Appendix: Tools and Resources

Tools
In this binder we provide the following tools:
• Definitions of Selected Medical Concepts and Countermeasures
• the HICS Mental Health Unit Leader Job Action Sheet
• the HICS Employee Health & Well-Being Unit Leader Job Action Sheet
• Recommended Actions for Preparing Facilities to Address the Psychological Aspects of Large-Scale Emergencies
• Algorithm for Triaging Mental Health Needs
• Readiness for Events with Psychological Emergencies Assessment Tool (REPEAT)
• Sample of the health care facility poster
• Psychological First Aid (PFA)
  • Tips for Talking with Adults
  • Tips for Talking with Children
• Reference card
• NCPTSD handouts
• Four Scenarios for “Break-Out” Sessions.

Resources
We provide copies of brochures and tip sheets for survivors and workers from Substance Abuse and Mental Health Services Administration (SAMHSA), all of which can be found in this binder and at the SAMHSA Web site: www.mentalhealth.samhsa.gov/dtac.
• Tips for Emergency and Disaster Response Workers: Managing and Preventing Stress
• Tips for Survivors of a Traumatic Event: Managing Your Stress During a Disaster
• Tips for Survivors of a Traumatic Event: What to Expect in Your Personal, Family, Work, and Financial Life
• Tips for Talking to Children in Trauma: Interventions at Home for Preschoolers to Adolescents
• Tips for Talking to Children After a Disaster: A Guide for Parents and Teachers.

A copy of the PFA tip sheet from the Uniformed Services University of the Health Sciences (USUHS) is also included in this binder or at the USUHS web site: www.usuhs.mil.
• Psychological First Aid: Helping Victims in the Immediate Aftermath of a Disaster.

In addition, we include two SAMHSA brochures about providing PFA:
• Managing Stress: A Guide for Emergency and Disaster Response Workers
• Psychological First Aid: A Guide for Emergency and Disaster Response Workers.