

Natural Disaster RESOURCE GUIDE



Resources To Help Children In The Aftermath Of A Hurricane



PHOTO CREDIT: GETTY IMAGES/IZMABEL

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 time

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](#)

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](#)

For More Resources on Dealing with the Trauma Resulting from the Hurricane:

Substance Abuse and Mental Health Service 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.



PHOTO CREDIT: GETTY IMAGES/HISPANOLISTIC

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 is a guide for parents, caregivers, and teachers that provides tips for talking with and helping children and youth cope after a disaster or traumatic event.

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](#)



PHOTO CREDIT: GETTY IMAGES/CAVAN

Scholastic
[CLICK HERE](#)

Here is a list of books aimed to teach children about hurricanes and storm safety tips.

**Family Health Services Oklahoma
State Department of Health**
[CLICK HERE](#)

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.

Lessons Learned from Previous Disasters from CWLA Members:

**Improving Response to
Critical Situations**
[CLICK HERE](#)

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.

**Freeing Nonprofits From Their
Risk-Averse Shackles**
[CLICK HERE](#)

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.

**Exploring Approaches and Strategies
for Human Services and Child-Serving
Institutions to Promote Resiliency
and Recovery for Children and Youth
Affected by Natural Disasters**
[CLICK HERE](#)

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.

Hurricane Resources at Your Fingertips
[CLICK HERE](#)

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

Resources on Important Specific Assistance Dealing with Hurricane Harvey:

**A List of Local and Surrounding
Food Banks**
[CLICK HERE](#)

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

**Texas Diaper Bank —
Shelters Receiving Diapers**
[CLICK HERE](#)

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](#)



American Diabetes Association

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](#)



FEMA

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 USA

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 or 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](#)



American
Red Cross

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.

FEMA Evacuee Hotel List

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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.

Rx Open

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

Aetna Members*

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FEMA
[CLICK HERE](#)

This is the link to apply for FEMA assistance.

Red Cross Open Shelters
[CLICK HERE](#)

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

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
[CLICK HERE](#)

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