

Information provided
to assist in preparing,
responding, and building
resiliency in the event of a
disaster or terrorist event.

advance notice

Winter 2015

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UPCOMING EVENTS

CONFERENCE

*Trauma Stress:
New Mechanisms
and Effective
Treatment*

March 9 & 10, 2016
St. Louis, Missouri

COMMUNITY VIOLENCE AND GRIEF

Witnessing community violence and death can be traumatic experiences that cause negative mental health outcomes. The Substance Abuse and Mental Health Services Administration (SAMHSA) has put together a fact sheet which provides information about grief reactions, individual and community coping strategies, and resources for additional assistance. It's titled: *Tips for Survivors:*



Coping with Grief after Community Violence and can be found at <http://store.samhsa.gov/product/Coping-With-Grief-After-Community-Violence/SMA14-4888>

COMPLEX TRAUMA: FACTS FOR EDUCATORS

Learning and behavioral difficulties may pose significant challenges for teachers and interfere with student achievement. When trauma is not addressed, children with histories of complex trauma have difficulty experiencing success in school.

http://www.nctsn.org/sites/default/files/assets/pdfs/complex_trauma_facts_educators_final.pdf

TOOLKIT FOR EDUCATORS

The Child Trauma Toolkit includes multiple resources designed for school administrators, teachers, staff, and concerned parents and conveys basic information about working with traumatized children in the school system, at all grade levels.

http://www.nctsn.org/sites/default/files/assets/pdfs/Child_Trauma_Toolkit_Final.pdf

AN EVENT NOT TO BE MISSED

The Missouri Institute of Mental Health's first ever conference on *Traumatic Stress: New Mechanisms and Effective Treatment*, is coming to St. Louis on March 9 & 10, 2016. The conference website for this event is continuously updated with information from the list of internationally recognized trauma researchers. On the website, click a speaker's photo to learn more. For more information and to register for the program, go to the website. Seating is limited, so sign up now! Exhibitor and sponsor opportunities are also available! <http://traumaticstressconference.com/>

HOLIDAY STRESS

During the holiday season, many of us look forward to spending time with family and friends and to sharing in the joys of the season. However, for people who have had a traumatic event, the holiday season may bring up negative feelings. Thinking about loved ones who have died is painful—particularly for those who have lost someone recently. Even for people who have not been exposed to trauma, the holidays can be a stressful time. Besides the stressors of buying gifts, travel expenses and hassles, and family interactions, winter’s short days and lack of sunlight can trigger bouts of depression and seasonal affective disorder (SAD). To help people cope with grief, stress, and depression during the holiday season, the National Child Traumatic Stress Network (NCTSN) offers the following resources for educators, families, and mental health professionals.



<http://nctsn.org/resources/public-awareness/holiday-stress>

DISASTER SERVICES — NEW PHASES ■ NEW FACES

At the end of April, after 11 busy years in the Office of Disaster Services, our illustrious leader, Jenny Wiley, retired from state employment. Anyone who knew Jenny Wiley was aware of her passion for the field of emergency planning and supporting the behavioral health needs of survivors, but she was very happily looking forward to the next “chapter of life” that will allow more time with kids and grandkids, traveling



Jenny Wiley with Spooky and Yogi.



Beckie Gierer

with her husband, Bill, and more time for volunteer work with her therapy dog Yogi. After serving as assistant coordinator since October 2010, Joan Keenan was officially appointed into the coordinator position August 1st. Although a very busy fall somewhat delayed recruitment activity, Beckie Gierer will assume the role of assistant coordinator for the Office of Disaster Services beginning January 1, 2016. She is new to the world of disaster response and emergency planning but Beckie is quite familiar with DMH, its facilities and programs as she has worked in the department’s Investigations Unit for 10 years. Please join us in congratulating Joan on her new role and in welcoming Beckie to our Disaster Services team!

CHECK THIS OUT

Disaster Distress Helpline

A national hotline dedicated to providing year-round immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This hotline is toll-free, multilingual, and confidential.

*Call 1-800-985-5990 or text **TalkWithUs** to 66746 to connect with a trained crisis counselor.*



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Wishing You a Joyous Holiday Season and A Very Happy and Peaceful New Year!