

SAMHSA Disaster Technical Assistance Center (DTAC) Typhoon Mawar Resources

The Substance Abuse and Mental Health Services Administration (SAMHSA) supports preparedness efforts by states, U.S. territories, tribes, and local entities to deliver an effective mental health and substance use-related (behavioral health) response to disasters. SAMHSA helps states and communities with disaster behavioral health preparedness and response issues directly, as well as through the SAMHSA Technology Transfer Centers (TTCs) and the SAMHSA Disaster Technical Assistance Center (DTAC).

The purpose of the SAMHSA-funded TTCs is to develop and strengthen the specialized behavioral healthcare and primary healthcare workforce that provides prevention, treatment, and recovery support services for substance use disorders and mental illness. The TTC program includes three networks: the Addiction Technology Transfer Center Network (ATTC), the Mental Health Technology Transfer Center Network (MHTTC), and the Prevention Technology Transfer Center Network (PTTC). For more information about the SAMHSA TTCs, please visit <https://www.samhsa.gov/technology-transfer-centers-ttc-program>.

SAMHSA DTAC provides materials, training, and technical assistance to the entire United States, its territories, and federally recognized tribes for all-hazards disaster behavioral health preparedness, response, and recovery. For more information about our services, please visit our website at <https://www.samhsa.gov/dtac>. You can also contact SAMHSA DTAC by emailing dtac@iqsolutions.com or calling the toll-free hotline at 1-800-308-3515.

The following list of materials includes those focused on general behavioral health needs after a typhoon, as well as separate sections listing materials for or focused on children and families, older adults, people with disabilities, and disaster responders.

General Disaster Response and Recovery Information

- ***Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress***— This SAMHSA tip sheet gives stress prevention and management tips for dealing with the effects of a disaster or trauma. It identifies common reactions to disasters and other traumatic events, lists tips to manage and lower stress, and highlights signs of the need for professional support.
<https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-Managing-Stress/SMA13-4776>
This tip sheet is also available in Spanish at <https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-Managing-Stress-Spanish-Version-/SMA13-4776SPANISH>. A similar tip sheet is available in Punjabi at <https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Traumatic-Event-Managing-Your-Stress-Punjabi-Version-/NMH05-0209PUNJABI>
- **Coping with a Disaster or Traumatic Event**— At this web page, CDC emphasizes the importance of effective coping after a disaster and getting professional help if needed for reactions that are difficult and intense. Links are provided to additional information about managing your emotional health as a survivor and about supporting your children in coping.
<https://emergency.cdc.gov/coping/index.asp>
This information is available in Spanish at <https://emergency.cdc.gov/es/coping/index.asp>.

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- **Be Red Cross Ready: Taking Care of Your Emotional Health after a Disaster**— This fact sheet from the American Red Cross lists common reactions to a disaster, identifies ways for survivors to cope effectively, and highlights signs of the need for additional mental health support.
https://www.redcross.org/content/dam/redcross/atg/PDFs/Be_Red_Cross_Ready/Emotional_Health.pdf

The American Red Cross also offers a web page with the information in the tip sheet:

<https://www.redcross.org/get-help/disaster-relief-and-recovery-services/recovering-emotionally.html>. The fact sheet is available in a large-print edition at

https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Large_Print.pdf, as well as in several languages other than English:

— Arabic:

https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Arabic.pdf

— Chinese:

https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Chinese.pdf

— French:

https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_French.pdf

— Haitian Creole:

https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Haitian-Creole.pdf

— Korean:

https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Korean.pdf

— Spanish:

https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Spanish.pdf

— Tagalog:

https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Tagalog.pdf

— Vietnamese:

https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Vietnamese.pdf

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Hurricane-specific Information

- **Disaster-specific Resources: Hurricanes**—This part of the SAMHSA Disaster Behavioral Health Information Series resource collection focuses on hurricane preparedness and response. The collection includes resources for researchers, public health professionals, mental health professionals, employers, people with lived experience of trauma, and the general public.
https://www.samhsa.gov/resource-search/dbhis?rc%5B0%5D=type_of_disaster%3A20548
- **Hurricanes and COVID-19**—While this web page from the Centers for Disease Control and Prevention (CDC) focuses on preparedness, it also includes information about safety after a hurricane during COVID-19. The page provides tips and links to information about steps to take to prevent or limit the spread of COVID-19, measures to stay safe, coping with feelings, and managing preexisting mental illness during and after disaster.
<https://www.cdc.gov/disasters/hurricanes/covid-19/prepare-for-hurricane.html>

This information is available in Spanish at

<https://www.cdc.gov/es/disasters/hurricanes/covid-19/prepare-for-hurricane.html>

- **Hurricane Safety**—The American Red Cross provides tips on how to properly prepare for and respond to hurricanes in order to remain healthy and safe. Suggestions are provided for self-care after a hurricane, returning home, and safe home cleanup and repair.
<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/hurricane.html>

Resources for Children, Families, and Schools

- **Children and Adolescents**—Several sections of the SAMHSA Disaster Behavioral Health Information Series (DBHIS) resource collection focus on the common responses and needs children and adolescents may have during and after disasters. These sections include resources that highlight the unique needs of children and adolescents in and after disasters, as well as how adults who work with children, and parents and other caregivers, can offer support to children and adolescents in coping. Following are SAMHSA DBHIS sections related to children and adolescents:
 - Resources intended for children: <https://www.samhsa.gov/resource-search/dbhis?rc%5B0%5D=audience%3A20195>
 - Resources for adolescents: <https://www.samhsa.gov/resource-search/dbhis?rc%5B0%5D=audience%3A20192>
 - Resources about children and disaster: <https://www.samhsa.gov/resource-search/dbhis?rc%5B0%5D=populations%3A20575>
 - Resources about adolescents and disaster: <https://www.samhsa.gov/resource-search/dbhis?rc%5B0%5D=populations%3A20151>
- **After the Hurricane: Helping Young Children Heal**—This tip sheet from the National Child Traumatic Stress Network (NCTSN) explains how young children may experience a hurricane and discusses ways that they may react. It offers tips to parents and other caregivers to help them support their children in making sense of their experience of the hurricane, reestablishing a sense of safety, and reconnecting with family traditions and rituals.
<https://www.nctsn.org/resources/after-hurricane-helping-young-children-heal>

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- **Hurricane Resources**—At this part of its website, the NCTSN describes hurricanes and how they often affect children and families. Information and resources are also provided to help children and teens through response and recovery after hurricanes.
<https://www.nctsn.org/what-is-child-trauma/trauma-types/disasters/hurricane-resources>
- ***Once I Was Very Very Scared***—This book for young children introduces several animal characters (e.g., squirrel, turtle, dog) who have gone through traumatic experiences, including disaster trauma, and are experiencing different reactions. It can be used by parents and other important adults in the lives of children to talk about difficult and traumatic experiences and support children in coping. The book is available in several languages other than English. <https://piploproductions.com/stories/once>
- ***Parent Guidelines for Helping Children after a Hurricane***—In this tip sheet, the NCTSN explains how hurricanes may affect families and children in particular and identifies ways that parents and other caregivers can help their children to cope after a hurricane. Also provided are tips for self-care for parents and other caregivers.
<https://www.nctsn.org/resources/parent-guidelines-helping-children-after-hurricane>
The tip sheet is available in Spanish at <https://www.nctsn.org/resources/guia-para-los-padres-para-ayudar-los-ninos-despues-de-un-huracan>.
- **PFA: Parent Tips for Helping Adolescents after Disasters**—Part of the *Psychological First Aid (PFA) Field Operations Guide*, this handout lists reactions adolescents may have to disasters, suggests ways for parents to respond, and offers examples of things parents can do and say to support adolescent disaster survivors.
<https://www.nctsn.org/resources/pfa-parent-tips-helping-adolescents>
The handout is also available in five languages other than English:
 - Japanese: <https://www.nctsn.org/resources/pfa-parent-tips-helping-adolescents-japanese>
 - Mandarin Chinese: <https://www.nctsn.org/resources/pfa-parent-tips-helping-adolescents-mandarin>
 - Spanish: <https://www.nctsn.org/resources/pfa-consejos-para-padres-como-ayudar-adolescentes>
 - Russian: <https://www.nctsn.org/resources/pfa-parent-tips-helping-adolescents-ru>
 - Ukrainian: <https://www.nctsn.org/resources/pfa-parent-tips-helping-adolescents-uk>
- **PFA: Parent Tips for Helping Infants and Toddlers after Disasters**—This handout lists ways that infants and toddlers may react to disasters, how parents should interpret these reactions, and steps parents can take to help infants and toddlers in coping. The handout is part of the *PFA Field Operations Guide*, which describes PFA, an approach responders can use to provide support and assistance to disaster survivors.
<https://www.nctsn.org/resources/pfa-parent-tips-helping-infants-and-toddlers-after-disasters>
The handout is also available in five languages other than English:
 - Japanese: <https://www.nctsn.org/resources/pfa-parent-tips-helping-infants-and-toddlers-after-disasters-japanese>

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- Mandarin Chinese: <https://www.nctsn.org/resources/pfa-parent-tips-helping-infants-and-toddlers-after-disasters-mandarin>
 - Spanish: <https://www.nctsn.org/resources/pfa-consejos-para-padres-como-ayudar-bebes-y-ninos-pequenos>
 - Russian: <https://www.nctsn.org/resources/pfa-parent-tips-helping-infants-and-toddlers-after-disasters-ru>
 - Ukrainian: <https://www.nctsn.org/resources/pfa-tips-for-parents-supporting-infants-and-toddlers-after-disasters-uk>
- **PFA: Parent Tips for Helping Preschool-age Children After Disasters**—Part of the *PFA Field Operations Guide*, this handout lists reactions preschool-age children may have to disasters, including behaviors that are common reactions among children in this age range. The handout presents ways for parents to respond and things they can do and say.
<https://www.nctsn.org/resources/pfa-parent-tips-helping-preschool-age-children-after-disasters>
The handout is also available in five languages other than English:
 - Japanese: <https://www.nctsn.org/resources/pfa-parent-tips-helping-preschool-age-children-after-disasters-japanese>
 - Mandarin Chinese: <https://www.nctsn.org/resources/pfa-parent-tips-helping-preschool-age-children-after-disasters-mandarin>
 - Spanish: <https://www.nctsn.org/resources/pfa-consejos-para-padres-como-ayudar-ninos-de-edad-preescolar>
 - Russian: <https://www.nctsn.org/resources/pfa-parent-tips-helping-preschool-age-children-after-disasters-ru>
 - Ukrainian: <https://www.nctsn.org/resources/pfa-parent-tips-for-helping-preschool-age-children-after-disasters-uk>
 - **PFA: Parent Tips for Helping School-Age Children after Disasters**—This handout lists reactions children may have to disasters, ways parents can respond helpfully to these reactions, and examples of things parents can do and say to support their school-age children after a disaster. The handout is part of the *PFA Field Operations Guide*.
<https://www.nctsn.org/resources/pfa-parent-tips-helping-school-age-children-after-disasters>
The handout is also available in three languages other than English:
 - Japanese: <https://www.nctsn.org/resources/pfa-parent-tips-helping-school-age-children-after-disasters-japanese>
 - Mandarin Chinese: <https://www.nctsn.org/resources/pfa-parent-tips-helping-school-age-children-after-disasters-mandarin>
 - Spanish: <https://www.nctsn.org/resources/pfa-consejos-para-padres-como-ayudar-ninos-de-edad-escolar>

Resources Focused on Older Adults

- **Helping Older Adults After Disasters: A Guide to Providing Support**—Designed for anyone supporting older adults after a disaster, this SAMHSA guide highlights reactions to disasters that are common among survivors of all ages, as well as unique challenges older adults may face after disasters and how responders can help. The guide identifies resources available to help in connecting older adults with services and supports.
<https://store.samhsa.gov/product/helping-older-adults-after-disasters-a-guide-to-providing->

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[support/PEP19-01-01-001](https://www.samhsa.gov/support/PEP19-01-01-001)

- **Older Adults**—These parts of the SAMHSA DBHIS resource collection feature materials about how disasters may affect older adults differently from people of other ages, as well as about ways that family members, mental health and substance misuse professionals, and other healthcare practitioners can help older adults in coping after a disaster. Following are SAMHSA DBHIS sections related to older adults:
 - Resources for older adults: <https://www.samhsa.gov/resource-search/dbhis?rc%5B0%5D=audience%3A20218>
 - Resources about older adults and disasters: <https://www.samhsa.gov/resource-search/dbhis?rc%5B0%5D=populations%3A20172>
- **Eldercare Locator**—This service of the Administration on Aging, part of the U.S. Administration for Community Living, features an online database users can search by ZIP code and city and state to find local services for older adults, which may be particularly useful following a disaster. The service can also be reached by toll-free phone at 1–800–677–1116. The Eldercare Locator website includes links to consumer publications and websites of organizations that serve older adults.
<https://eldercare.acl.gov>
- **Helping Families Deal with the Stress of Relocation After a Disaster**—In this handout, the Centers for Disease Control and Prevention provides a wealth of information about stress, why relocation after a disaster may be stressful, common signs of stress, and ways that parents and other caregivers can support children and adolescents in coping. Tips are also provided for helping older adults with coping, as are links to related resources.
https://www.atsdr.cdc.gov/emes/health_professionals/documents/relocationstress_508.pdf
- **Helping Seniors Recover and Stay Well after a Disaster or Emergency: Tips for Families and Caregivers**—Provided by the Alberta (Canada) Government and Alberta Health Services, this online article highlights the diversity of the older adult population and notes that this diversity is reflected in the range of reactions older adults may have to disasters. The article identifies key considerations, older adults who may need additional assistance after a disaster (e.g., older adults who are in poor physical health), and ways to support older adults who have survived a disaster.
<https://myhealth.alberta.ca/Alberta/Pages/helping-seniors-recover-after-disaster-emergency.aspx>

Resources Focused on People with Disabilities

- **People With Disabilities and Other Functional and Access Needs**—This part of the SAMHSA Disaster Behavioral Health Information Series resource collection covers various aspects of preparedness, response, and recovery for people with disabilities and other functional and access needs. Items in the collection include articles, guides, and organizations.
<https://www.samhsa.gov/resource-search/dbhis?rc%5B0%5D=populations%3A20181>
- **HHS/ASPR: Access and Functional Needs**—Produced by the Administration for Strategic Preparedness and Response (ASPR), part of the U.S. Department of Health and Human

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Services (HHS), this course explains the importance of including individuals with access and functional needs in disaster preparedness, response, and recovery. The course describes a framework that can be used to address the needs of individuals with access and functional needs in and after disasters, as well as identifying resources available to help in this work. Although this course is available free of charge, users need to create an account at the website <https://train.org> to access and complete the course.
<https://www.train.org/maryland/course/1083869>

- ***Tips for First Responders, 5th Edition***—This guide from the Center for Development and Disability at the University of New Mexico offers tips responders can use during emergencies and routine encounters to support and communicate with people with disabilities and other access and functional needs. Sections of the guide focus on older adults and on people with service animals, mobility impairments, autism, multiple chemical sensitivities, cognitive disabilities, and hearing or visual impairments. https://unmhealth.org/services/development-disabilities/programs/_media/fifth-edition-tips-sheet.pdf
The guide is available in Spanish at https://unmhealth.org/services/development-disabilities/programs/_media/spanish-first-edition.pdf.
- ***Tips for Providing Services for Individuals Living with Functional and Access Needs***—In this brochure, the Alabama Disability and Health Program provides tips for people serving disaster survivors with disabilities and other access and functional needs. Sections focus on assisting people with physical disabilities, people who are deaf or hard of hearing, people who have speech disabilities, people who are blind or who have low vision, and other populations. <http://www.adph.org/disability/assets/TipsForProvidingService.pdf>

Resources for Disaster Responders

- ***Tips for Disaster Responders: Understanding Compassion Fatigue***—This SAMHSA tip sheet defines and describes compassion fatigue, burnout, and secondary traumatic stress. It lists signs of compassion fatigue, offers tips for preventing and coping with compassion fatigue, and notes that responders may also experience positive effects from their work. <https://store.samhsa.gov/product/Understanding-Compassion-Fatigue/sma14-4869>
This tip sheet is available in Spanish at <https://store.samhsa.gov/product/Tips-for-Disaster-Responders-Understanding-Compassion-Fatigue-Spanish-Version-/SMA14-4869SPANISH>.
- **Understanding Compassion Fatigue and Compassion Satisfaction: Tips for Disaster Responders**—This SAMHSA webcast for disaster behavioral health professionals explores compassion fatigue and compassion satisfaction and highlights ways for people working in disaster behavioral health to reap maximum satisfaction from their work. It also highlights ways for professionals to cope effectively with stressors in the field. https://www.youtube.com/watch?v=aSJ0Lk8MsIQ&list=PLBXgZMI_zqfRcTt9ndxkbieQ-pQslk-R6.
- ***Psychological First Aid Field Operations Guide, 2nd Edition***—Developed by the National Center for Posttraumatic Stress Disorder (PTSD) and the National Child Traumatic Stress Network (NCTSN), Psychological First Aid (PFA) is an evidence-informed approach that disaster response workers can use to assist people in the immediate aftermath of disaster.

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https://www.ptsd.va.gov/professional/treat/type/psych_firstaid_manual.asp and <https://www.nctsn.org/resources/psychological-first-aid-pfa-field-operations-guide-2nd-edition>

The NCTSN provides a Spanish version of the guide at <https://www.nctsn.org/resources/primeros-auxilios-psicologicos-guia-de-operaciones-practicas-2da-edicion>

- **PFA Mobile™**—Compatible with iPhone, iPad, iPod Touch, and Android devices, this free mobile app from the NCTSN is designed to help responders with providing Psychological First Aid in disaster-affected communities. The app identifies the eight core Psychological First Aid actions, helps responders use interventions appropriate for specific survivor reactions, and expedites assessment and referral of survivors. <https://www.nctsn.org/resources/pfa-mobile>
- **Emergency Responders: Tips for Taking Care of Yourself**—This online article from the Centers for Disease Control and Prevention (CDC) emphasizes the importance of responder self-care and presents steps responders can take before, during, and after deployment to manage stress and avoid burnout and secondary traumatic stress. Suggestions are provided for working with other responders on stress management and maintaining habits to support health and optimal functioning. <https://emergency.cdc.gov/coping/responders.asp>

Additional Resources for Acute Needs

- **SAMHSA Disaster Distress Helpline**—The SAMHSA Disaster Distress Helpline (DDH) provides free, confidential crisis counseling and support to people in distress due to natural and human-caused disasters. The DDH is available 24/7, on all days of the year, via talk or text to 1-800-985-5990. The line also offers support in Spanish (people who call or text should press 2 for this option) and several additional languages other than English. People who are deaf or hard of hearing or who have other speech or hearing disabilities can use the texting option or, if they would like support in American Sign Language (ASL), they can call the DDH's toll-free number via videophone-enabled device or click the "ASL Now" link at the DDH website. <https://www.samhsa.gov/find-help/disaster-distress-helpline>
This website is available in Spanish at <https://www.samhsa.gov/find-help/disaster-distress-helpline/espanol>.
- **988 Suicide and Crisis Lifeline**—The 988 Suicide and Crisis Lifeline is a source of support available 24/7 to people in crisis, including people experiencing challenging reactions to disasters. Call 988 for support in English or Spanish. <https://988lifeline.org>
The website is available in Spanish at <https://988lifeline.org/help-yourself/en-espanol>.

A disaster event such as this is unexpected and often brings out strong emotions. People can call or text the SAMHSA Disaster Distress Helpline's toll-free number **(1-800-985-5990)** and receive immediate counseling. This free, confidential, multilingual crisis support service is available to anyone experiencing distress as a result of a disaster. People who call and text are connected to trained, caring professionals from crisis counseling centers in the network. Helpline staff provide confidential counseling, referrals, and other needed support services.