
Coping with the Aftermath of a Campus Tragedy

Response Resources

A number of organizations assembled collections of resources in the aftermath of the Virginia Tech shootings on April 16, 2007. Many of these resources are specific to coping with the trauma of a campus shooting, while others are more general to coping with many kinds of traumatic events on campus. They can be helpful as you deal with the recent shootings at Northern Illinois University, too.

American Academy of Pediatrics

www.aap.org/featured/resourcepage.htm

Specifically addressing the NIU shootings, the AAP recently posted this assembled collection of resources to help parents, teachers, students, schools and pediatricians cope with the aftermath of this terrible event.

American Psychological Association's Help Center

www.apahelpcenter.org

- ▲ "Stress Management Tips for Parents of College Students in the Aftermath of the Virginia Tech Shootings" <http://apahelpcenter.org/articles/article.php?id=153>
- ▲ "Managing Your Distress in the Aftermath of Shooting" <http://apahelpcenter.org/articles/article.php?id=173>
- ▲ "Managing Traumatic Stress: Tips for Recovering From Disasters and Other Traumatic Events" <http://apahelpcenter.org/articles/article.php?id=22>

Dartmouth College's, "Response to Tragedy"

www.dartmouth.edu/%7Echd/resources/tragedy/index.html

This webpage includes a discussion about how an event can both build and divide a community, and what should be considered to address the emotions that drive both kinds of feelings.

The Higher Education Center, "Responding to a Violent or Traumatic Event"

www.higheredcenter.org/violence/responding_to_a_violent_or_traumatic_event.html

Provides several links to online resources, publications and other media addressing the issue. The links were updated in the days after the VA Tech shootings.

Southern Methodist University's Counseling And Psychiatric Services' "Tips for Parents on Coping With Trauma"

www.smu.edu/healthcenter/counseling/ct_parents-trauma.asp

Includes a discussion of what are the most helpful things parents of students can do for and say to their students about traumatic events and their impact.

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Substance Abuse and Mental Health Services Administration (SAMHSA)

www.samhsa.gov/MentalHealth/understanding_MentalIllness.aspx

Offer several downloadable PDFs including ones titled:

- ▲ Tips for College Students: In the Wake of Trauma
- ▲ Tips for Survivors of a Traumatic Event: Managing Your Stress
- ▲ Tips for Survivors of a Traumatic Event: What to Expect in Your Personal, Family, Work & Financial Life
- ▲ Guide for Parents and Educators: Tips for Talking to Children and Youth After Traumatic Events

Tufts University's Counseling & Mental Health Services, "Coping with Tragedies"

<http://ase.tufts.edu/counseling/tragedies.htm>

This webpage is divided into three categories: resources specifically for students, for faculty & staff, and for parents.

U.S. Department of Justice Office of Community Oriented Policing Services National Summit on Campus Public Safety's "Strategies for Colleges and Universities in a Homeland Security Environment"

www.cops.usdoj.gov/files/ric/Publications/NationalSummitonCampusPublicSafety.pdf

ValueOptions (a national managed care company that specializes in disease management for all mental health and chemical dependency diagnoses)**"Emotional Support in the Aftermath of Tragedy"**

http://viriniatech.healthandperformancesolutions.net/emotional_support.html

Specifically set up to address concerns at Virginia Tech, however, several resources and articles address the universal concerns of both students and faculty/staff on campuses everywhere.

Virginia Tech's Office of Recovery and Support

www.recovery.vt.edu/

In July 2007, President Charles Steger created this office to coordinate the activities of various university functions that have responsibility for some aspect of the post-April 16 event effort. In addition to VA Tech specific resources, two PDFs that may be of interest to all campus communities include:

- ▲ "Responding to Disruptive or Threatening Student Behavior: A Guide for Faculty"
www.hr.vt.edu/downloads/DSmanual.pdf
- ▲ "Identifying and referring the distressed student: A faculty/staff guide"
www.ucc.vt.edu/referringstudents.htm

Virginia Tech's "We Remember"

www.vt.edu/remember/

The online memorial dedicated to the events and people lost on April 16, 2007. A look at how one community found ways to express themselves and "move on" from unimaginable tragedy.

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