

Compilation of APA/ DRN Resources Updated April 4, 2012

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- Shootings Resources
- Oil Spill Resources
- Nuclear Radiation Resources

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Acknowledged with thanks to APA/DRN !

Preparedness

Merchant, R., Elmer, S., and Lurie, N. (2011). Integrating Social Media into Emergency-Preparedness Efforts. *New England Journal of Medicine*, 365, 289-291. Retrieved from <http://www.nejm.org/doi/full/10.1056/NEJMp1103591>

Social media might well enhance our systems of communication, thereby substantially increasing our ability to prepare for, respond to, and recover from events that threaten the public's health. (See August 2011 Buzz)

Meisel, Z. (2011, March 17). How Do We Persuade Americans to Prepare for Disaster? *TIME Magazine*. Retrieved from <http://www.time.com/time/health/article/0,8599,2059457,00.html>

This article focuses on the question of how a population prepares for the immediate aftermath of a disaster and the interventions designed to mitigate it. (See May 2011 Buzz)

Yun, K., Lurie, N., and Hyde, P. (2010). Moving Mental Health into the Disaster- Preparedness Spotlight. *The New England Journal of Medicine*, 363, 1193-1195. Retrieved from <http://www.nejm.org/doi/full/10.1056/NEJMp1008304>

Most major disasters have been followed by increases in the prevalence of mental illness, domestic violence, and substance abuse. Such consequences may go unrecognized, however, as health officials and the public focus on physical illness, injury, and environmental devastation. (See November 2010 Buzz)

Ready Kids. Federal Emergency Management Agency. Accessible at <http://www.ready.gov/kids>

Ready Kids is a tool to help parents and teachers educate children ages 8 - 12 about emergencies and how they can help get their family prepared. (See October 2010 Buzz)

National Resource Center on Advancing Emergency Preparedness for Culturally Diverse Communities. Drexel University Center for Public Health Readiness & Communication. Accessible at <http://www.diversitypreparedness.org>

The objective of the resource center is to provide concrete and practical resources and information on effective risk communication strategies, measurement and evaluation, education and training, and research on advancing preparedness for culturally diverse communities. (See March 2010 Buzz)

Pfefferbaum, B. (2010). Building National Capacity for Child and Family Disaster Mental Health Research. *Professional Psychology: Research and Practice*, 41(1), 26–33.

Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/20352081>

This paper describes the structure and organization of the Child & Family Disaster Research Training & Education program, reviews the training curriculum, discusses implementation and evaluation of the program, and reviews obstacles encountered in establishing the program. (See March 2010 Buzz)

Snap Shots of State Population Data. CDC Emergency Preparedness and Response. Accessible at <http://emergency.cdc.gov/snaps/>

SNAPS serves as a valuable tool when responding to public health emergency events at the state, tribal, and local levels. It provides a "snap shot" of key variables for consideration in guiding and tailoring health education and communication efforts to ensure diverse audiences receive critical public health messages that are accessible, understandable, and timely. (See January 2009 Buzz)

Foxhall, K. (2008, August). Lessons Learned Lead to Model Law. *Counseling Today*. Retrieved from <http://www.counseling.org/resources/library/counseling%20today/august2008cctonline.pdf> (page 49)

This article covers the Uniform Emergency Volunteer Health Practitioners Act, a law which is being proposed in state legislatures across the country and aims to streamline the participation of licensed disaster mental health professionals in disaster situations. (See November 2008 Buzz)

Lessons Learned Information Sharing. Accessible at www.llis.gov

LLIS is the national, online network of Lessons Learned, Best Practices, and innovative ideas for the emergency response and homeland security communities. This information and collaboration resource helps emergency response providers and homeland security officials prevent, protect against, respond to, and recover from terrorist attacks, natural disasters, and other emergencies. (See October 2008 Buzz)

California Disaster Mental Health Coalition. Accessible at www.cdmhc.org

The California Disaster Mental Health Coalition is a California-based, multidisciplinary, collaborative, disaster mental health coalition of organizations, established for coordination and information-sharing in the service of the delivery of disaster services. Members include California Psychological Association, American Psychiatric Nurses Association, and the American Red Cross, among others. (See July 2008 Buzz)

Center for Public Health Preparedness and Disaster Response. American Medical Association. Accessible at www.ama-assn.org/go/disasterpreparedness

The American Medical Association's webpage for disaster response includes a downloadable resource guide for physicians as well as other community responders. The website also includes links to AMA's journal on Disaster Medicine and Public Health Preparedness. (See July 2008 Buzz)

Mental Health Preparedness. John Hopkins Center for Public Health Preparedness. Accessible at http://www.jhsph.edu/preparedness/training/online/mentalhealth_trainings

Online mental health preparedness trainings through John Hopkins courses include disaster mental health intervention, disaster mental health prevention, and mental health consequences of a disaster, among others. (See July 2008 Buzz)

Emergency Preparedness and Response. Center for Disease Control and Prevention. Accessible at <http://www.bt.cdc.gov/cotper/>

The CDC's website for disaster response includes information for the public on being prepared for a disaster, both physically and psychologically. (See June 2008 Buzz)

Coping with Shelter-in-Place Emergencies. Be Red Cross Ready. Accessible at

<http://www.redcross.org/www-files/Documents/pdf/Preparedness/checklists/ShelterinPlace.pdf>

This fact sheet aids in coping emotionally with emergencies where you must shelter in place, including how to understand it, typical reactions, and what you can do during the emergency.

Response

Picking Up Pieces After A Disaster. American Red Cross. Retrieved from

http://www.redcross.org/www-files/Documents/pdf/getting_assistance/pickingupthepieces_disaster.pdf

General post-disaster information for the public, including a section entitled "Recovering Emotionally." (See Special Buzz: Flood Resources)

Managing Traumatic Stress and Tips for Recovering From Disasters and Other Traumatic Events. (2011, August). APA Help Center. Retrieved from <http://www.apa.org/helpcenter/recovering-disasters.aspx>

Articles on disaster response are featured on the home page of the Help Center and are available to download in PDF form, print out, and distribute to the community. Also, "Road to Resilience" brochures are available free of charge to APA members by ordering through the Help Center (http://www.apahelpcenter.org/request/request_brochure.php). (See Special Buzz: Flood Resources)

Norris, F. (2010). Traumatic Effects of Specific Types of Disasters. U.S. Department of Veteran Affairs. Accessed at <http://www.ptsd.va.gov/professional/pages/traumatic-effects-disasters.asp>

Research findings about the consequences of natural disasters including earthquakes, flood, tornadoes, hurricanes, and wildfires on the mental health of the survivors. (See Special Buzz: Flooding Additional Resources)

O'Dell, J. (2011, February 11). How We Use Social Media During Emergencies [Infographic]. *Mashable*. Retrieved at <http://mashable.com/2011/02/11/social-media-in-emergencies/#>

Results from a survey done by the American Red Cross are displayed in a fun infographic detailing people's expected interaction with social media in an emergency. (See May 2011 Buzz)

Weaver, R. (2011, March 25). How People Think and React After a Natural Disaster. *EmpowHer*.

Retrieved from <http://www.empowher.com/print/10443909>

Some mental health experts gave their viewpoints on how and why people think in a certain way after natural disasters and have certain reactions. (See May 2011 Buzz)

Norris, F, Olson, B. (2010, April). How to Help Your Community Recover from Disaster: A Manual for Planning and Action. SCRA Task Force for Disaster, Community Readiness, and Recovery. Society for Community Research and Action. Retrieved from

http://www.scra27.org/resources/disasterresources/scra_manual_final5810pdf

This document serves a manual for any community member or organization that has the interest and potential for action and leadership to bring about change and assist in recovery. (See October 2010 Buzz)

Hobfoll, S.E. et al. (2009). Five Essential Elements of Immediate and Mid-Term Mass Trauma Intervention: Empirical Evidence, *FOCUS*, 7(2), 221-242. Retrieved from <http://focus.psychiatryonline.org/cgi/reprint/7/2/221>

A panel of experts on the study and treatment of those exposed to disaster and mass violence gained consensus on 5 empirically supported intervention principles. (See October 2010 Buzz)

Coping with Crisis Newsletter. International Federation of the Red Cross and Red Crescent. Accessible at <http://psp.drk.dk/sw39731.asp>

This quarterly magazine provides information about international psychosocial support programs and related activities, including specific projects, assessments, and evaluations. (See April 2010 Buzz)

Mental Health Factsheets. Georgia Department of Behavioral Health and Developmental Disabilities. Accessible at <http://georgiadisaster.info/MentalHealth/mentalhealthfactsheets.html>

Fact sheets include “Role of Mental Health Professionals,” “Coping,” “Reactions After Disaster,” “Psychological First Aid Field Operations Guide,” “Recovery Defined,” and more. (See March 2010 Buzz)

Spiegel, A. (2010, February 9). Mental Health Disaster Relief Not Always Clear Cut. *NPR*. Retrieved from <http://www.npr.org/templates/story/story.php?storyId=122981850&ft=1&f=1001>

The work of a mental health professional in the aftermath of a major disaster like Haiti’s isn’t always clear- the science of how to treat psychological trauma is still very much evolving. (See February 2010 Buzz)

Boesveld, S. (2010, March 25). Trauma Counseling May Hurt More than Help. *Globe and Mail*. Retrieved from <http://www.theglobeandmail.com/life/trauma-counselling-may-hurt-more-than-help/article1421792/>

This article is based on commentary published in the Canadian Medical Association Journal that advises against the use of critical incident stress debriefing. (See January 2010 Buzz)

Donovan, P. (2009, February 18). Psychologists say there is no “right way” to cope with tragedy. *Medical News Today*. Retrieved from <http://www.medicalnewstoday.com/articles/139332.php>

People are generally resilient and have a good sense of what coping strategies will work for them, explains Mark Seery, PhD. (See March 2009 Buzz)

Tetris may help to reduce trauma. (2009, January 7). *BBC News*. Retrieved from <http://news.bbc.co.uk/2/hi/health/7813637.stm>

Playing the computer puzzle game Tetris can help reduce the effects of traumatic stress according to UK researchers. (See January 2009 Buzz)

Mass Care in Disasters: FEMA Should Update the Red Cross Role in Catastrophic Events and More Fully Assess Voluntary Organizations' Mass Care Capabilities. US Government Accountability Office. The full report is accessible at <http://www.gao.gov/cgi-bin/getrpt?GAO-08-1175T> and highlights can be found here <http://www.gao.gov/highlights/d081175thigh.pdf>

Testimony by Cynthia M. Fagnoni, managing director, education, workforce, and income security issues, before the Subcommittee on Economic Development, Public Buildings, and Emergency Management, House Committee on Transportation and Infrastructure. (See November 2008 Buzz)

Center for Public Health Preparedness and Disaster Response. American Medical Association. Accessible at www.ama-assn.org/go/disasterpreparedness

The AMA's webpage for disaster response includes a downloadable resource guide for physicians as well as other community responders. Website also includes links to AMA's journal on Disaster Medicine and Public Health Preparedness. (See July 2008 Buzz)

Coping With a Disaster or Traumatic Event. Center for Disease Control and Prevention Emergency Preparedness and Response. Accessible at <http://www.bt.cdc.gov/mentalhealth/>
The CDC's source for disaster response includes a list of resources for the public on talking about disasters, helping families deal with the stress of relocation, and other "After the Storm" resources. (See June 2008 Buzz)

National Center for PTSD: Trauma and PTSD. US Department of Veteran Affairs. Accessible at <http://www.ncptsd.va.gov/ncmain/index.jsp>
The Department of Veteran's affairs webpage has a PTSD "information center" with a section for PTSD treatment and care as well as helpful disaster response-related fact sheets and guides. (See June 2008 Buzz)

Culture

Preparing for and Responding to Emergencies and Disasters. Disability.gov. Accessible at http://www.disability.gov/emergency_preparedness
This section of disability.gov has tools and resources that can help families, businesses, schools, and others prepare for many different kinds of emergency situations. (See January 2011 Buzz)

Aten, J. D., Topping, S., Denney, R. M., & Hosey, J. M. (2010, December 20). Helping African American Clergy and Churches Address Minority Disaster Mental Health Disparities: Training Needs, Model, and Example. *Psychology of Religion and Spirituality*. Retrieved from <http://psycnet.apa.org/psycarticles/2010-25696-001.pdf>
The authors conducted qualitative interviews with African American clergy to provide insight as to how mental health professionals can work with them by providing training targeting minority disaster mental health disparities. (See January 2011 Buzz)

FEMA Issues New Guidance to Support People with Disabilities During Disasters. (2010, November 3). FEMA Press Release. Accessible at <http://www.fema.gov/news/newsrelease.fema?id=53174>
FEMA announced new guidelines on emergency sheltering to help state planners and non-profits to ensure that people with access and functional needs receive lawful and equitable assistance in the aftermath of a disaster. (See January 2011 Buzz)

Begley, S. (2010, February 17). West Brain, East Brain – What a Difference Culture Makes. *Newsweek Magazine*. Retrieved from <http://www.newsweek.com/id/233778>
Culture-the languages we speak, the values we absorb-shape the brain. (See March 2010 Buzz)

National Resource Center on Advancing Emergency Preparedness for Culturally Diverse Communities. Drexel University Center for Public Health Readiness & Communication. Accessible at <http://www.diversitypreparedness.org>
The objective of the resource center is to provide concrete and practical resources and information on effective risk communication strategies, measurement and evaluation, education and training, and research on advancing preparedness for culturally diverse communities. (See March 2010 Buzz)

Mental Health Factsheets. Georgia Department of Behavioral Health and Developmental Disabilities. Accessible at <http://georgiadisaster.info/MentalHealth/mentalhealthfactsheets.html>

Fact sheets include “Role of Mental Health Professionals,” “Culturally Competent Response,” “Screening for PTSD,” “Professional Identity,” “Substance Abuse,” and more. (See March 2010 Buzz)

Walton, D. (2010, January 27). Emotional signals cross cultures. *BBC News*. Retrieved from <http://news.bbc.co.uk/2/hi/science/nature/8472842.stm>

People are able to recognize negative sounds across cultures, says scientist. (See February 2010 Buzz)

Cultural Competency Curriculum for Disaster Preparedness and Crisis Response. (2009, June 30). HHS Office of Minority Health. Accessible at <https://cccdpcr.thinkculturalhealth.hhs.gov/>

A free online educational program designed for first responders of disaster preparedness and crisis response including EMTs, psychologists, psychiatrists and social workers. This training program will help first responders develop knowledge and skills related to cultural competency education and help reduce racial and ethnic disparities in emergency and disaster response outcomes. (See August 2009 Buzz)

Snap Shots of State Population Data. CDC Emergency Preparedness and Response. Accessible at <http://emergency.cdc.gov/snaps/>

SNAPS serves as a valuable tool when responding to public health emergency events at the state, tribal, and local levels. It provides a "snap shot" of key variables for consideration in guiding and tailoring health education and communication efforts to ensure diverse audiences receive critical public health messages that are accessible, understandable, and timely. (See January 2009 Buzz)

Doheny, K. (2009, January 26). Terror Fears Tougher on Minorities, Disabled. *Washington Post*.

Retrieved from <http://www.washingtonpost.com/wp-dyn/content/article/2009/01/26/AR2009012601681.html>

Ethnic minorities, the disabled, and the mentally ill are more likely to make behavior changes based on terrorism fears, such as avoiding certain activities. (See January 2009 Buzz)

Research

Published International Literature on Traumatic Stress (PILOTS) Database. National Center for PTSD. US Department of Veterans Affairs. Accessible at <http://www.ptsd.va.gov/professional/pilots-database/pilots-db.asp>

This database is an electronic index to the worldwide literature on PTSD and other mental health consequences of exposure to traumatic events. It does not restrict coverage to articles appearing in selected journals.

Joseph, S., Butler, L.D. (2010). Positive Changes Following Adversity. *PTSD Research Quarterly*, 21(3),

1-3. Retrieved from <http://www.ptsd.va.gov/professional/newsletters/research-quarterly/V21N3.pdf>

Nietzsche’s famous dictum, “what doesn’t kill me makes me stronger,” is an idea common to the existential and humanistic traditions of psychology in the mid-twentieth century. (See October 2010 Buzz)

Bryant, R.A., Moulds, M.L., & Guthrie, R.M. (2000). Acute Stress Disorder Scale: A Self-Report Measure of Acute Stress Disorder. *Psychological Assessment*, 12(1),61-68. Retrieved from <http://psycnet.apa.org/journals/pas/12/1/61/>

The Acute Stress Disorder Scale (ASDS) is a self-reported inventory that indexes acute stress disorder and predicts PTSD. (See March 2010 Buzz)

Pfefferbaum, B. (2010). Building National Capacity for Child and Family Disaster Mental Health Research. *Professional Psychology: Research and Practice*, 41(1), 26–33.

Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/20352081>

This paper describes the structure and organization of the Child & Family Disaster Research Training & Education program, reviews the training curriculum, discusses implementation and evaluation of the program, and reviews obstacles encountered in establishing the program. (See March 2010 Buzz)

Wilcox, H.C., Storr, C.L., & Breslau, N. (2009). Posttraumatic Stress Disorder and Suicide Attempts in a Community Sample of Urban American Young Adults. *Archives of General Psychiatry*, 66(3), 305-311.

Retrieved from <http://psycnet.apa.org/index.cfm?fa=search.displayRecord&uid=2009-03256-009>

This study examined the association between exposure to traumatic events with and without resulting PTSD and the risk of subsequent suicide attempts in a community sample of urban young adults. (See March 2009 Buzz).

BYU study finds trauma, PTSD followed by reduction in region of the brain involved with memory.

(2008, August). *Brigham Young University News Release*. Retrieved from <http://news.byu.edu/archive08-Aug-PTSD.aspx>

A new study indicates traumatic events and PTSD symptoms may be caused by a size reduction in a part of the brain called the hippocampus. (See August 2008 Buzz)

Training

Advanced Practice Centers (APC) Training Websites. National Association of County and City Health Officials. Accessible at <http://www.naccho.org/topics/emergency/APC/index.cfm>

The mission of the APC Program is to promote innovative and practical solutions that enhance the capabilities of all local health departments and the public health system to prepare for, and respond to, and recover from public health emergencies. (See March 2012 Buzz)

Psychological First Aid: The Role of MRC Volunteers in Disaster Response, National Association of County & City Health Officials. Accessible at <http://webcasts.naccho.org/session-archived.php?id=823>

This webcast training provides an overview of the disaster mental health field and the role and evolution of psychological first aid. (See March 2012 Buzz)

Psychological First Aid: Guide for Field Workers. Department of Mental Health and Substance Abuse. World Health Organization. Accessible at

http://whqlibdoc.who.int/publications/2011/9789241548205_eng.pdf

This guide covers PFA, which involves humane, supportive and practical help to people suffering from serious crisis events. This guide also gives you information on how to approach a new situation safely for yourself and others, and not to cause harm by your actions. (See March 2012 Buzz)

Building Awareness of Disaster Behavioral Health Webinar (two-part series). Archived Webinars. SAMHSA DTAC. Accessible at <http://www.samhsa.gov/dtac/webinars/webinars.asp#table2>

A variety of online trainings, webcasts, and field events (conferences, meetings, workshops, and conventions) assembled by SAMHSA (Substance Abuse and Mental Health Services Administration) are available through this website link: <http://www.samhsa.gov/dtac/education.asp>. The webinars featured nationally known mental health and substance abuse experts, as well as representatives from the fields of public health and emergency management. (See March 2012 Buzz)

Aten, J. D., Topping, S., Denney, R. M., & Hosey, J. M. (2010, December 20). Helping African American Clergy and Churches Address Minority Disaster Mental Health Disparities: Training Needs, Model, and

Example. *Psychology of Religion and Spirituality*. Retrieved from <http://psycnet.apa.org/psycarticles/2010-25696-001.pdf>

The authors conducted qualitative interviews with African American clergy to provide insight as to how mental health professionals can work with them by providing training targeting minority disaster mental health disparities. (See January 2011 Buzz)

Yutzenka, B.A. & Naifeh, J.A. (2008). Traumatic Stress, Disaster Psychology, and Graduate Education: Reflections on the Special Section and Recommendations for Professional Psychology Training. *Training and Education in Professional Psychology*, 2(2), 96-102. Retrieved from <http://psycnet.apa.org/journals/tep/2/2/96.pdf>

This scholarly article and literature review emphasizes the importance of disaster psychology in the overall psychology curriculum. (See August 2008 Buzz)

Mental Health Preparedness. John Hopkins Center for Public Health Preparedness. Accessible at http://www.jhsph.edu/preparedness/training/online/mentalhealth_trainings

Online mental health preparedness trainings through John Hopkins courses include disaster mental health intervention, disaster mental health prevention, and mental health consequences of a disaster, among others. (See July 2008 Buzz)

Training Programs. Child Trauma Institute. Accessible at <http://www.childtrauma.com/tr.html>

Massachusetts based institute that provides training, consultation, information, and resources for those who work with trauma-exposed children, adolescents, and adults (See August 2008 Buzz).

Self-care

Aten, J.D., Madoson, M.B, Rice, A. & Chamberlain, A.K. (2008). Postdisaster Supervisor Strategies for Promoting Supervisee Self-Care: Lessons Learned from Hurricane Katrina. *Training and Education in Professional Psychology*, 2(2), 75-82. Retrieved from <http://psycnet.apa.org/journals/tep/2/2/75.pdf>
Scholarly article focusing on strategies for supervisors to deal with the self-care of their supervisees written in the wake of Katrina. A supervisor self-care tool is also included. (See August 2008 Buzz)

Shepherd, M., and Hodgkinson, P. (2006). The Hidden Victims of Disaster: Helper Stress. *Stress Medicine*, 6, 29-35. Retrieved from <http://onlinelibrary.wiley.com/doi/10.1002/smi.2460060107/abstract>
The effects of disaster work on helpers, both of the emergency services and those who offer psychological support, are reviewed in this article. (See March 2010 Buzz)

Communication/Technology

Twitter resources. [@distressline](#) is the SAMHSA-funded crisis hotline available for individuals impacted by a disaster in the US. Frequently, it offers helpful psychological resources for the public. You can also follow [@FEMA](#) to get updates regarding current disasters and tips on how to keep yourself safe. (March 2012 Buzz).

Merchant, R., Elmer, S., and Lurie, N. (2011). Integrating Social Media into Emergency-Preparedness Efforts. *New England Journal of Medicine*, 365, 289-291. Retrieved from <http://www.nejm.org/doi/full/10.1056/NEJMp1103591>

Social media might well enhance our systems of communication, thereby substantially increasing our ability to prepare for, respond to, and recover from events that threaten the public's health. (See August 2011 Buzz)

O'Dell, J. (2011, February 11). How We Use Social Media During Emergencies [Infographic]. *Mashable*. Retrieved at <http://mashable.com/2011/02/11/social-media-in-emergencies/#>
Results from a survey done by the American Red Cross are displayed in a fun infographic detailing people's expected interaction with social media in an emergency. (See May 2011 Buzz)

Working, R. (2011, February 23). Tweeting Tornadoes and Other Disasters. *Ragan.com*. Retrieved from http://www.ragan.com/Main/Articles/Tweeting_tornadoes_and_other_disasters_42722.aspx
Cities, countries and relief organizations are finding social media to be a powerful avenue for communicating with the public. (See May 2011 Buzz)

Aten, J. D., Leavell, K., et al. (2010). Everyday Technologies for Extraordinary Circumstances: Possibilities for Enhancing Disaster Communication. *Psychological Trauma: Theory, Research, Practice, and Policy*, 3(1), 16-20. Retrieved from <http://psycnet.apa.org/psycarticles/2010-25579-001.pdf>
The purpose of this article is to highlight how commonly used personal technology tools have been or might be utilized in novel ways to enhance disaster communication. (See January 2011 Buzz)

Tetris may help to reduce trauma. (2009, January 7). BBC News. Retrieved from <http://news.bbc.co.uk/2/hi/health/7813637.stm>
Playing the computer puzzle game Tetris can help reduce the effects of traumatic stress according to UK researchers. (See January 2009 Buzz)

Flood Specific Resources

Emergency Preparedness and Response: Floods. Centers for Disease Control and Prevention. Accessible at <http://emergency.cdc.gov/disasters/floods/>
Most up to date information regarding natural disasters and severe weather, preparation, key facts, and recommendations. (See Special Buzz: Flood Resources)

Mason, V., Andrews, H., & Upton, D. (2010) The psychological impact of exposure to floods. *Psychology, Health & Medicine*, 15(1), 61-73. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/20391225>
The aim of this study was to examine the psychological impact of flooding in the UK. (See Special Buzz: Flooding Additional Resources)

Carroll, B., Morbey, H. Balogh, R., & Araoz, G. (2009). Flooded homes, broken bonds, the meaning of home, psychological processes and their impact on psychological health in a disaster. *Health & Place*, 15(2), 540-547. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/18996730>
A study done on flood victims assessed the social and health impacts on people's lives. (See Special Buzz: Flooding Additional Resources)

Flood of Emotions Article Series. (1993) Kansas State University. Retrieved from <http://www.ksre.ksu.edu/library/hlsaf2/mf1129.pdf> , <http://www.ksre.ksu.edu/library/famlf2/mf1152.pdf> , and <http://www.ksre.ksu.edu/library/hlsaf2/mf1154.pdf>
Published by Kansas State University, these three fact sheets address the psychological effects of floods and are aimed at helping those affected- Including tips on how to deal with your emotions after the flood and how to handle children who might be suffering emotionally. (See Special Buzz: Flood Resources)

Coping with the Floods; Coping with the Aftermath of a Flood; Flood Aftermath- Helping Your Children. Project Recovery Iowa. Iowa DHS. Retrieved from

<http://www.dhs.state.ia.us/docs/ProjectRecoveryCopingwithFloods.pdf> ,
<http://www.dhs.state.ia.us/docs/ProjectRecoveryCopingwithAftermathofaFlood.pdf> , and
<http://www.dhs.state.ia.us/docs/ProjectRecoveryFloodAftermathHelpingYourChildren.pdf>

These factsheets provide assistance in knowing how to cope and how to get help. (See Special Buzz: Floods)

Tornado Specific Resources

Cohen, A.B. (2011, May 28). A Psychological Twister. *New York Times*. Retrieved from <http://www.nytimes.com/2011/05/29/weekinreview/29hide.html?scp=1&sq=A%20Psychological%20Twister&st=cse>

A story about how one family was prepared for a tornado that passed by their home in Oklahoma. (See Buzz June 2011)

Burton, T. (2011, May 26). Demand for Counseling Surges in Joplin. *Wall Street Journal*. Retrieved from http://online.wsj.com/article/SB10001424052702304066504576347452533179490.html?mod=googlenews_wsj

Joplin's leading mental health center receives four times their normal volume of calls after the tornado. (See Buzz June 2011)

Greenblatt, A. (2011, May 24). 'Just Glad To Be Alive,' Tornado Survivors Say. *NPR*. Retrieved from <http://www.npr.org/2011/05/24/136602848/just-glad-to-be-alive-tornado-survivors-say>
 Survivors from the Joplin, Mo. tornado speak about their experience. (See Buzz June 2011)

Tornado Cleanup and Response. Centers for Disease Control Emergency Response Resources. Accessible at <http://www.cdc.gov/niosh/topics/emres/tornado.html>

This page includes CDC immunization recommendations for disaster responders, health recommendations for relief workers, and interim assessment tools for occupational safety and health in various healthcare settings, as well as guidance for hazards. (See June 2011 Buzz)

Rubinkam, M. (2011, May 9). In tornado-stricken Ala., shock yields to grief. *Bloomberg Businessweek*. Retrieved from <http://www.businessweek.com/ap/financialnews/D9N3V9MO0.htm>
 The aftermath of a tornado generally leads to an increase in people seeking counseling three to six months post-tornado. (See May 2011 Buzz)

Sack, K. & Williams, T. (2011, April 30). Government's Disaster Response Wins Praise. *New York Times*. Retrieved from <http://www.nytimes.com/2011/05/01/us/01fema.html?scp=1&sq=government's%20disaster%20response%20wins&st=cse>

Alabama, Georgia and Mississippi residents are content with the President and FEMA's quick response for aid and attention. (See May 2011 Buzz)

Working, R. (2011, February 23). Tweeting Tornadoes and Other Disasters. *Ragan.com*. Retrieved from http://www.ragan.com/Main/Articles/Tweeting_tornadoes_and_other_disasters_42722.aspx
 (See May 2011 Buzz)

Managing Traumatic Stress: After the Tornadoes; Tornadoes, Hurricanes, and Children. *APA Help Center*. Accessible at <http://www.apa.org/helpcenter/tornadoes.aspx> (See Special Buzz: ARC Docs and Tornado) and <http://www.apa.org/helpcenter/tornadoes-kids.aspx> (See Special Buzz: Tornado Resources)

Both of these resources provide a comprehensive list of tips as to how to respond post-tornado and when to seek help.

Tornadoes. Centers for Disease Control Emergency Preparedness and Response. Accessible at <http://www.bt.cdc.gov/disasters/tornadoes/>
This CDC page includes before, during, and after a tornado suggestions for safety. (See Special Buzz: Tornado Resources)

Tornadoes. *Ready.gov*. Federal Emergency Management Agency. Accessible at <http://www.fema.gov/hazard/tornado/index.shtm>
Information for building an emergency kit and safe rooms, tornado danger signs, recommendations for shelter, general safety recommendations, and more. (See Special Buzz: Tornado Resources)

Hurricane Specific Resources

Be Red Cross Ready: Hurricane Safety Checklist. Red Cross. Accessible at <http://www.redcross.org/www-files/Documents/pdf/Preparedness/checklists/Hurricane.pdf>
This file contains information on what you should do to prepare for a hurricane and how to recover afterwards. (See Special Buzz: Hurricane Irene)

Managing Traumatic Stress: After the Hurricanes. (2011). Psychology Help Center. American Psychological Association. Accessible at <http://www.apa.org/helpcenter/hurricane-stress.aspx>
This article includes tips on how to restore emotional wellbeing and a sense of control in the wake of a hurricane. (See Special Buzz: Hurricanes)

Managing Traumatic Stress: Dealing with the Hurricanes from Afar. (2011). Psychology Help Center. American Psychological Association. Accessible at <http://www.apa.org/helpcenter/hurricane-afar.aspx>
This article includes tips on how to manage distress from watching images of destruction and worrying about others. (See Special Buzz: Hurricanes)

Emergency Preparedness and Response: Hurricanes, Cyclones, Typhoons, and other Tropical Storms. Centers for Disease Control. Accessible at <http://emergency.cdc.gov/disasters/hurricanes/>
This website contains the most up to date information regarding natural disasters and severe weather, preparation, key facts, and recommendations. (See Special Buzz: Hurricanes)

La Greca, A.M., Silverman, W.K., et al. (2010). Hurricane-Related Exposure Experiences and Stressors, Other Life Events, and Social Support: Concurrent and Prospective Impact on Children's Persistent Posttraumatic Stress Symptoms. *Journal of Consulting and Clinical Psychology*, 78(6), 794-805.
Retrieved from <http://psycnet.apa.org/journals/ccp/78/6/794.pdf>
This study examines the influence of a destructive hurricane on children's persistent posttraumatic stress (PTS). (See January 2011 Buzz)

COPE Hurricane Preparedness Newsletter. Accessible at <http://www.cope-inc.com/docs/HurricaneReadiness.pdf>
This short PDF includes important ideas for what to include in a supply kit for a hurricane as well as preparation tips. (See October 2010 Buzz)

North, C.S. (2010). A Tale of Two Studies of Two Disasters: Comparing Psychosocial Responses to Disaster among Oklahoma City Bombing Survivors and Hurricane Katrina Evacuees. *Rehabilitation Psychology*, 55(3), 241-246. Retrieved from <http://www.apa.org/pubs/journals/releases/rep-55-3-241.pdf>

Research conducted in the aftermaths of the Oklahoma City bombing and Hurricane Katrina showed that the type of disaster can have a distinct effect on how people respond psychologically. (See August 2010 Buzz)

Roberts, Y.H., Mitchell, M.J., Witman, M., & Taffaro, C. (2010). Mental Health Symptoms in Youth Affected by Hurricane Katrina. *Professional Psychology: Research and Practice*, 41(1), 10–18. Retrieved from <http://psycnet.apa.org/journals/pro/41/1/10/>

This study presents the results of a youth assessment survey done 2 years after Hurricane Katrina regarding the prevalence of mental health symptoms with recommendations for post-Katrina mental health needs. (See March 2010 Buzz)

Serious Emotional Disturbances Found Among Children After Katrina (2010, January 5). *Science Daily*. Retrieved from <http://www.sciencedaily.com/releases/2010/01/100105100031.htm>

Discussion regarding a study done at Virginia Tech regarding the serious emotional disturbances found among children after Hurricane Katrina, including hyperactivity, eating disorders, fears, and learning difficulties. (See January 2010 Buzz)

National Hurricane Center Online Tracker. National Weather Service. Accessible at <http://www.nhc.noaa.gov/>

This website allows for tracking of hurricanes and storms on the Atlantic and Pacific in real time. (See August 2009 Buzz)

Hurricane Preparedness. National Hurricane Center. National Weather Service. Accessible at <http://www.nhc.noaa.gov/HAW2/english/intro.shtml>

Part of Hurricane Preparedness Week (May 24th – May 30th), this consumer website offers information on hurricane history, hurricane hazards, and what people can do to prepare. (See June 2009 Buzz)

Dewan, Shaila. (2008, December 4). Many Children Lack Stability Long After Storm. *New York Times*. Retrieved from <http://www.nytimes.com/2008/12/05/us/05trailer.html>

This article is about children in post-Katrina Louisiana (education/health issues, etc). (See December 2008 Buzz)

Schulenberg, S.E., Dellinger, K.A., Koestler, A.J, et al. (2008). Psychologists and Hurricane Katrina: Natural Disaster Response Through Training, Public Education, and Research. *Training and Education in Professional Psychology*, 2(2), 83-88. Retrieved from <http://psycnet.apa.org/journals/tep/2/2/83/>

This scholarly article explores ways psychologists can use their clinical training in a disaster setting in light of the author's experience in Hurricane Katrina. (See October 2008 Buzz)

Wang, P.S., Gruber, M.J, Powers, R.E. et al. (2007). Mental Health Service Use Among Hurricane Katrina Survivors in the Eight Months After the Disaster. *Psychiatr Serv*, 58(11), 1403-1411. Retrieved from <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2078533/>

A scholarly study on the use of mental health services by adult survivors of Katrina, concluding that few Katrina survivors with mental disorders received adequate care and future disaster responses will require timely provision of services. (See October 2008 Buzz)

Aten, J.D., Madoson, M.B, Rice, A. & Chamberlain, A.K. (2008). Postdisaster Supervisor Strategies for Promoting Supervisee Self-Care: Lessons Learned from Hurricane Katrina. *Training and Education in Professional Psychology*, 2(2), 75-82. Retrieved from <http://psycnet.apa.org/journals/tep/2/2/75.pdf>

Scholarly article focusing on strategies for supervisors to deal with the self-care of their supervisees written in the wake of Katrina. A supervisor self-care tool is also included. (See August 2008 Buzz)

Tsunami Specific Resources

Wise, Cat. (2011, July 18). Tsunami-Devastated Aceh an Epicenter of Mental Health Woes. The Rundown Blog. *PBS Newshour*. Retrieved from <http://www.pbs.org/newshour/rundown/2011/07/tsunami-devastated-aceh-at-epicenter-of-mental-health-activity.html>

Ray Suarez reports on the lack of mental health services in Indonesia. (See August 2011 Buzz)

Tsunami Safety Checklist. Be Red Cross Ready. Accessible at <http://www.redcross.org/www-files/Documents/pdf/Preparedness/checklists/Tsunami.pdf>

Red Cross' safety checklist for a tsunami, including how to prepare, what to do during a potential tsunami situation, and what to do afterwards.

Earthquake Specific Resources

Beaubien, Jason. (2010, March 30). Foreign Aid A Blessing, Curse for Struggling Haiti. *All Things Considered*. *NPR*. Retrieved from <http://www.npr.org/templates/story/story.php?storyId=125343322>
Haiti has held the largest concentration of NGOs per capita in the world- but they aren't coordinating services with each other or the government. (See April 2010 Buzz)

Sontag, Deborah. (2010, March 19). In Haiti, Mental Health System Is in Collapse. *New York Times*. Retrieved from <http://www.nytimes.com/2010/03/20/world/americas/20haiti.html?emc=tnt&tntemail1=y>
The only psychiatric center in Port-Au-Prince is struggling for funding and attention is put on the fact that previous to the quake, there were only 15 psychiatrists in all of Haiti. (See April 2010 Buzz)

Johnson, Carolyn. (2010, March 1). Realizing Haitians' other needs: Quake affected mental health. *Boston Globe*. Retrieved from

http://www.boston.com/news/local/massachusetts/articles/2010/03/01/boston_providers_try_to_meet_haitian_victims_psychological_needs/

A group of mental health providers in the Boston Area have founded the Haitian Mental Health Network dedicated to providing services and resources to the Haitian community. (See March 2010 Buzz)

Earthquake Information for Clinicians. Emergency Preparedness and Response. CDC. Accessible at <http://emergency.cdc.gov/disasters/earthquakes/clinicians.asp>

This document includes a list of potential health concerns from earthquakes. (See March 2010 Buzz)

Margonlin, G., Ramos, M.C., & Guran, E.L. (2010). Earthquakes and Children: The Role of Psychologists with Families and Communities. *Professional Psychology: Research and Practice*, 41(1), 1-9. Retrieved from <http://psycnet.apa.org/journals/pro/41/1/1.pdf>

With children's well-being subsequent to earthquakes inextricably linked to family and community, psychologists can make important contributions through that understanding. (See March 2010 Buzz)

Kluger, Jeffrey. (2010, January 17). Haiti: After the Devastation, the Emotional Wreckage. *TIME Magazine*. Retrieved from

http://www.time.com/time/specials/packages/article/0,28804,1953379_1953494_1953857,00.html

This article discusses the longer term possibility of PTSD for survivors in Haiti and ways that PTSD symptoms may be treated. (See February 2010 Buzz)

Coping with Concerns about the Earthquake in Haiti. Canadian Psychological Association. Accessible at http://www.cpa.ca/cpsite/userfiles/Documents/Emergency%20Preparedness/CPA_Coping_Earthquake_final.pdf

This document offers tips on how to take care of yourself and your family. (See February 2010 Buzz)

Earthquakes. Emergency Preparedness and Response. CDC. Accessible at <http://emergency.cdc.gov/disasters/earthquakes/>

CDC's website for Earthquake preparedness includes helpful links for consumers, and advice on what to do during and after an earthquake. (See August 2008 Buzz).

9/11 and Terrorism Resources

DeVoe, E. R., Klein, T. P., Bannon, W., Jr., & Miranda-Julian, C. (2010). Young children in the aftermath of the world trade center attacks. *Psychological Trauma: Theory, Research, Practice, and Policy*, 3(1), 1-7. Retrieved from <http://psycnet.apa.org/psycarticles/2010-22607-001.pdf>

The 9/11 act of terrorism provides an opportunity to understand the responses of young children to a traumatic event of this proportion and this study examined the relationship of levels of exposure to the World Trade Center disaster and family level predictors to trauma symptoms. (See January 2011 Buzz)

North, C.S. (2010). A Tale of Two Studies of Two Disasters: Comparing Psychosocial Responses to Disaster among Oklahoma City Bombing Survivors and Hurricane Katrina Evacuees. *Rehabilitation Psychology*, 55(3), 241-246. Retrieved from <http://www.apa.org/pubs/journals/releases/rep-55-3-241.pdf>

Research conducted in the aftermaths of the Oklahoma City bombing and Hurricane Katrina showed that the type of disaster can have a distinct effect on how people respond psychologically. (See August 2010 Buzz)

Scott, Maiken. (2010, August 2). Studies Examine Children and Trauma in the aftermath of 9/11. *WHYY's Behavioral Health*. Retrieved from <http://whyy.org/cms/news/health-science/behavioral-health-health-science/dr-dan-gottlieb-on-morning-edition/2010/08/02/studies-examine-children-and-trauma-in-the-aftermath-of-911-attacks/42898>

Two new long-term studies examining mental health and post-traumatic stress showed that age played an important role in how children reacted to the terrorist attacks on New York City on 9/11. (See August 2010 Buzz)

Parsons, Claudia. (2008, June 13). Long-term 9/11 stress seen in lower Manhattan. *Reuters*. Accessible from <http://www.reuters.com/article/2008/06/13/us-wtc-stress-idUSN1247853220080613>

Conducted by the New York City Health Department, the survey was the first to measure the long-term effects of the terrorist attacks for those who lived near the World Trade Center. (See June 2008 Buzz)

Mass Casualty Event Preparedness and Response. Emergency Preparedness and Response. Centers for Disease Control. Accessible at <http://emergency.cdc.gov/masscasualties/>

Most up to date information regarding response after a terrorist bombing, coping with the traumatic event, key facts, and recommendations.

H1N1 (Swine Flu) and Pandemic Influenza Resources

Issues in Pandemic Influenza Responses for Marginalized Urban Populations: Key Findings and Recommendations. Homelessness Resource Center. Substance Abuse and Mental Health Services Administration. Accessible at

<http://homeless.samhsa.gov/ResourceFiles/Issues%20in%20Pandemic%20Preparedness%20-%20Final%20report.pdf>

This project was done to assist front-line workers responding to issues related to influenza among marginalized urban populations as to minimize the impact of the pandemic. (See October 2010 Buzz)

Google Flu Trends. Accessible at <http://www.google.org/flutrends/us/#US>

A tool by Google that tracks flu trends in the United States and internationally. (See April 2010 Buzz)

Pandemic Influenza Resource Summary. Public Entity Risk Institute. Accessible at

https://www.riskinstitute.org/peri/index.php?option=com_bookmarks&task=detail&id=903

A collection of local, state, and national resources on H1N1. (See October 2009 Buzz)

Brown, David. (2009, July 10). School-Age Children to Get First Vaccinations Against Pandemic Flu.

Washington Post. Retrieved from [http://www.washingtonpost.com/wp-](http://www.washingtonpost.com/wp-dyn/content/article/2009/07/09/AR2009070900353.html?wpisrc=newsletter)

[dyn/content/article/2009/07/09/AR2009070900353.html?wpisrc=newsletter](http://www.washingtonpost.com/wp-dyn/content/article/2009/07/09/AR2009070900353.html?wpisrc=newsletter)

Article regarding immunization schedule and mass campaigns in schools. (See August 2009 Buzz)

Neustadt, R.E. & Fineberg, H.V. (1978). The Swine Flu Affair: Decision-Making on a Slippery Disease.

Retrieved from <http://www.nap.edu/catalog/12660.html>

National Academies Press publication on the 1976 swine flu epidemic. (See June 2009 Buzz)

Preparing for Swine Flu (H1N1) Pandemic: Coping and Emotional Wellbeing. Pandemic Flu Public

Information Series. American Red Cross. Accessible at [http://www.redcross.org/www-](http://www.redcross.org/www-files/Documents/pdf/Preparedness/SwineH1N1FluCopingFactSheet.pdf)

[files/Documents/pdf/Preparedness/SwineH1N1FluCopingFactSheet.pdf](http://www.redcross.org/www-files/Documents/pdf/Preparedness/SwineH1N1FluCopingFactSheet.pdf)

How to prepare, cope, and stay informed during the pandemic flu. (See Special Buzz: H1N1 Part II)

Talking to Children About Swine Flu (H1N1): A Parent Resource. PTA/National Association of School Psychologists/National Association of School Nurse. Accessible at

http://www.nasponline.org/resources/talking_with_children_about_flu_final.pdf

(See Special Buzz: H1N1 Part II)

Red Cross Urges Preparedness During Swine Flu Outbreak. American Red Cross. (2009). Accessible at

<http://www.redcross.org/portal/site/en/menuitem.1a019a978f421296e81ec89e43181aa0/?vgnnextoid=099ba3cdcc8e0210VgnVCM10000089f0870aRCRD>

Tips of how to stay healthy from the Red Cross and the CDC. (See Special Buzz: H1N1)

States Improve Preparedness to Safeguard Against Pandemic Influenza Outbreak. National Governors

Association. Accessible at [http://www.nga.org/cms/home/news-room/news-releases/page_2008/col2-](http://www.nga.org/cms/home/news-room/news-releases/page_2008/col2-content/main-content-list/title_states-improve-preparedness-to-safeguard-against-pandemic-influenza-outbreak.html)

[content/main-content-list/title_states-improve-preparedness-to-safeguard-against-pandemic-influenza-outbreak.html](http://www.nga.org/cms/home/news-room/news-releases/page_2008/col2-content/main-content-list/title_states-improve-preparedness-to-safeguard-against-pandemic-influenza-outbreak.html)

States are making significant progress toward safeguarding their citizens against an influenza pandemic, but the nation remains inadequately prepared for a severe pandemic outbreak according to a new report.

(See November 2008 Buzz)

Shootings Resources

Managing Your Distress in the Aftermath of a Shooting. APA Help Center. Accessible at <http://www.apa.org/helpcenter/mass-shooting.aspx>

This Help Center article discusses tips to strengthen resilience as one is struggling to understand how a shooting could occur.

Helping Your Children Manage Distress in the Aftermath of a Shooting. APA Help Center. Accessible at <http://www.apa.org/helpcenter/aftermath.aspx>

This resource addresses how to talk to children regarding shootings and how to ensure that they feel safe.

School Shootings: Helping Teens Cope— A Guide for Parents. Institute for Trauma and Resilience. NYU Child Study Center. Accessible at

http://www.aboutourkids.org/articles/school_shootings_helping_teens_cope_guide_parents

This is a shorter, more general version of the guide below developed in response to the shootings at Virginia Tech.

Helping Your College-Bound Children and College Students Cope after the Virginia Tech Shootings: A Guide for Parents. Institute for Trauma and Resilience, NYU Child Study Center. Accessible at

http://www.aboutourkids.org/files/articles/vt_traumaguide_parents.pdf

Tips for parents on helping adolescents and college students cope in the aftermath of school shootings, tips for parents with adolescents preparing for college, and indicators of difficulty with college adjustment are all included in this comprehensive guide regarding the Virginia Tech shootings.

Oil Spill Resources

Reeves, Jay. (2010, September 28). Gallup: Depression up 25 percent on Gulf after oil. *Associated Press*. Retrieved from

<http://www.google.com/hostednews/ap/article/ALeqM5ibimnwvlMseTi85Jc4O4RfCYrL0gD9IGT2700?docId=D9IGT2700>

The Gulf Coast is now a home for depression, worry, and sadness for many. (See October 2010 Buzz)

Vargas, Theresa. (2010, September 5). Louisianans affected by gulf oil spill seek lessons in Alaska from Exxon Valdez. *Washington Post*. Retrieved from <http://www.washingtonpost.com/wp-dyn/content/article/2010/09/05/AR2010090503565.html>

A group of Louisianans traveled to talk to Alaska residents with previous oil spill experience. (See October 2010 Buzz)

Deepwater Horizon Response: Gulf of Mexico Oil Cleanup. Workplace Safety & Health Topics. CDC. Accessible at <http://www.cdc.gov/niosh/topics/oilspillresponse/>

NIOSH's efforts to protect oil cleanup workers. (See June 2010 Buzz)

The Gulf Oil Spill Crisis: Staying Hopeful in the Face of Tragedy. American Red Cross. Accessible at <http://www.redcross.org/www-files/Documents/pdf/Preparedness/checklists/StayingHopeful.pdf>

This document includes steps to take to build resilience in order to successfully cope with the crisis and a list of stress symptoms that a mental health professional can assist with.

2010 Gulf of Mexico Oil Spill. Emergency Preparedness and Response. CDC. Accessible at http://emergency.cdc.gov/chemical/oil_spill_gm_2010.asp

Response and health surveillance is being tracked by the CDC on this page. (See June 2010 Buzz)

Hurricanes & the Oil Spill. National Oceanic and Atmospheric Association's Oil Spill Response. Accessible at http://sero.nmfs.noaa.gov/sf/deepwater_horizon/NOAA_fact_sheet_on_hurricanes_and_oil_spills.pdf Information on issues surrounding hurricanes and the effects on the oil slick. (See June 2010 Buzz)

Nuclear Radiation Resources

Dawson, Chester. (2011, March 21). Mental Health No Afterthought in Tsunami's Aftermath. *Wall Street Journal*. Retrieved from http://blogs.wsj.com/japanrealtime/2011/03/21/mental-health-no-afterthought-in-tsunamis-aftermath/?mod=google_news_blog

This article discusses the mental health response underway in Miyagi, Japan, where teams of disaster mental health responders from other parts of Japan are offering assistance. (See Special Buzz: Japanese Earthquake)

Carey, Benedict. (2011, March 19). Lessons for Japan's Survivors: The Psychology of Recovery. *New York Times*. Retrieved from <http://www.nytimes.com/2011/03/20/weekinreview/20psyche.html?src=twrhp>

This article touches open the differences between mental health disaster recovery from a natural disaster and a man-made event, comparing research from Hurricane Ivan (2004) to the Exxon Valdez oil spill (1989). Disaster mental health experts also comment on how Japanese culture plays a role in the expression of their mental health state. (See Special Buzz: Japanese Earthquake)

Hutchinson, Courtney. (2011, March 17). Healing Japan: Psychological fall out could last years. *ABC World News*. Retrieved from <http://abcnews.go.com/Health/MindMoodNews/japan-earthquake-psychological-fallout-years/story?id=13148574>

This article discusses the psychological effects of the earthquake, tsunami, and nuclear leak. (See Special Buzz: Japanese Earthquake)

Fink, Sheri. (2011, March 16). After a Disaster, What Defines a Country's Resilience? *TIME Magazine*. Retrieved from <http://www.time.com/time/printout/0,8816,2059436,00.html>

The importance of resilience in the way of social support and information is discussed, noting that the Japanese have already shown great signs of resilience, attributing this resilience to high level of preparedness. The challenge of foreign responders is mentioned; Japanese nationals are identified as best able to provide counseling. (See Special Buzz: Japanese Earthquake)

The New York Times. (2011, March 16). Q. and A. on the Nuclear Crisis in Japan. Retrieved from <http://green.blogs.nytimes.com/2011/03/16/q-and-a-on-the-nuclear-crisis-in-japan/?partner=rss&emc=rss&src=ig>

New York Times reporters answer questions from readers about the nuclear crisis in Japan and addresses topics such as media hysteria and health risks. (See Special Buzz: Japanese Earthquake)

Coping with the Japanese Earthquake, Tsunami and Radiation Disaster/Tips for Coping When Threat of a Disaster. American Red Cross. Accessible through Red Cross DMH Neighborhood. (See Special Buzz: Japanese Earthquake)