webdoc.nyumc.org/aboutourkids/files/articles/vt_traumaguide_parents.pdf)

*PBS*

**Talking with Kids About News**  
<http://www.pbs.org/parents/talkingwithkids/news/>

*SAMHSA:*

**Incidents of mass violence**  
<http://www.samhsa.gov/find-help/disaster-distress-helpline/disaster-types/mass-violence>

***Research/ Professional Journal Articles:***

*PTSD Research Quarterly:*

- **Impact of Mass Shootings on Survivors, Families, and Communities**  
A literature review of mass shootings research. It focuses solely on quantitative studies examining factors at the level of the individual that appear to be related to adjustment following a mass shooting.  
Norris, F. (2007). Impact of mass shootings on survivors, families, and communities.  
*PTSD Research Quarterly*, 18(3), 1-8.  
<http://www.ptsd.va.gov/professional/newsletters/research-quarterly/V18N3.pdf>
- **Impact of Mass Shootings on Individual Adjustment**

This is an updated look at the research since the Norris (2007) review above. This review focuses solely on quantitative studies examining factors at the level of the individual that appear to be related to adjustment following a mass shooting.

Orcutt, H.K., Miron, L.R., & Seligowski, A.V. (2014). Impact of mass shooting on individuals' adjustment. *PTSD Research Quarterly*, 25(3), 1-9.

<http://www.ptsd.va.gov/professional/newsletters/research-quarterly/V25N3.pdf>

**Articles:**

*ABC News:*

- **Aurora, CO, Shooting Witnesses: Shock Value Could Add to PTSD Vulnerability**

Explains that the shooting was big enough to trigger PTSD in those who were vulnerable. Discusses the impact on those present to witness the shooting and those affected by it.

<http://abcnews.go.com/Health/aurora-colo-shooting-witnesses-vulnerable-ptsd-psychiatric-experts/story?id=16820323>

*American Red Cross:*

- **Red Cross Support Colorado Community After Tragic Shooting**

Red Cross chapter in Denver sent mental health workers to Gateway High School in Aurora, which was set up as an evacuation center for people who were in the movie theater. Red Cross also provided food and water as well as emergency responders at the evacuation center.

<http://www.redcross.org/news/article/Red-Cross-Supports-Colorado-Community-After-Tragic-Shooting>

*CBS*

- **Could you be next? Coping with fear after the Orlando shootings**

Will the shootings take an emotional toll on many who've been watching the tragedy and its fallout from afar?

<http://www.cbsnews.com/news/could-you-be-next-coping-with-fear-after-the-orlando-shootings/>

*CNN:*

- **Grief Counselors Offer Solace Amid Tragedy**

This is a positive article about disaster mental health work. Dr. Charlton is an APA member and CO DRN member. Our support and thanks to Dan, Martha and all their colleagues in Colorado who assisted survivors, families and friends in the aftermath of the theater shooting.

<http://www.cnn.com/2012/07/23/us/colorado-grief-counselors/index.html>

*Denver Post*

- **Orlando authorities could take mental health cues from Aurora tragedy**

City officials have reached out to their counterparts in Florida to offer support. Some witnesses to the 2012 theater tragedy also have sought help processing the mass shooting that took place nearly 2,000 miles away, a reminder of how such incidents span both time and distance.

<http://www.denverpost.com/2016/06/13/orlando-mental-health-aurora-tragedy/>

*Huffington Post Blog:*

- **Is Disaster Mental Health Helpful? Revisiting the Response to the Sandy Hook School Shooting**

Written by the Director of the Disaster Mental Health Institute at SUNY New Paltz about his experience as a DMH volunteer during Sandy Hook and the effectiveness of crisis counseling.

[http://www.huffingtonpost.com/james-halpern-phd/is-disaster-mental-health\\_b\\_4385103.html](http://www.huffingtonpost.com/james-halpern-phd/is-disaster-mental-health_b_4385103.html)

- **Here's Why You Feel Actual Pain Over The Orlando Shooting**

Research shows that following devastating news can take a major toll on mental health. But, in a way, you can't help but follow along. Studies suggest the mind has a natural negativity bias, which compels you to pay closer attention to tragedies than uplifting news.

[http://www.huffingtonpost.com/entry/orlando-grief-psychology\\_us\\_575eb2f3e4b0e39a28ae1555](http://www.huffingtonpost.com/entry/orlando-grief-psychology_us_575eb2f3e4b0e39a28ae1555)

*Military.com*

- **VA Deploys Mental Health Staff in Orlando After Mass Shooting**

In a statement released Monday afternoon, the VA said its services would be available to veterans and department employees, as well as the general public "in the wake of the tragic mass shooting."

<http://www.military.com/daily-news/2016/06/13/va-deploys-mental-health-staff-in-orlando-after-mass-shooting.html>

*NBC News:*

- **Do school shooting drills go too far? Experts weigh in**

More school districts around the nation are turning to active shooter drills to prepare teachers and law enforcement for the worst-case scenario – and it's giving some child psychologists pause.

<http://www.nbcnews.com/news/us-news/do-school-shooting-drills-go-too-far-experts-weigh-n30836>

*OrlandoWeekly.com*

- **UnitedHealthcare offers free mental health counseling to anyone, insured or not**

UnitedHealth Group has opened their mental-health counseling help lines to anyone (literally anyone, you do not have to be insured by UnitedHealthcare) affected by Sunday morning's events.

<http://www.orlandoweekly.com/Blogs/archives/2016/06/13/unitedhealthcare-offers-free-mental-health-counseling-to-anyone-whether-insured-or-not>

*Talkspace*

- **Coping with Grief and Anxiety in the Wake of the Orlando Shooting**

This article talks about the ways people were affected by the tragedy and offers suggestions on how to support those directly affected and how to look out for one's own mental health.

<https://www.talkspace.com/blog/2016/06/coping-with-grief-and-anxiety-in-the-wake-of-the-orlando-shooting/>

*USA Today:*

- **Group Helps a ‘New Normal’ Surface in Grief’s Wake**

Compassionate Friends, a support group for parents whose children have died, offers understanding to families victimized by the Newtown school shooting.

<http://www.usatoday.com/story/news/nation/2013/01/29/compassionate-friends-newtown-shooting-parents/1856779/>

*WISTV.com:*

- **Grieving Continues in Aurora Movie Theater Shooting**

Cites APA's Psychology Help Center mass shooting resources.

<http://www.wistv.com/story/19115959/grieving-continues-in-aurora-movie-theater-shooting>

*Yahoo! News*

- **The Orlando Shooting Could Have Long-Term Effects on LGBTQ Mental Health**

The Orlando shooting may take an invisible toll on the mental health of LGBTQ people worldwide. What happened at Pulse was a clear act of hate-based violence, occurring in a historically safe space.

<https://www.yahoo.com/news/orlando-shooting-could-long-term-200117897.html>