

COMMUNITY TRAUMA AND RECOVERY

Information needs to be distributed to the community which can help people identify if they need mental health assistance. Easily accessible resources and multiple options are available.

Some ideas include:

1. On-line programs for community members to judge their own mental health needs include <http://www.aurorastrong.bluesunsupport.com/> and Journey to Trauma Recovery.
 - Access can be created specifically for the event that happened in your community.
 - The Self-Assessment tool is effective for reaching populations/individuals that may be resistant to counseling.
2. Create a website with available resources and contacts.
3. Mental Health services
 - Coordinate with mental health providers to provide training for community leaders to recognize trauma issues and referral procedures for professional care.
 - Coordinate with state and local mental health organizations to provide counseling referrals. It is important to use counselors that have been trained in crisis work. A special crisis line can be developed to help connect people who want to provide services with people in need of services.
 - Debriefing and Processing – coordinate with qualified debriefing groups to meet with specific groups (examples: fire, law enforcement, and teachers). Contact COVA or CoCERN for referrals.
4. Distribute media releases that provide information on where and how to get help.
5. Provide flyers and fact sheets at public and private locations.
6. Create and events calendars and place it on the website.
7. Establish a community meeting place for the short term.
8. Examine the possibility of Resiliency Center for the long term. (See Resiliency Center tab)