

# RESOURCES TO HELP FAMILIES OF YOUNG CHILDREN COPE DURING DISASTERS, AND TRAUMATIC EVENTS

*First 5 Sonoma provides this list as a reference tool and does not endorse or claim to have personal knowledge of the abilities of those listed. We offer this list as resource for the public.*

## Helplines/Crisis Numbers TALK TO A LIVE PERSON 24/7:

- Sonoma County Behavioral Health 24-hour Emergency Mental Health Hotline - **(800) 746-8181**.
- Disaster Distress Helpline open 24/7, 365-days-a-year for counseling and support to people experiencing emotional distress related to natural disasters. Call **1-800-985-5990 toll-free, or text TalkWithUs to 66746 for multi-lingual, confidential crisis support.** <https://www.samhsa.gov/find-help/disaster-distress-helpline/disaster-types/wildfires>

## Resources specific to fires and natural disasters:

- Coping after a natural disaster - how to help babies and toddlers cope  
<https://www.zerotothree.org/resources/1096-coping-after-a-natural-disaster>
- Parent Guidelines for Helping Children Impacted by Wildfires  
[http://www.nctsn.org/sites/default/files/assets/pdfs/parents\\_wildfires.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/parents_wildfires.pdf)
- Helping Children Cope with Tragedy Related Anxiety - Quick Tips for Parents  
<http://www.mentalhealthamerica.net/children-cope-with-tragedy>
- Wildfires: Tips for Parents on Media Coverage  
[http://www.nctsn.org/sites/default/files/assets/pdfs/Wildfires\\_media.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/Wildfires_media.pdf)
- Recovering Emotionally After a Residential Fire  
<http://www.apa.org/helpcenter/residential-fire.aspx>
- Recovery after a fire: children's reactions and what parents can do to help their children  
<http://www.nctsn.org/trauma-types/natural-disasters/fires/residential-fires#tabset-tab-5>
- How Families Can Cope with Relocation Stress After a Disaster

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/How-Families-Can-Cope-with-Relocation-Stress-After-a-Disaster.aspx>

### Resources for Grief/Loss

- Extreme Self Care Grief and Sudden Loss from St. Joseph Health Hospice Services  
<http://www.sonomacountyhospice.org/extreme-self-care-grief--sudden-loss.html>

### Helping Children cope after a death that occurs under traumatic circumstances

- Helping Young Children with Traumatic Grief: Tips for Caregivers  
[http://www.nctsn.org/sites/default/files/assets/pdfs/helping\\_children\\_with\\_traumatic\\_grief.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/helping_children_with_traumatic_grief.pdf)

### Local Counseling and Support

- Child Parent Institute - Support For Children From Birth Through Age 5 and Their Caregivers  
Assessment, treatment, consultation, training, and parenting support is available through both children's counseling and parent education departments. *To schedule an appointment or learn more about services, please call (707) 284-1500.*  
<http://calparents.org/>
- Jewish Families and Children's Services - provides counseling, and long-term recovery support. Staff of case managers and clinicians have been trained in emergency response and are ready to deliver services quickly and efficiently. *Contact JFCS for help at 707-303-1500 or email [sonoma@jfcs.org](mailto:sonoma@jfcs.org).*  
1360 N. Dutton Avenue, Suite C, Santa Rosa
- Counseling Resources from the CA Association of Marriage and Family Therapists: 3-5 FREE sessions of counseling for anyone affected by the fires.  
<http://recamft.org/local-resources>
- National Alliance on Mental Illness: For non-emergency resources, or to talk to someone about mental health issues (your own or someone you care about), please call the Warmline at **866-960-6264**; the Warmline is available Monday to Friday 9-5 PM excluding holidays. Mental Health resources also available on their website.  
<https://namisonomacounty.org/crisis-info/>

- Petaluma People Services Center : individual and group counseling, children's expressive arts group, skills for Psychological Recovery, a skills-training intervention designed to accelerate recovery and increase self-efficacy. Survivors gain skills to reduce ongoing distress and effectively cope with post-disaster stresses and adversities. Fee service/sliding scale, reimbursement by their insurance, MediCal or Beacon.  
<http://petalumapeople.org/counseling/>
- Sonoma County Behavioral Health - mental health programs promote the recovery and wellness of individuals through specialty mental health services, advocacy, and education. Services are provided in partnerships with clients, families, other agencies, and community providers.  
[HTTP://WWW.SONOMA-COUNTY.ORG/HEALTH/ABOUT/BEHAVIORALHEALTH\\_MH.ASP](HTTP://WWW.SONOMA-COUNTY.ORG/HEALTH/ABOUT/BEHAVIORALHEALTH_MH.ASP)
- SOS Community Counseling Clinic  
Currently offering free counseling in Santa Rosa to those who have been affected by the fires. Call the main office to make an appointment 707-284-3444  
<http://sosounseling.org/>

## Activities

- Simple Activities for Children during Evacuations  
[http://nctsn.org/sites/default/files/assets/pdfs/activities\\_for\\_children\\_and\\_adolescents.pdf](http://nctsn.org/sites/default/files/assets/pdfs/activities_for_children_and_adolescents.pdf)
- Activities from Sesame Street on helping children to cope during stressful and traumatic events  
<https://sesamestreetincommunities.org/topics/traumatic-experiences/>
- "Here for Each Other: Helping Families After a Fire" - Activity book from Sesame Street  
[https://www.sesamestreet.org/sites/default/files/media\\_folders/Images/SupportAfterEmergency\\_Printable\\_Fire\\_FamilyGuide.pdf](https://www.sesamestreet.org/sites/default/files/media_folders/Images/SupportAfterEmergency_Printable_Fire_FamilyGuide.pdf)
- Once I was very, very scared: A book to help children and grown-ups (parents, teachers, and other important adults) understand how stress can affect children and ways to help them.  
<http://piploproductions.com/stories/once/>
- My fire story: A guided activity workbook for children, families and teachers  
[http://www.childrenspsychologicalhealthcenter.org/wp-content/uploads/2014/11/9\\_My%20Fire%20Story.pdf](http://www.childrenspsychologicalhealthcenter.org/wp-content/uploads/2014/11/9_My%20Fire%20Story.pdf)

## Resources for Childcare/ Preschool and Early Childhood Education

- Sonoma County Community Child Care Council (4C's) Help with finding and paying for childcare.  
*Call the Resource and Referral staff at (707) 544-3077*
- Shelter from the Storm: A Guide for Early Care and Education Providers, a resource to help plan for the emotional response to potential disasters, and guidance for supporting young children and their families following a community-wide disaster  
<https://www.zerotothree.org/resources/series/shelter-from-the-storm>