



STATE OF CONNECTICUT  
DEPARTMENT OF EDUCATION



Resources Addressing Trauma, Violence, and Grief  
in the Aftermath of Tragic Events

Resources for Parents and Educators

- [\*The National Child Traumatic Stress Network \(NCTSN\)\*](#) provides resources for a variety of audiences and has the option to sort by trauma type and language.
  - [Talking to Teens When Violence Happens](#) offers adults developmentally appropriate guidance for discussing frightening or violent events with teenagers.
  - [Talking to Children When Scary Things Happen](#) provides adults with developmentally appropriate guidance for talking with children about scary or violent events.
  - [Talking to Children about the Shooting](#) offers helpful information for educators and parents on discussing the tragedy with children.
  - [Tips for Parents on Media Coverage](#) provides parents with guidance on helping children understand and cope with what they see and hear in the news regarding the shooting.
  - [Trauma Toolkit for Educators](#) includes information about responding to a school crisis, school safety, the effects of trauma, disaster response, and service interventions; a list of web resources is also available.
- [\*The National Center for Trauma-Informed Care\*](#) is operated by the federal Substance Abuse and Mental Health Services Administration (SAMHSA). The website provides information on trauma-informed care, links to models that could be adapted for implementation by schools, and information on training and technical assistance support.
- [\*The American Academy of Pediatrics\*](#) has curated a collection of resources to help parents and caregivers navigate the influence that the media and world events has on children.
  - [How to Talk with Kids About Tragedies & Other Traumatic News Events](#) includes guidance on how to speak to children of different ages, children with developmental delays or disabilities, and children with an autism spectrum disorder as well as signs that a child may not be coping well.
- [\*Mental Health America's "Helping Children Cope with Tragedy Related Anxiety"\*](#) provides helpful suggestions on how to discuss anxiety caused by a traumatic event based on the child's maturity.

Training Resources and Classroom Tools for Educators

- [\*The National Child Traumatic Stress Network\*](#) developed tools and materials to help educators understand and respond to trauma and its impact on schools, including:
  - [The Child Trauma Toolkit for Educators](#)
  - [Preparing our Children for Emergencies: Terrorism, Disaster, and Children](#)
  - [Sudden Death on a School Campus: Impact and Response](#)

- Education World compiled a list of information, [Helping Children Cope: Teacher Resources for Talking About Tragedy](#), focused on the important role of teachers in helping students cope with and understand unspeakable tragedies. This online resource provides links to materials on how to help students cope with loss and how to discuss violence and terrorism, among other topics.
- [Readiness and Emergency Management for Schools \(REMS\) Technical Assistance \(TA\) Center](#) created a list of helpful resources for before, during, and after an emergency situation.

#### Trauma-specific Interventions

Several online resources profile evidence-based and promising practices for trauma intervention that can be adapted and used by schools, including:

- [RAND Corporation's "How Schools Can Help Students Recover from Traumatic Experiences Toolkit"](#) provides a menu of programs that schools can implement to help children recover from trauma, categorized by type of trauma. Recommendations for securing program funding are also provided.
- [Support for Students Exposed to Trauma](#) provides trauma-specific interventions designed for implementation by teachers and school counselors. The program manual, including lesson plans, is available for download.

#### National Suicide Prevention

- [988 Suicide and Crisis Lifeline](#) is the national resource for youth and adults who are in crisis to call or text in order to speak to a trained professional.

#### Connecticut Specific Resources

- [CT Connecting to Care](#) provides community-based supports and services for families in multiple languages in six regions in Connecticut.
- [Mobile Crisis Intervention Services](#) provides trained counselors who can offer support and assessment to adults and youth in crisis.
- [Urgent Crisis Centers](#) are clinics across Connecticut for families of children who are experiencing a behavioral health crisis but do not require emergency department level care.
- [Position Statement and Policy Guidance: Personal Technology Use in Connecticut Schools](#) Adopted by the State Board of Education in 2024, this guidance contains recommendations for the entire school community - including families and students - as well as resources and research to guide responsible use of social media.