

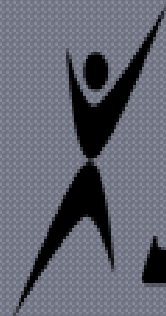
# Lessons Learned from Oil Spill Distress Campaign



National Center  
for Mental Health Promotion  
and Youth Violence Prevention



Learning  
transforms  
lives.



Substance Abuse and Mental Health Services Administration

**SAMHSA**



# ***Education Week* COMMENTARY**

**Published: October 5, 2005, following Hurricane Katrina**

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“...The good news is that schools’ unique capacity to facilitate the connection between mental health, learning, and development presents a built-in opportunity to respond to these needs.

The learning environment provides a natural context for growth and healing. It is familiar and accessible to students and designed to promote collaboration with families and community services.

Children spend a good portion of their active waking hours there, giving staff members the opportunity to observe students’ mental-health needs and either provide them help directly or refer them to the appropriate service providers.”



# An Example of Curriculum Available to Prepare Schools to Respond

PREPaRE training is ideal for schools committed to improving and strengthening their school crisis management plans and emergency response in crisis preparation, prevention, intervention, response, and recovery procedures, with a special emphasis on the role of school-based mental health professionals.



Brock, Nickerson, Reeves, Jimerson, Lieberman & Feinberg (2009)



# NASP Resources

Helping children achieve their best. *In school. At home. In life.*

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## PREPaRE: School Crisis Prevention and Intervention Training Curriculum

The [PREPaRE curriculum](#) has been developed by the National Association of School Psychologists (NASP) as part of NASP's decade-long leadership in providing evidence-based resources and consultation related to school crisis prevention and response. PREPaRE training is ideal for schools committed to improving and strengthening their school crisis management plans and emergency response. It provides training for school personnel in crisis preparation, prevention, intervention, response, and recovery procedures, with a special emphasis on the role of school-based mental health professionals.



Consider the [NASP PREPaRE curriculum](#) when developing and soliciting funding for your school crisis preparation and emergency response efforts. The following information may be used in developing grant proposals or other documents soliciting funds and/or support for bringing PREPaRE training to your school district(s).

### Upcoming Events

#### Fall Workshop 1 PREPaRE Training of Trainers, Second Edition

Who is eligible: Anyone who has previously taken the core Workshop 1

- [Additional PREPaRE Curriculum Information FAQ's](#)

### Upcoming Events

- [Workshops](#)

### PREPaRE Order Forms

- [PREPaRE Training Information Form](#)
- **NEW!** [Order PREPaRE C Workshop Materials](#)
- **NEW!** [Order PREPaRE T Workshop Materials](#)
- [Order PREPaRE Brochure](#)

### PREPaRE Contact Information

To order materials for a PREPaRE training or for immediate concerns contact NASP PREPaRE by e-mail at [prepare@naspweb.org](mailto:prepare@naspweb.org) or b



# Younger Children May Be At Highest Risk

Without knowledge of developmental variations in crisis reactions, adults may not recognize that young children are experiencing stress reactions, which are expressed by their behavior rather than their words.



Brock, Nickerson, Reeves, Jimerson, Lieberman & Feinberg (2009)




# Challenges Faced on the Ground



## Case Example: Baldwin County, AL

- Impacted by hurricanes
- Impacted by oil spill and financial distress
- Shaken by suicide cluster: both students and adults
- Latest suicide: popular Vice Principal
- Conducting district-wide crisis response training



“In my opinion, having a well-trained crisis prevention, intervention and response team that includes administrators, teachers, and key school personnel is not an option. These people must be freed from the responsibilities of the school building in order to be properly trained. Allowing them to attend training is a small sacrifice for an invaluable return on investment.”

Alan T. Lee

Superintendent

Baldwin County (Alabama) Public Schools



Oil Spill Distress Website  
[samhsa.gov/oilspilldistress](http://samhsa.gov/oilspilldistress)



# Oil Spill Distress

Helpline: 1-800-985-5990

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## Coping With Oil Spill Distress

Resources for educators, health providers,  
and the community.

### Oil Spill Distress Resources

You or someone you know may be feeling the effects of the Deepwater Horizon Oil Spill - far beyond its obvious physical and financial impact. The signs of stress may be hidden or unfamiliar to you. What can you do to help yourself or someone else cope?

Whether you are a community member, educator, or health worker, you'll find answers here, including:

- How to recognize the warning signs of stress
- Methods for dealing with stress - appropriate for children of all ages
- Training Information on [Mental Health First Aid](#), [Psychological First Aid](#), and [Peer Listening](#)

To begin, simply click on one of the categories listed below. Resources for family members and individuals are included in the Community section of our site. If you need immediate assistance, please call the [Oil Spill Distress Helpline](#) at 1-800-985-5990. Someone is waiting to talk with you.

#### Share These Resources



#### Oil Spill Distress Helpline

**1-800-985-5990**

Feeling stressed?

If you or someone you know has been affected by the oil spill and needs immediate assistance, please call this toll-free number for information, support, and counseling. You will be connected to the nearest Gulf Coast area crisis center.

[SAMHSA's Tips for Dealing with the Gulf Oil Spill](#)

## Oil Spill Distress Resources

You or someone you know may be feeling the effects of the Deepwater Horizon Oil Spill - far beyond its obvious physical and financial impact. The signs of stress may be hidden or unfamiliar to you. What can you do to help yourself or someone else cope?

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[▶ LEARN MORE](#)

### Coping Resources

When children, teens, and adults are dealing with the stress from the Gulf oil spill, talking may not be enough. These resources provide ideas about what to do you can do at home to help children, family members, and yourself cope.

[▶ LEARN MORE](#)

### Resources For

#### Community



#### Educators



#### Mental Health / Health Care Providers



### Share These Resources



#### Oil Spill Distress Helpline

**1-800-985-5990**

Feeling stressed?

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#### SAMHSA's Tips for Dealing with the Gulf Oil Spill

For more information about ways to cope with the oil spill, please visit [Substance Abuse and Mental Health Services Administration Disaster Response Website](#). Resources are available in English, Cambodian, Haitian/Creole, Lao, Spanish, and Vietnamese

### Featured Resources

#### Gulf Oil Spill Assistance for Individuals and Families

If you need help finding a job, coping with stress, or paying for food, housing, healthcare,...

#### Ten Tips for Families in Coping With Stress During Tough Times

Tough times also bring opportunities for families to come together and value the things that really...

#### SAMHSA's Guide for Getting Through Tough Economic Times





## Oil Spill Distress

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## Warning Signs

The impact of the oil spill may affect students and adults in different ways. For some, their families may have been financially impacted, while others may be fine and not show any reactions, and in some cases their reactions may be similar to other traumatic or disturbing events they have experienced. Knowing the signs that are common at different ages can help teachers, school administrators, and individuals recognize problems and respond appropriately. Schools can play an important role by reinforcing normal routines and providing students and teachers with information on ways to cope with the stress of this disaster.

### Preschool and Kindergarten

Students ages 3-5 may regress to an earlier behavioral stage, cling to a parent or teacher, or become attached to a place where they feel safe. Changes in eating and sleeping habits are also common. Reassurance is key for this age group. Maintain a normal classroom routine and encourage students to express their feelings through play and artwork. Respond to students' questions with simple and clear answers.

### Elementary School

Students ages 6-11 may have some of the same reactions that younger children have. They also may withdraw from playgroups and friends, compete more for the attention of teachers, be unwilling to leave home, be less interested in schoolwork, become aggressive, have added conflict with peers or parents, or find it hard to concentrate. Physical reactions such as headaches or stomachaches are also common. These students will benefit from opportunities to express their emotions through play and artwork. Encourage students to participate in recreational activities. Schools should work to create as much stability and consistency as possible.

### Middle and High School

Students ages 12-18 are likely to have physical complaints when under stress, and they

### Warning Signs

#### SAMHSA's Guide for Getting Through Tough Economic Times

This guide provides practical advice on how to deal with the effects that financial difficulties...

#### Children's Needs in Disaster Situations

A disaster is frightening to everyone. This website provides information on recognizing age...

#### Children, Stress, and Natural Disasters: A Guide for Teachers

The purpose of this guide is to inform teachers of how natural disasters can affect children's...

[More Warning Signs](#)



## Oil Spill Distress

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### Coping Resources

#### Ten Tips for Families in Coping With Stress During Tough Times

Tough times also bring opportunities for families to come together and value the things that really matter. This tip sheet provides ten tips for families to bond and come together when dealing with stress. Visit Tip Sheet Website

#### SAMHSA's Guide for Getting Through Tough Economic Times

This guide provides practical advice on how to deal with the effects that financial difficulties can have on your physical and mental health. It covers possible health risks, warning signs, managing stress, getting help, suicide warning signs and other steps you can take. Visit Website

#### A Guide to Promoting Resilience in Children: Strengthening the Human Spirit

This book was created to serve as a practical guide that will help adults to promote resilience in children. It discusses the background behind the concept of resilience and examines resilience through different childhood development levels. It looks at age tasks, what parents and...

#### Building Resiliency in Children

Whether you realize this or not, you may be helping your children to become resilient. If you can understand the concept of resiliency, you will gain the awareness necessary to raise your children to be more resilient. This brief provides an overview of resiliency, ways children can adapt, and a...

#### Building Resiliency: Helping Children Learn to Weather Tough Times

Adversity is a natural part of life. At some point, we all face difficulties, such as family problems, serious illness, a personal crisis, or a painful loss. Being resilient is important to dealing with adversities like these. While most parents hope that their children never face extreme adversity...

#### Caring for Kids After Trauma and Death: A Guide for Parents and Professionals

This guide presents guidelines for schools, mental health professionals, and parents to help them in talking to and helping children cope with trauma and death. Download the Guide (PDF, 769 KB)

#### Child Trauma Toolkit for Educators

Administrators, teachers, and staff can help reduce the impact of trauma on children by recognizing trauma responses, accommodating and responding to traumatized students within the classroom setting, and referring children to outside





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## Share These Resources



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1-800-985-5990

Feeling stressed? If you or someone you know has been affected by the oil spill and needs immediate assistance, please call this toll-free number for information, support, and counseling. You will be connected to the nearest Gulf Coast area crisis center.

### SAMHSA's Tips for Dealing with the Gulf Oil Spill

For more information about ways parents and teachers can talk with children about the oil spill, please visit the [Substance Abuse and Mental Health Services Administration Disaster Response](#) website. You will also find fact sheets for adults about managing their own stress and dealing with grief related to the

## For Educators



### Oil Spill Distress Intervention for Educators - Accessing and Using Resources

Approximately 600,000 children and their families in 34 school districts in Louisiana, Alabama, Mississippi, and Florida have been

affected by the Gulf coast oil spill. It is not uncommon for children and youth to show signs of stress months after a disaster. If left unchecked, chronic stress could develop into more serious mental and behavioral health issues that can interfere with daily life. If children and youth feel unsafe, stressed, or distracted by family issues, they are not able to focus on learning.

Schools can provide positive opportunities and supports for children and youth as they deal with stressors. School and community resources can be coordinated to support children and families and provide pathways to additional direct services, when needed.

The following guide will help educators to (a) assess current school and community mental health resources, (b) access user-friendly information resources for educators and families, and (c) help school personnel determine how to provide access to direct services for students and families affected by the oil spill.

#### 1. Do you have the information to help yourself?

- The Gulf Oil Spill Crisis: Staying Hopeful in the Face of Tragedy
- Tips for Coping with the Oil Spill Disaster - Managing Your Stress
- Tips for Dealing with Grief Due to the Oil Spill Disaster

### Warning Signs

Children, teenagers, and adults can react to disasters like the oil spill in very different ways. When they can't talk about their feelings, they may show stress through changes in their behavior. These resources let you know what to look for and what you can say to help.

### Coping Resources

When children, teens, and adults are dealing with the stress from the Gulf oil spill, talking may not be enough. These resources provide ideas about what to do you can do at home to help children, family members, and yourself cope.

### Resources for Educators

[Virtual Town Hall Meeting for Superintendents on Oil Spill](#)

For Educators - National Center

For Educators - National Center

+

### With the Gulf Oil Spill

For more information about ways parents and teachers can talk with children about the oil spill, please visit the [Substance Abuse and Mental Health Services Administration Disaster Response](#) website. You will also find fact sheets for adults about managing their own stress and dealing with grief related to the disaster.

The following guide will help educators to (a) assess current school and community mental health resources, (b) access user-friendly information resources for educators and families, and (c) help school personnel determine how to provide access to direct services for students and families affected by the oil spill.

- Do you have the information to help yourself?**
  - The Gulf Oil Spill Crisis: Staying Hopeful in the Face of Tragedy
  - Tips for Coping with the Oil Spill Disaster - Managing Your Stress
  - Tips for Dealing with Grief Due to the Oil Spill Disaster
- Who in your school district or building is the "go to" designated leader responsible for coordination of the response for educational and mental health issues resulting from the oil spill?**

*Possible choices include: superintendent's office staff, principal, vice principal, school counselor, school psychologist, or school nurse*

  - To effectively plan and guide your school's response efforts throughout the year, use the detailed [Educators' Checklist for Coordinating School Response to Oil Spill Stress](#).
  - Tips for Talking to Students About the Oil Spill Disaster - A Guide for Teachers and School Administrators
- Do you have school-based providers and community agencies working with the school district to provide supports and services to students and their families?**
  - Work together with community-based mental health providers to complete the [Mental Health Services Infrastructure Assessment](#). This will help to assess the current school infrastructure, processes for student referrals for mental health and behavioral services, and available mental health resources within the school and community.
  - Call the [Oil Spill Distress Helpline at 1-800-985-5990](#) to identify local agencies, such as the Red Cross, that can provide assistance.
- Have meetings been or will meetings be set up to inform school personnel about typical and atypical students' responses?**
  - Here is a [Sample Oil Spill Stress Staff Meeting Agenda](#) for a school staff meeting about the [Educators' Important Role in Supporting Students Experiencing Oil Spill Stress](#).
  - Helpful resources for staff:
    - [Tips for Talking to Children & Youth About the Oil Spill Disaster - A Guide for](#)

about what to do you can do at home to help children, family members, and yourself cope.

### Resources for Educators

**Virtual Town Hall Meeting for Superintendents on Oil Spill Distress**  
This Virtual Town Hall Meeting Webinar is for Gulf coast superintendents to discuss the...

**Child Trauma Toolkit for Educators**  
Administrators, teachers, and staff can help reduce the impact of trauma on children by recognizing...

**How to Talk with Kids About the Gulf Oil Spill: A Guide for Parents and Teachers**  
News about the recent oil spill in the Gulf of Mexico is in the newspaper, on TV and the radio....

[More Resources For Educators](#)

Done





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**Oil Spill Distress H**  
1-800-985-5990

Feeling stressed? If you or someone you know has been affected by the oil spill, please call this toll-free number for information, support, and counseling. You will be connected to the nearest Gulf Coast area crisis center.

**SAMHSA's Tips for Talking with the Gulf Oil Spill**  
For more information on ways parents and teachers can talk with children about the spill, please visit the [SAMHSA's Substance Abuse and Mental Health Services Administration Response](#) website. You will find fact sheets for adults managing their own stress and dealing with grief related to the spill.

Done

## *Tips for Talking to Students About the Oil Spill Disaster*

### A Guide for Teachers and School Administrators



Students in the Gulf Coast region have been exposed to the environmental, economic, and community impact of the oil spill disaster. Grief, loss, and change from this ongoing disaster can leave many students feeling anxious, confused, and insecure. Whether students have experienced personal consequences of the oil spill through their family or community, watched it on television, or overheard it being discussed by adults, educators must be informed and ready to help when emotional and

The impact of the oil spill may affect students in different ways. For some, their families may have been financially impacted, while others may be fine and not show any reactions, and in some cases their reactions may be similar to other traumatic or disturbing events they have experienced. Knowing the signs that are common at different ages can help teachers and school administrators recognize problems and respond appropriately. Schools can play an important role by reinforcing normal routines and providing students and teachers with information on ways to cope with the stress of this disaster.

#### Preschool and Kindergarten

Students ages 3–5 may regress to an earlier behavioral stage, cling to a parent or teacher, or become attached to a place where they feel safe. Changes in eating and sleeping habits are also common. Reassurance is key for this age group. Maintain a normal classroom routine and encourage students to express their feelings through play and artwork. Respond to students' questions with simple and clear answers.

#### Elementary School

Students ages 6–11 may have some of the same reactions that younger children have. They also may withdraw from playgroups and friends, compete more for the attention of teachers, be unwilling to leave home, be less interested in schoolwork, become aggressive, have added conflict with peers or parents, or find it hard to concentrate. Physical reactions such as headaches or stomachaches are also common. These students will benefit from opportunities to express their emotions through play and artwork. Encourage students to participate in recreational activities. Schools should work to create as much stability and consistency as possible.

#### Middle and High School

Students ages 12–18 are likely to have physical complaints when under stress, and they may be less interested in schoolwork or other responsibilities that they previously handled. Although some students may compete vigorously for attention from teachers, they also may withdraw; resist authority; become disruptive or aggressive at home or in the classroom, which

Disaster:

erent ages can  
HSA provides  
il spill disaster



# Oil Spill Distress

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## Share These Resources



### Oil Spill Distress Helpline

1-800-985-5990

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### SAMHSA's Tips for Dealing with the Gulf Oil Spill

For more information about ways parents and teachers can talk with children about the oil spill, please visit the [Substance Abuse and Mental Health Services Administration Disaster Response](#) website. You will also find fact sheets for adults about managing their own stress and dealing with grief related to the

## For Mental Health/Health Providers



### Oil Spill Distress Intervention for Mental Health/Health Providers - Accessing and Providing Resources

Effective collaboration among school and community-based mental health service and

health providers is a key component for effective intervention efforts to support members of the Gulf area communities affected by the oil spill.

The purpose of the following guide is to (a) provide user-friendly information resources for educators, students, families, and mental health and other health providers; and (b) enhance collaboration with local schools to plan ways to provide access to direct services for students and families affected by the oil spill.

### Provide helpful information:

- [The Gulf Oil Spill Crisis: Staying Hopeful in the Face of Tragedy](#)
- [Children and Disasters, American Academy of Pediatrics Information on the Oil Spill Affecting the Gulf](#)
- [BP Deepwater Oil Spill, American Psychiatric Association Resources](#)
- [Tips for Coping with the Oil Spill Disaster - Managing Your Stress](#)
- [Tips for Dealing with Grief Due to the Oil Spill Disaster](#)
- [Tips for Talking to Children & Youth About the Oil Spill Disaster - A Guide for Parents and Educators](#)
- [Tips for Talking to Children & Youth About the Oil Spill Disaster - Interventions at Home for Preschoolers to Adolescents](#)
- [To find available resources and mental health agencies in your community, call](#)

### Warning Signs

Children, teenagers, and adults can react to disasters like the oil spill in very different ways. When they can't talk about their feelings, they may show stress through changes in their behavior. These resources let you know what to look for and what you can say to help.

### Coping Resources

When children, teens, and adults are dealing with the stress from the Gulf oil spill, talking may not be enough. These resources provide ideas about what to do you can do at home to help children, family members, and yourself cope.

### Resources for Mental Health/Health Providers

[Children and Disasters, American](#)





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## For Community Members



### Oil Spill Distress Intervention for Community Members - Accessing and Using Resources

It is not uncommon for children, youth, and adults to show signs of stress months after a disaster. If left unchecked, chronic stress could develop into more serious mental and behavioral health issues that can interfere with daily life and children and youth's learning.

The purpose of the following guide is to (a) provide accurate, user-friendly information resources for adults and (b) help students and families affected by the oil spill access current school and community resources.

### Has the Gulf oil spill affected you or members of your family?

#### Taking care of yourself

- [The Gulf Oil Spill Crisis: Staying Hopeful in the Face of Tragedy](#)
- [Tips for Coping with the Oil Spill Disaster - Managing Your Stress](#)
- [Tips for Dealing with Grief Due to the Oil Spill Disaster](#)

#### Helping children and youth

- [Tips for Talking to Children & Youth About the Oil Spill Disaster - A Guide for Parents and Educators](#)
- [Tips for Talking to Children & Youth About the Oil Spill Disaster - Interventions at Home for Preschoolers and Adolescents](#)
- [Ranger Rick: How to Talk with Kids About the Gulf Oil Spill](#)

## Resources for Community

### Resources for Parents, Teachers, and Kids on the Oil Spill

Children have questions too. PBS on the Gulf Coast has created a web page of resources to provide...

### Managing Distress Caused by the Oil Spill

There are simple and effective ways to address the distress or anxiety you may be experiencing....

### Parent's Guide for Helping Children in the Wake of Disaster

These guidelines were developed to help caregivers identify and address signs of adjustment...

[More Resources For Families](#)



- [The Oil Spill](#)
- [Distress Helpline](#)
- [The Campaign](#)
- [Partners](#)
- [Contact Us](#)

### Share These Resources



### Oil Spill Distress Helpline

1-800-985-5990  
or Text TalkWithUs to 66746

Feeling stressed?  
If you or someone you know has been affected by the oil spill and needs immediate assistance, please call this toll-free number for information, support, and counseling. You will be connected to the nearest Gulf Coast area crisis center.

## Partner Organizations

### American Academy of Pediatrics (AAP)

The AAP and its member pediatricians dedicate their efforts and resources to the health, safety and well-being of infants, children, adolescents and young adults. The AAP has approximately 60,000 members in the United States, Canada, Mexico, and many other countries including pediatricians, pediatric medical subspecialists and pediatric surgical specialists.

### American Association of School Administrators (AASA)

The AASA, founded in 1865, is the professional organization for more than 13,000 educational leaders in the United States and throughout the world. AASA members range from chief executive officers, superintendents and senior level school administrators to cabinet members, professors and aspiring school system leaders. The mission of the American Association of School Administrators is to support and develop effective school system leaders who are dedicated to the highest quality public education for all children.

### American Counseling Association (ACA)

The ACA is a not-for-profit, professional and educational organization that is dedicated to the growth and enhancement of the counseling profession. Founded in 1952, ACA is the world's largest association exclusively representing professional counselors in various practice settings. By providing leadership training, publications, continuing education opportunities, and advocacy services to nearly 45,000 members, ACA helps counseling professionals develop their skills and expand their knowledge base.

### American School Counselor Association (ASCA)

### Warning Signs

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### Coping Resources

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### Featured Resources





# School Kit

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Variety of resources for administrators and school staff

- SAMHSA tip sheets for different audiences
- Tools for educators and administrators
- Sample outreach letter to parents
- Sample press release to local media
- Awareness Poster
- Oil spill web site button



# School Kit

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- Most resources are either samples or templates that schools customized
- Were sent out to all schools in the affected districts/parishes of Alabama, Florida, Louisiana, and Mississippi



# SAMHSA Tip Sheets

A Life in the Community for Everyone

**SAMHSA**

Substance Abuse and Mental Health Services Administration

Text Size: A B C

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**Oil Spill Distress Helpline**

Individuals affected by the BP Deepwater Horizon oil spill can call the new distress helpline to speak with trained staff in the Gulf Coast region. 1-800-985-9990

**Tips for Parents and Teachers**

Tips for Talking to Children & Youth About the Oil Spill Disaster - A Guide for Parents and Educators  
[English](#) / [Cambodian](#) / [Haitian/Creole](#) / [Laotian](#) / [Spanish](#) / [Vietnamese](#)  
(largest pdf file sizes 608 kilobytes)

Tips for Talking to Children & Youth About the Oil Spill Disaster - Interventions at Home for Preschoolers to Adolescents  
[English](#) / [Cambodian](#) / [Haitian/Creole](#) / [Laotian](#) / [Spanish](#) / [Vietnamese](#)  
(largest pdf file sizes 1.5 megabytes)

Tips for Talking to Children & Youth About the Oil Spill Disaster - A Guide for Teachers and School Administrators  
[English](#) / [French](#) / [Haitian/Creole](#) / [Spanish](#)  
(pdf file sizes 608 kilobytes)

**Tips for the General Public**

Tips for Coping with the Oil Spill Disaster - Managing Your Stress  
[English](#) / [Cambodian](#) / [Haitian/Creole](#) / [Laotian](#) / [Spanish](#) / [Vietnamese](#)  
(largest pdf file sizes 404 kilobytes)

Tips for Dealing with Grief Due to the Oil Spill Disaster  
[English](#) / [Cambodian](#) / [Haitian/Creole](#) / [Laotian](#) / [Spanish](#) / [Vietnamese](#)  
(largest pdf files 384 kilobytes)

**Tips for Emergency Response Workers**

Tips for Oil Spill Disaster Response Workers - Possible Signs of Alcohol and Substance Abuse  
[English](#) / [Cambodian](#) / [Haitian/Creole](#) / [Laotian](#) / [Spanish](#) / [Vietnamese](#)  
(largest pdf file size 248 kilobytes)

Tips for Oil Spill Disaster Response Workers - Managing and Preventing Stress for Managers and Workers  
[English](#) / [Cambodian](#) / [Haitian/Creole](#) / [Laotian](#) / [Spanish](#) / [Vietnamese](#)  
(largest pdf file size 2 megabytes)

**Tips for**

**SAMHSA Newsletter**  
  
[SAMHSA Newsletter - Making Behavioral Response a Top Priority](#)

**Treatment Referral Helpline**  

Call SAMHSA's 24-hour Toll-Free Treatment Referral Helpline at 1-800-462-HELP (1-800-462-4357).  
[SAMHSA National Helpline Frequently Asked Questions](#)

**Federal Agencies:**

- [SAMHSA](#)
- [U.S. Dept. of Health and Human Services](#)
- [EPA](#)

**Find Treatment**  
  
**Treatment Locators**



# Educators' Tools

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- Educators' Important Role in Supporting Students Experiencing Oil Spill Stress
- Educators' Checklist for Coordinating School Response to Oil Spill Stress
- Sample Oil Spill Stress Staff Meeting Agenda
- Mental Health Services Infrastructure Assessment
- Letter to parents
- Press release





# FEELING STRESSED?

## YOU'RE NOT ALONE.

The Deepwater Horizon oil spill disaster has affected thousands of children and adults on the Gulf Coast. Some common reactions are

- *Trouble sleeping, eating, or coping problems*
- *Feelings of anxiety, helplessness, sadness, or anger*
- *Abuse of alcohol or other drugs*
- *Depression or lack of energy*

These are natural and normal responses. There are people and resources to help you or someone you know during these tough times.

For more information please visit  
[WWW.SAMHSA.GOV/OILSPILLDISTRESS](http://WWW.SAMHSA.GOV/OILSPILLDISTRESS)



If you'd like to speak to someone right away,  
please call the Oil Spill Distress Hotline

**1-800-985-5990**

# Poster

# Oil Spill Distress Campaign Outreach



# Webinars

- In a series of three webinars participants were given an overview of the resources available, shared challenges they're facing on the ground, and discussed ways to do outreach in their community.
- Audience:
  - state-level mental health services staff
  - state-level school social work services staff
  - local school psychologists
  - crisis counselors
  - Superintendents shared



# Web Site

- 5,850 visits (significant spike around April 20<sup>th</sup> Oil Spill Anniversary)
- 10,000 page views
- Most visited pages were resources for educators, mental health staff, community, coping resources, and school kit pages



# Resource School Kit

- Poster tube sent to over 1,000 schools as well as youth summer programs in Gulf Coast region
- Contained glossy poster w/ warning signs of stress in children and resources available for schools
- USB w/ take home letter template for parents, sample press release, educators' tools, SAMHSA tip sheets, and a school kit user's guide.