

## National Child Traumatic Stress Network - Resources in Response to the Buffalo Supermarket Hate Crime (5/15/22)

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Mon 5/16/2022 10:49 AM

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### Resources in Response to the Buffalo Supermarket Hate Crime

The recent racially motivated hate crime at the Tops supermarket in Buffalo New York in which the perpetrator targeted a Black community and has expressed white supremacy and anti-Semitic leanings has evoked a range of emotions and concerns of safety across the United States. In response to this event, the National Child Traumatic Stress Network has developed resources to help children, families, and communities navigate what they are seeing and hearing, acknowledge their feelings, and find ways to cope together. These resources include:

- [Coping After Mass Violence](#)
- [For Teens: Coping After Mass Violence \(En Español\)](#)
- [Assisting Parents/Caregivers in Coping with Collective Traumas](#)
- [Helping Youth after Community Trauma: Tips for Educators \(En Español\)](#)
- [Addressing Race and Trauma in the Classroom: A Resource for Educators](#)
- [Talking with Children about Hate Crimes and Anti-Semitism](#)
- [Parent Guidelines for Helping Youth After Mass Violence](#)
- [Talking to Children about Mass Violence](#)
- [Teacher Guidelines for Helping Students after Mass Violence](#)
- [Psychological Impact of Mass Violence](#)
- [Racial Injustices and Trauma: African Americans in the US: NCTSN Position Statement](#)
- [Helping Teens with Traumatic Grief: Tips for Caregivers \(En Español\)](#)
- [Helping School-Age Children with Traumatic Grief: Tips for Caregivers \(En Español\)](#)
- [Helping Young Children with Traumatic Grief: Tips for Caregivers \(En Español\)](#)
- [The Power of Parenting: How to Help Your Child After a Parent or Caregiver Dies](#)
- [After a Crisis: Helping Young Children Heal](#)
- [Age-Related Reactions to a Traumatic Event](#)
- [Once I Was Very Very Scared](#) – children's book for young children
- [Pause-Reset-Nourish \(PRN\) to Promote Wellbeing \(En Español\) \(for responders\)](#)

### Psychological First Aid and Skills for Psychological Recovery

The NCTSN also has resources for responders on [Psychological First Aid](#) (PFA; [En Español](#)). PFA is an early intervention to support children, adolescents, adults, and families impacted by these types of events. [PFA Mobile](#) and the [PFA Wallet Card \(En Español\)](#) provide a quick reminder of the core actions. The [PFA online training](#) course is also available on the NCTSN Learning Center. PFA Handouts include:

- [Parent Tips for Helping Infants and Toddlers \(En Español\)](#)
- [Parent Tips for Helping Preschoolers \(En Español\)](#)
- [Parent Tips for Helping School-Age Children \(En Español\)](#)
- [Parent Tips for Helping Adolescents \(En Español\)](#)
- [Tips for Adults \(En Español\)](#)

### From the National Mass Violence and Victimization Resource Center

- [Transcend](#) (mobile app to assist with recovery after mass violence)
- [Rebuild your Community: Resources for Community Leaders](#)
- [Media Guidelines for Homicide Family Survivors](#)
- [Timeline of Activities to Promote Mental Health Recovery](#)
- [Self-Help: Resources for Survivors](#)
- [E-learning Courses: Trainings for Clinicians](#)
- [Resources for Victim Assistance Professionals](#)

### From the Center for the Study of Traumatic Stress at the Uniformed Services University

- [Grief Leadership: Leadership in the Wake of Tragedy](#)
- [Leadership Communication: Anticipating and Responding to Stressful Events](#)
- [Coping with Stress Following a Mass Shooting](#)

**Disaster Helpline**

SAMHSA has a [Disaster Distress Helpline](#) - call or text **1-800-985-5990** (for Spanish, press "2") to be connected to a trained counselor 24/7/365.

**Additional Resources**

For those that are needing technical assistance or additional resources, please don't hesitate to contact Dr. Melissa Brymer at [mbrymer@mednet.ucla.edu](mailto:mbrymer@mednet.ucla.edu).

**Matthew Canuteson**

Pronouns: He, Him, His

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Feeling stressed by the COVID-19 pandemic? You are not alone. Call the NY Project Hope Emotional Support Helpline 7 days a week, 8am-10pm at 1-844-863-9314 or visit <https://nyprojecthope.org>

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