Crisis Response resources from The ASCA Website.

**A Dramatic Improvement**
Using drama in school counseling is nothing new, but dramatic programs addressing bullying, peer relationships, dating and school violence are hot commodities in Kid World today – and can build a better school climate along the way.

**A New Home**
In the wake of Hurricane Katrina, thousands of students had to leave their schools – and homes – for a new life elsewhere. Helping these displaced students adjust is an important role for school counselors.

**By the Numbers**
Crisis response can be overwhelming. Breaking it down into 10 important areas can help you take those important first steps.

**Case Study: Pooling Resources**
In the wake of hurricanes Katrina and Rita, a Houston school district and Texas university worked together to meet the needs of relocated students and their families.

**Childhood Observers of Domestic Violence**
Children exposed to domestic violence often exhibit reactions similar to physically abused children. Discover guidelines for helping these children cope.

**Digital and Media Literacy**
Developing critical thinking and communication skills are vital for 21st-century students. Discover how focusing on online pranks with your students can lead to media literacy and ethical responsibility.

**FERPA and School Safety**
Students have privileges and deserve confidentiality. But when they are a danger to themselves or others, it’s important for school counselors to know where FERPA stands.

**Five Steps to Prepare**
Everyone in the building has a role to play in the event of an emergency. Make sure you’ve done your part to ensure your school building and students are ready for emergency responses.

**From Crisis Comes Opportunity**
No one wants to experience a crisis situation. They can, however, offer a chance for personal and professional growth – for both students and school counselors.

**Gangs in School**
Once thought to just affect large schools in urban areas, these days gangs are adversely affecting schools across the country, regardless of size or location. The first step in addressing this problem is taking off the blinders and addressing the problem head-on rather than denying it. Learn indicators that gang behavior is going on in your school and what you can do about it.

**Kids Supporting Kids**
Learn to implement a 10-stage program for running grief and loss groups in your school.

**Lend a Hand**
It’s easy to say we wish we could help those halfway across the country affected by a natural disaster. It’s another thing to drop everything at a moment’s notice and fly off to be a Red Cross disaster mental health volunteer.
Looking Back – and Ahead
Anniversaries, unfortunately, aren't always a happy occasion. The anniversary of a violent act, friend’s death or other crisis situation can bring old feelings back to the forefront.

Scared or Prepared?
Don’t fall into the trap of only thinking about school safety when it’s a hot topic in the news. A proactive approach to school security and emergency preparedness planning is critical.

Serving All Students Needs
A professional perspective on helping students with special needs and special circumstances.

Superhero or Super Stressed
Picture this: A student enters the school with a weapon, threatening to kill another student who has bullied him in the past. An adolescent with whom you have been working attempts or completes suicide. An unknown man enters the school and takes students hostage, threatening to kill the students.

The Grieving School
You’ve got a crisis management plan in place, right? Take a look at some of these tips for fine-tuning your plan from a former school principal whose school went through a few tough years.

Virginia Tech: The Aftermath of a Tragedy
Dealing with a tragedy is bad enough, but when anniversary dates come along, school counselors need to be prepared for students to experience problems again.

When You’re Too Affected to Be Effective
A school or community crisis affects everyone involved – including the school counselors. It’s important to be aware of how you’re dealing with the tragedy yourself as well.

Youth in Crisis
By using a problem-solving model, you can help students move on from the traumatic incidents in their lives and learn to effectively cope with any that may come down the road.

The organizations, Web sites and other resources listed here are not exhaustive, nor is their inclusion intended as an endorsement by the American School Counselor Association. Rather, these listings are intended to assist school counselors in their efforts to better address children's academic, career, and personal/social development needs.

Resource Center
Addressing Long-term Fallout From School Crisis
This white paper from the recent ASCA-PERI online symposium, The Human Side of Crisis, is available for free download to ASCA members.

Adolescent Gangs: Old Issues, New Approaches
Branch, C.(Ed.) Adolescent gangs: Old issues, new approaches. Taylor & Francis. Adolescent Gangs operates from the basic belief that gang members are normal people - often participating in abnormal behavior - in search of a place for themselves in the communities in which they live. The editor has recruited leading experts in a variety of disciplines to examine new and creative ways of thinking about gangs and how to respond to them. Topics include
community interventions; innovative approaches that can be effectively initiated by probation departments, schools, and other agencies; and effective therapeutic strategies that help gang-affiliated adolescents and their families.

**Child Trauma Handbook: A Guide for Helping Trauma-Exposed Children and Adolescents**  
This book is a comprehensive plain-language guide to treatment of trauma-exposed children and adolescents and those with trauma or loss-related issues.

**Childhood Stress in Contemporary Society**  
Childhood Stress in Contemporary Society provides readers with an extensive exploration of the definition of stress, from basic terminology to the causes and effects of stress in the daily lives of children and adults. This book will teach you how to better deal with stress in your own life and how to share that knowledge with children. Dr. Humphrey walks you step-by-step through a variety of techniques, exercises, and games that improve a child's self-image and the confidence necessary to contend with stressful situations.

**Children and Trauma: A Guide for Parents and Professionals**  
Children and Trauma teaches parents and professionals about the effects of ordeals on children and offers a blueprint for restoring a child’s sense of safety and balance.

**Children in a Violent Society**  
Emphasizing the need for early intervention and prevention, this timely book examines the impact of violence exposure on children and youth, discusses several existing programs, and proposes new approaches to the problem. Recommending crucial steps to stem the tide of violence and enhance the safety of future generations, this volume will be of interest to mental health practitioners, developmental researchers, sociologists, educators, law enforcement personnel, and policy makers.

**Collaborative Treatment of Traumatized Children and Teens**  
This text provides an integrative model of mental health care for children and adolescents exposed to traumatic life events abuse and community violence. It is written for all members of a therapeutic team, it integrates the emerging neuroscience of stress and trauma together with a wealth of clinical experience.

**Compassion Fatigue: The Professional Liability for Caring Too Much**  
This white paper from the recent ASCA-PERI symposium, The Human Side of Crisis, is available for free download to ASCA members.

**Crisis and Trauma: Developmental-Ecological Intervention**  
This text introduces students to the fundamental concepts of crisis theory and practice, and provides models for single-session intervention and ongoing crisis counseling. The authors present their theoretical framework and assessment and intervention models, then apply them to a variety of crises, such as sexual assault, domestic violence, substance abuse, and death.
Crisis Intervention Strategies 5th Edition
James, R.K. & Gilliland, B.E. (2005). Crisis intervention strategies (5th ed). Wadsworth. Richard K. James and Burl E. Gilliland present the latest research, theories, and techniques of this rapidly evolving field, along with case material from real crisis situations. Authoritative, class-tested, and based on the authors' extensive experience teaching crisis intervention courses, the book includes information on cutting-edge topics such as cybercounseling via the Internet and compassion fatigue. The Fifth Edition gives students the skills and strategies they need to take crisis intervention theory and technique out of the classroom and onto the street.

Critical Incidents in Counseling Children
Dugger, S. & Carlson, L. (2007). Critical incidents in counseling children. Alexandria, VA: American Counseling Association. This resource offers a perceptive analysis of counseling children under the age of 13 in both school and non-school settings. Renowned experts examine cases on an extensive array of common childhood issues. Each case offers specific suggestions--using a variety of treatment approaches--for working with clients for whom words are not necessarily their primary form of communication. Instead of focusing only on “success stories,” the counselors in this book also discuss especially challenging cases and give candid descriptions of their self-doubt and confusion about how to proceed. This allows the reader keen insight into the ongoing professional hurdles that counselors continue to confront as they learn about this population.

Facing Fear: Helping Young People Deal with Terrorism and Tragic Events
American Red Cross. (2001). Facing fear: Helping young people deal with terrorism and tragic events. This guide is filled with 12 lesson plans which include topics such as feelings, stress, media, terrorism, community preparedness, family disaster plans, healing tools and much more. The goal of this guide is to help children feel safe and secure in the aftermath of a terrorist event. This guide is helpful for teachers who talk to students about emotionally challenging events.

Facing Violence: Discussion-Starting Skits for Teenagers
Pike, R.W. (1995). Facing violence: Discussion-starting skits for teenagers. San Jose, CA: Resource Publications. Teens have many reasons for acting up: trouble at home, trouble with relationships, trouble on the streets. You can get them to talk about their problems by using simple dramas. Facing Violence, part of the Acting It Out series, provides you with 40 skits addressing violence in schools, the home, language, dating and society, as well as solutions to the violence. These skits require no rehearsal and can be performed on the spot in a classroom setting.

Fire Night!
Beatty, M.D. (1999). Fire night! Santa Fe, NM: Health Press. This story reassures young children that firefighters, though scary looking in full protective gear, are friends. Includes a review of fire safety rules at the end of the story.

Help for the Helper: Self-Care Strategies for Managing Burnout and Stress
Rothschild, B. (2006). Help for the helper: Self-care strategies for managing burnout and stress. New York: W.W. Norton & Company, Inc. This is the first publication to integrate contemporary research on the neurobiology of empathy into a broader understanding of the origins of vicarious traumatization and compassion fatigue. Rothschild enlivens this highly readable, scholarly overview of the research with her conversational tone, clinical applications, examples and exercises for therapists who want to address therapy’s negative effects on themselves. This book will be a valuable resource for seasoned clinicians and trainees alike.

Helping Families and Communities Recover From Disaster
Kilmer, R. et.al. (2009) Helping families and communities recover from disaster. Washington, DC:
American Psychological Association.
Lessons learned from hurricane Katrina and its aftermath.

**Helping Kids Heal: 75 Activities to Help Children Recover from Trauma and Loss**
This unique volume contains 75 tried-and-true activities to use with school-age children after an acutely traumatic event, or in response to the chronic trauma and loss experience by children living in at-risk situations. These activities can all be used on a stand alone basis, contain beautiful illustrations, provide clear, step-by-step instructions and reproducible activity sheets.

**Helping Teens Stop Violence: A Practical Guide for Counselors, Educators, and Parents**
Years of practical, successful research and training fill this easy-to-use guide. It is a multi-racial, step-by-step program to help counselors and others empower young people to resist abuse and prevent violence in their relationships.

**I'll Know What To Do: A Kid's Guide to Natural Disasters**
This book gives the facts about natural disasters of all kinds and provides important tips on prevention, safety, and what to do in case they strike. This book also explores the feelings that often emerge in the aftermath, and offers useful techniques to help young people work through them.

**Lessons Learned from Responding to the Aftereffects of September 11**
This white paper from the recent ASCA-PERI online symposium, The Human Side of Crisis, is available for free download to ASCA members.

**Lessons Learned From the Shootings at Columbine High School**
This white paper from the recent ASCA-PERI online symposium, The Human Side of Crisis, is available for free download to ASCA members.

**Mending Hearts: When a School Grieves**
This book is written to help school counselors, teachers and administrators know how to respond when grief affects a school. It is written for grades K-6.

**No Easy Answers: The Truth Behind Death at Columbine**
This compelling true story answers many questions about the two boys who horrified their community and the world by shooting to death twelve students and one teacher at their high school in Littleton, Colorado in April 1999. In the hope that his story will help prevent future acts of school violence, Brooks Brown pours his heart and soul into the retelling of this tragic event that affected so many.

**Peace in the Halls: Stories and Activities to Manage Anger and Prevent School Violence**
This book focuses on helping children and adolescents overcome the numerous obstacles they face on a daily basis. In this book the author uses the timeless teaching technique of exploring ideas through stories.

**Preventing Violence in Our Schools: Essential Skills for Students Grades 4-12**  

Through a series of classroom activities primarily utilizing the opinions, feelings, ideas, experiences, and wisdom of the students themselves, this curriculum is designed to promote understanding, build relationships, create caring and compassion, and develop critical skills in communication, anger control and conflict management.

**Reactions**  

A workbook to help young people who are experiencing trauma and grief.

**Right on Course: How Trauma and Maltreatment Impact Children in the Classroom, and How You Can Help**  
Right on course: How trauma and maltreatment impact children in the classroom, and how you can help. (2002). Chicago, IL: CIVITAS.

This easy to implement reference tool will help you build a safe and positive learning environment in your classroom and offer support to students who may be victims of maltreatment or other types of trauma. Developed and approved by teachers and experts in the fields of child development and maltreatment, these tools correspond to the information covered in this handbook. They include how to assess and report the signs and symptoms of trauma and maltreatment, how to identify behaviors that may result from traumatic experiences and what you can do to address these behaviors.

**RTI Toolkit: A Practical Guide for Schools**  

Wright develops a comprehensive step by step approach to the understanding and implementing of Response to Intervention in schools. His clear and concise presentation, tied to current research, make his practical ideas and extensive procedures easily accessable to those in the field.

**Safe and Healthy Schools: Practical Prevention Strategies**  

This book by Jeffrey R. Sprague and Hill M. Walker is a hands-on resource for practitioners and provides step-by-step guidance for developing a comprehensive school safety plan. Moving from needs assessment to implementation and evaluation, chapters describe research-based strategies that are readily applicable in K-12 settings.

**Safe Schools, Safe Students (video set)**  
This two-video set helps educate both students and adults about their roles in school violence prevention. Part one, “Time to Tell,” is ideal for middle school through high school audiences and encourages kids to tell someone in authority when violence simmes imminent. Four vignettes bring home the poing (15 minutes). Part two, "Understanding Violence: Identifying Troubled Kids," is aimed at teachers, chool staff and parents. It lists behaviours that could indicate a potentially violent young person and suggests ways to intervene. "Understanding Violence" is based on the U.S. Department of Education's “Early Warning -- Timely Response” publication. The video set also comes with 50 copies each of two free pamphlets, "Identifying Troubled Children" and "Helping Potentially Violent Children."

**Safeguarding Our Children: An Action Guide**  
Editorial Publications.
This action guide provides practical steps schools can take to design and implement school safety plans to reduce violence in schools and help children get access to the services they need. This guide stresses the importance of a three-stage, comprehensive model that includes prevention, early intervention, and intensive services to address school safety issues.

The author has assembled a resource for training a crisis response team for your school. The resources include the basics of psychotraumatology, managing and responding to a school crisis, individual and group interventions, assessment, special problems, and taking care of yourself and your team.

School Crisis Survival Guide: Management Techniques and Materials for Counselors and Administrators
Here are hundreds of step-by-step guidelines, strategies, and working plans for helping students in grades K-12 overcome any kind of crisis or tragedy, including personal losses, tragic accidents, a terminally ill classmate, suicide, violence, and natural disasters.

School Staff and Crisis: Care for the Caregiver
This white paper from the recent ASCA-PERI online symposium, the Human Side of Crisis is available for free download to ASCA members.

School Violence...Calming the Storm: A guide to creating a fight-free school environment
This book outlines all of the components and provides everything that a classroom teacher or principal needs to create a fight-free school: instructional lessons; charts; parent communication; letters to the community; classroom, cafeteria, school bus, and school-wide activities; a lesson on the human brain and what causes anger; sample newsletters; fight-free pledge cards; certificates, and more.

School-Based Crisis Intervention: Preparing All Personnel to Assist
This resource helps practitioners prepare all school personnel to respond sensitively and effectively to children and adolescents in crisis.

Talking Peace: A Vision for the Next Generation
The former president of the United States draws from his past experiences as he discusses how citizens of all ages can contribute to the foundations of world peace.

Teens Who Hurt: Clinical Interventions to Break the Cycle of Adolescent Violence
This book presents an overarching framework and numerous specific strategies for working with violent youth and their families. The authors draw on extensive experience to identify four critical factors that push some adolescents to commit harmful, even deadly acts: devaluation, erosion of
community, dehumanized loss, and rage. Effective ways to address each of these factors in clinical and school settings are discussed and illustrated with evocative case material.

**The Coping Skills Workbook: Teaches Kids Nine Essential Skills to Help Deal with Real-Life Crisis**
The Coping Skills Workbook can be used as a method intervention in helping the child who already exhibits coping problems. Ideally, it will be used with all children to prevent problems before they arise. It is intended to be used by a child with guidance from an adult.

**The Effects of Trauma Upon Children and The Community -- How Best to Help**
This white paper from the recent ASCA-PERI online symposium, The Human Side of Crisis, is available for free download to ASCA members.

**The Peace Book: 108 Simple Ways to Create a More Peaceful World**
The Peace Book presents four basic principles that form the basis for a peace culture: Community, Cooperation, Nonviolence, and Witness. In an easy-to-read format, it offers 108 simple suggestions for turning these principles into practical action in everyday life. These suggestions cover the whole range—from inner peace to peace at home, at school, at work, in the community, and in the world. They also deal with special topics, such as nonviolence, diversity, social justice, reconciliation, the environment, and spirituality.

**The Scared Child: Helping Kids Overcome Traumatic Events**
Here are detailed instructions, based on professional techniques, to encourage kids of any age—from toddler to teenager—to reveal their feelings through words, drawings, and role playing with step-by-step advice for reassuring them and helping them let go of their fear.

**The School Practitioner’s Concise Companion**
Here, readers will find an overview of violence and interpersonal conflict in schools. This Concise Companion covers the types of violence that threaten school and student safety—from bullying to sexual assault to gang activity—and presents innovative, effective strategies to assess risk, teach conflict resolution skills, and create a violence-free culture.

**The Shooting Game: The Making of School Shooters**
Award-winning journalist, university educator and six times published author Joseph Lieberman gives heart to the statistics and lays bare the soul of these tragedies by revealing the synchronous nature and common roots of school shooting, workplace rampage and suicidal terrorist acts. The Shooting Game is a book that must be read by every parent, educator, school official, and legal professional.

**The Victimization of Children: Emerging Issues**
This text helps students and practitioners working with young victims stay on the cutting edge of the latest research developments regarding crimes against children. Experts from the legal,
medical, and sociological communities explore some of the most urgent issues involving child victim.

They Broke The Law - You Be The Judge: True Cases of Teen Crime
Teens often hear about other teens who get into trouble with the law. But they're seldom asked what they think should happen next and why. A unique introduction to the juvenile justice system, this book invites teens to preside over a variety of real-life cases. Teens (and teachers) who want more can find role-playing ideas and scenarios related to the stories available as free downloads here on the Free Spirit Web site. Thought-provoking and eye-opening, this book is for all teens who want to know more about the juvenile justice system and the laws that pertain to them and their peers.

Too Scared to Cry: Psychic Trauma in Childhood
A groundbreaking book that explains how childhood trauma affects all of us.

Trauma and Recovery: The Aftermath of Violence - from Domestic Abuse to Political Terror
Herman, J. (1997). Trauma and recovery: The aftermath of violence - from domestic abuse to political terror. BasicBooks.
Trauma and Recovery brings a new level of understanding to a set of problems usually considered individually. Herman draws on her own cutting-edge research on domestic violence, as well as on a vast literature of combat veterans and victims of political terror, to show the parallels between private terrors such as rape and public traumas such as terrorism. The book puts individual experience in a broader political frame, arguing that psychological trauma can be understood only in a social context.

Trauma Practice: Tools for Stabilization and Recovery
The text is divided into three main sections corresponding to Herman's (1992) Tri-phasic Model: Safety and Stabilization, Remembrance and Mourning, and Reconnection. The authors present, clearly and in detail, an array of techniques, protocols, and interventions in the four categories of cognitive, behavioral, body-oriented, and emotional/relational to assist the clinician in navigating each of these three phases.

Treating Traumatized Children
This book discusses risk and protective factors for the development of PTSD and provides professionals with an up-to-date international perspective on the subject. It also helps professionals and researchers develop future treatments based on current evidence.

Violence Against Children in the Family and the Community
This book brings together the latest findings on violence against children. Leading scholars describe promising interventions, suggest strategies for preventing violence, and analyze current findings in five key areas--developmental consequences, causes, interventions, prevention, and public policy.

What Happened to the World? Helping Children Cope in Turbulent Times
Here is a book for anyone working with children and families trying to make sense of a world where airplanes crash, thousands die, war is proclaimed, and people’s sense of safety and security can be made to disappear in a single day. Helps caregivers understand and support children as they cope with fear, grief, and other feelings brought on by catastrophic events.

**What to Do When You’re Scared & Worried: A Guide for Kids**
This book helps explain to kids that feelings of fear and worry are normal by showing that other kids experience these feelings, too. It also examines where these feelings come from, takes a look at "fear chasers and worry erasers," shares how to get help from a grown-up and much more.

**When Grief Visits School: Organizing a Successful Response**
Use this book to establish and train crisis-response teams. Get clear suggestions for selecting the crisis-response team, developing an effective crisis plan, dealing with the media, organizing effective meetings under pressure, helping students and staff and planning appropriate follow-up.

**Who Knew? The Deployment Issue**
Helps children understand and prepare for deployment with a variety of activities to do both alone and with their parents. Focuses on the many emotions kids may be feeling. Ages 9-11.

**Who’s Afraid...?: Facing Children’s Fears with Folktales**
Livo’s innovative collection of stories that deal with children's most common fears. A specific fear is dealt with in each chapter, which begins with one or more relevant tales. Livo shows you how to invite children to listen, share, respond to the stories on their own terms, and manage and overcome their fears through her powerful but non-intrusive approach. All Levels.

**Why Are You So Scared?**
When a parent has PTSD, children often feel confused, scared or helpless. Why Are You So Scared? explains PTSD and it's symptoms in nonthreatening, kid-friendly language, and is full of questions and excersises that kids and parents can work through together.

**You’re Not Alone: The Journey from Abduction to Empowerment**
Written by several survivors of abduction, this book is a great resource to use with children or teens that have survived the traumatic experience of abduction. Throughout the book stories are shared and space is left for the user's thoughts as well as a section for the user to share their story. It covers the tough topics of getting back into a “routine” from how to interact with others and going back to school.

**Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children**
Your Anxious Child presents a thoroughly mapped-out program called COPE to deal effectively with anxiety when it starts.

**Youth Violence: Prevention, Intervention, and Social Policy**

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