

Midland/Odessa Mass Casualty Incident Resource Packet

August 31, 2019

The tragic incident of mass violence in the Midland/Odessa area will impact the whole community. It is common for those involved to experience emotional distress. Feelings such as increased anxiety or depression-like symptoms are common. At risk of emotional distress are survivors, family members, friends, first responders, recovery workers, and community members.

Crisis Hotline at Permian Basin Community Centers in Odessa, TX: 1-844-420-3964

Permian Basin Community Centers serves Brewster, Culberson, Ector, Hudspeth, Jeff Davis, Midland, Pecos, and Presidio counties.

Disaster Distress Helpline – 1-800-985-5990

- Deaf/Hard of Hearing – Text *TalkWithUs* to 66746 or TTY 1-800-846-8517
- Spanish Speakers – Call 1-800-985-5990 and press “2” or text “*Hablanos*” to 66746

National Suicide Prevention Lifeline – 1-800-273-TALK (6288) in Spanish 1-888-628-9454

Resources for Adults	Resources for Children
<u>Coping with Grief after Community Violence</u>	<u>Talking to Children about the Shooting</u>
<u>The Psychological Impact of the Recent Shooting</u>	<u>Helping School-Age Children with Traumatic Grief: Tips for Caregivers (Spanish)</u>
<u>Tips for Parents on Media Coverage</u>	<u>After a Crisis: Helping Young Children Heal</u>
<u>Helping Youth After a Community Trauma: Tips for Educators</u>	<u>Guiding Adults in Talking with Children about Death and Attending Services</u>
<u>Tips for Survivors: Coping with Grief after a Disaster or Traumatic Event</u>	<u>Age Related Reactions After a Traumatic Event</u>
<u>Louisiana State University Terrorism and Disaster Center for Child and Family Resilience</u>	<u>Brochure: The National Child Traumatic Stress Initiative</u>
<u>After the Injury: Helping Parents Help Their Kids Recover</u>	<u>Help Kids Cope App</u>
<u>Coping with Stress Following a Mass Shooting</u>	<u>Helping Your Child Heal from Trauma</u>
<u>College Students: Coping After the Recent Shooting</u>	<u>Helping Teens with Traumatic Grief: Information for Caregivers</u>
<u>Taking Care of your Emotional Health After a Disaster</u>	<u>After A Crisis: Helping Young Children Heal</u>
	<u>Parent Guidelines for Helping Youth after the Recent Shooting</u>
Resources for Care Providers and Administrators	First Responder Resources
<u>Psychological First Aid</u>	<u>Preventing and Managing Stress</u> : Tips for Disaster Responders

<p><u>Office for Victims of Crime (OVC Mass Violence and Terrorism Toolkit)</u></p> <p><u>OVC Victim Assistance Training</u></p> <p><u>Top 10 Considerations for Mental Health Professionals Working in Schools After a Disaster</u></p> <p><u>Grief Leadership: Leadership in the Wake of Tragedy</u></p> <p><u>Health Care Toolbox</u></p> <p><u>Leadership Communication: Anticipating and Responding to Stressful Events</u></p> <p><u>Maintaining the Well-being of Healthcare Providers</u></p>	<p><u>Psychological First Aid for First Responders</u></p> <p>24-hour Emergency Hotline 410-313-2473</p> <p>COPLINE 1-800-267-5463</p> <p>Fire/EMS Helpline 1-888-731-3473</p> <p>Veteran’s Crisis Line 1-800-273-8255</p>
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Tips for Using these Resources:

- Many links provide handouts in both English and Spanish
- Use the links to create resource packets with handouts
- Print handouts to have available for community members at response locations. For example, Family Reunification Center, Family Assistance Center, First Responder Resiliency Center, schools, clinics and/or Family Resiliency Center

Contact HHSC Disaster Behavioral Health staff for additional non-emergency materials and resources at dbhs@hsc.state.tx.us or 512-206-5555.