

# 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 Triageing 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](http://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](http://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.