Helping Those in Crisis

Natural Disaster Resource Guide

Resources To Help Children In The Aftermath Of A Hurricane

Trying to cope during a traumatic situation is tough for an adult, but for a child it is even more complex. Here are some resources for those with children or those working with children during complicated times.

- **CHILD TRENDS BLOG**
  - This blog covers several themes that emerge in children after hurricane and other natural disasters
  - CLICK HERE

- **FORBES #PUBLICHEALTH**
  - 8 Books To Help Children Understand Natural Disasters and Cope with Anxiety
  - CLICK HERE

- **THE AMERICAN RED CROSS**
  - Suggestions on how to help children cope with the effects of disaster, as well as how to be prepared before a disaster strikes
  - CLICK HERE

- **ZERO TO THREE**
  - 5 Ways to Support Families with Young Children Displaced by Harvey
  - CLICK HERE

- **The American Academy of Pediatrics**
  - Provide basic information to help children understand disasters, without providing unnecessary details that may only alarm them.
  - CLICK HERE

- **The Centers for Disease Control and Prevention**
  - Tip sheet to help parents understand that some stress symptoms may appear immediately after a disaster, or days or weeks.
  - CLICK HERE
The National Institute of Mental Health
CLICK HERE

The NIMH created a fact sheet to provide parents with steps they can take to educate them on what trauma means and how to react to trauma for children in certain age brackets (ex. under 5 years old, children age 6-11, and adolescents ages 12-17).

Substance Abuse and Mental Health Services Administration
CLICK HERE

This article provides tips for supervisors of disaster responders to help their staff manage stress when returning to work.

Tracie- Healthcare Emergency Preparedness Information Gateway
CLICK HERE

This article provides tips for retaining and caring for staff after a disaster.

The National Child Traumatic Stress Network
CLICK HERE

This resource has information on psychological first aid for disasters and disaster psychological recovery skills. There is also information about an APP for mobile devices that delivers additional support and tips.

STUDIES THAT HAVE BEEN CONDUCTED ABOUT DISASTER VICTIMS AND THEIR EMOTIONAL EXPERIENCES

Journal of Clinical Child & Adolescent Psychology - Click here
The Society for Research in Child Development, Inc. - Click here
Psychiatry - Click here
The Prevention Researcher - Click here
Here is a list of books aimed to teach children about hurricanes and storm safety tips.

This is a guide on helping children and families cope after a disaster. It breaks down normal responses to traumatic vents, the effects on children, how to help children, and possible long-term effects.

This article highlights the lessons learned from CWLA members based on their experiences addressing the needs of the children and families they serve and their staff during recent natural disasters.

Here are lessons learned by Keith Liederman and the board of New Orleans’s Kingsley House as they dealt with Hurricane Katrina and the events that followed that terrible storm. The lessons learned remain relevant today.

This report prepared by the National Advisory Committee on Children and Disasters (NACCD) provides lessons learned and recommendations around community and human services for children before disasters, during disasters, and after disasters.

This document provides numerous hurricane-related resources and provides lessons learned from recent floods, landslides, hurricanes, and tsunamis.

This list has the phone numbers and addresses to agencies open and currently responding to those in need during disaster.

Texas Diaper Bank has been distributing donated items to shelters that are housing evacuees and other organizations that need diapers and items to distribute.
Houston Food Bank Client Assistance Program

CLICK HERE

The Houston Food Bank Client Assistance Program (CAP) provides assistance to people who need help with: SNAP-Food Stamps, Children’s Medicaid, Children’s Health Insurance Program (CHIP), Women’s Health Program (Family Planning, Health screenings thru Medical Program), CHIP Perinatal Program, and Linkage and Referral Services to other social service providers and other food bank programs.

American Diabetes Association

CLICK HERE

The American Diabetes Association (ADA), JDRF and Insulin for Life (IFL USA) have partnered to help donate supplies to people with diabetes affected by Hurricane Harvey. If you are a health care provider in an affected city and need diabetes supplies, please call the supply request hotline at 1-314-INSULIN.

Disaster Assistance

CLICK HERE

Enter your full address to see if your area has been declared for Individual Assistance. This source is an access to disaster help and resources.

FEMA Evacuee Hotel List

CLICK HERE

If you are eligible for Transitional Sheltering Assistance, FEMA will pay for the cost to stay in certain hotels or motels for a limited period of time. Costs covered are for the cost of the room and taxes, and any other expenses are not included.

Texas Department of State Health Services: Replacement Birth Certificate

CLICK HERE

Texas is waving the fee of a replacement birth certificate copy to those in the counties affected by Hurricane Harvey.

Rx Open

CLICK HERE

Rx Open helps patients find nearby open pharmacies in areas impacted by disaster.

First Book Network

CLICK HERE

From Hurricane Katrina to Hurricane Sandy to last year’s floods in Louisiana, First Book has distributed over 5 million books to families affected by disasters.

Catholic Charities of Central Texas’ Disaster Response Team

CLICK HERE

Catholic Charities of Central Texas is helping those who have been impacted by Hurricane Harvey with: Counseling, Emergency Financial Aid for Disaster Relief, Expedited Document Replacement for proof of naturalization or other immigration related documents, Material Assistance, and Home Rebuilding.

Dallas News

CLICK HERE

Out-of-state doctors who want to temporarily work in Texas without state licenses can currently help with Harvey efforts can until the disaster declaration is either lifted of expires.
GEAR The World
CLICK HERE

GEAR The World is currently distributing a large donation of toys from Barnes and Noble stores. If your agency is interested in joining their network — at no charge — complete the GEAR The World online form.

NAMI (National Alliance on Mental Illness) Texas
CLICK HERE

Mental Health Resources in the Wake of Hurricane Harvey.

USAGOV- Hurricane Harvey
CLICK HERE

This webpage offers detailed information on: What to expect after you apply for FEMA aid, How to replace your lost or destroyed vital documents, and finding out if you’re eligible and how to apply for disaster assistance.

Exam Workforce Commission
CLICK HERE

If you lost your job because of Hurricane Harvey, you may qualify for Disaster Unemployment Assistance.

TELADOC
CLICK HERE

If you are a resident of the evacuation zones in Texas or Louisiana, you can request a call from one of TELADOC doctors free of charge.

Cigna
CLICK HERE

A free telephone help line is available around the clock, 24/7, to all residents affected by the hurricane for support from a qualified clinician about potentially difficult situations such as how to cope with loss, anxiety, stress or other issues resulting from the hurricane through October 15, 2017. This service is for both Hurricane Harvey and Irma residents.

Aetna Members*
CLICK HERE

If needed, affected Aetna members may refill their prescriptions early. Those who use Aetna’s mail-order pharmacy can either get a prescription at an alternate delivery location or refill a prescription that may have been lost, damaged or destroyed.

P&G Loads of Hope truck
CLICK HERE

P&G will do two (free) loads of laundry on its truck for each household it visits in devastated Texas areas.

Red Cross Open Shelters
CLICK HERE

The Red Cross is helping those who were forced to evacuate find open shelter.

H-E-B Offers Free Tetanus Vaccines
CLICK HERE

H-E-B grocery stores in certain areas affected by Hurricane Harvey will provide free Tetanus vaccines to anyone aged 14 and up, while supplies last.
Whole Woman’s Health  
CLICK HERE

Whole Woman’s Health is providing no-cost abortions for those affected by Hurricane Harvey in the month of September.

The Montrose Center  
CLICK HERE

The LGBTQ Disaster Relief Fund will be used to help individuals and families begin to rebuild their lives through counseling, case management, direct assistance with shelf stable food, furniture, housing and more in Texas.

Texas Homeless Education Office  
CLICK HERE

Contact information for the Homeless Education Liaisons in the public Local Educational Agencies (LEAs) in Texas.

Resources on Important Specific Assistance Dealing with Hurricane Irma:

Florida Virtual School Available for Students Displaced by Hurricane Irma  
CLICK HERE

Schools and districts interested in assistance should contact Larry Banks, Director of District and Franchise Solutions for FLVS, at 407-484-4031 or lbanks@flvs.net. Individual students should visit www.flvs.net to begin the registration process or email info@flvs.net for special accommodations. Military families should reach out to Caprice Woodburn, Sr. Manager of Florida Services for FLVS, at 239-850-9366 or cwoodburn@flvs.net.

Disaster Assistance  
CLICK HERE

Enter your full address to see if your area has been declared for Individual Assistance. This source is an access to disaster help and resources.

Operation Blue Roof  
CLICK HERE

Operation Blue Roof provides a temporary covering of blue plastic sheeting to help reduce further damage to property until permanent repairs can be made. This program is available at no cost to eligible primary homeowners in Broward, Charlotte, Collier, DeSoto, Glades, Hardee, Hendry, Highlands, Hillsborough, Lee, Manatee, Miami-Dade, Monroe, Palm Beach, Pinellas, Polk, and Sarasota counties.

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FEMA
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This is the link to apply for FEMA assistance.

Red Cross Open Shelters
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Florida Housing Search
CLICK HERE
Florida residents who have been displaced by Hurricane Irma may search for available housing using this web tool.

Florida Health: Boil Water Notice
CLICK HERE
A list of counties that may or may not be in a boil water area.

American Bar Association
Free Legal Answers
CLICK HERE
The Florida Bar has raised the income qualifying cap for its online legal clinic, Florida Free Legal Answers, to ensure that Floridians can access the site and post questions related to Hurricane Irma.

Disaster Unemployment Assistance
CLICK HERE
Disaster Unemployment Assistance is a federally funded benefit program that assists individuals who become unemployed because of a disaster.

Disaster Distress Helpline
CLICK HERE
The Department of Health and Human Services (HHS) Disaster Distress Helpline (1-800-985-5990) remains open 24/7 for free help coping with the stress of the storm.

Feeding Florida
CLICK HERE
Statewide food banks stands ready to mobilize and provide relief to individuals and families affected by Hurricane Irma.

Bank of America
Hurricane Irma Relief Program
CLICK HERE
The Client Assistance Program with Bank of America is available to you for personalized financial assistance and will automatically refund certain fees in the impacted counties in Florida.

TELADOC
CLICK HERE
If you are a resident of the evacuation zones in Florida, you can request a call from one of TELADOC doctors free of charge.

GEAR The World
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