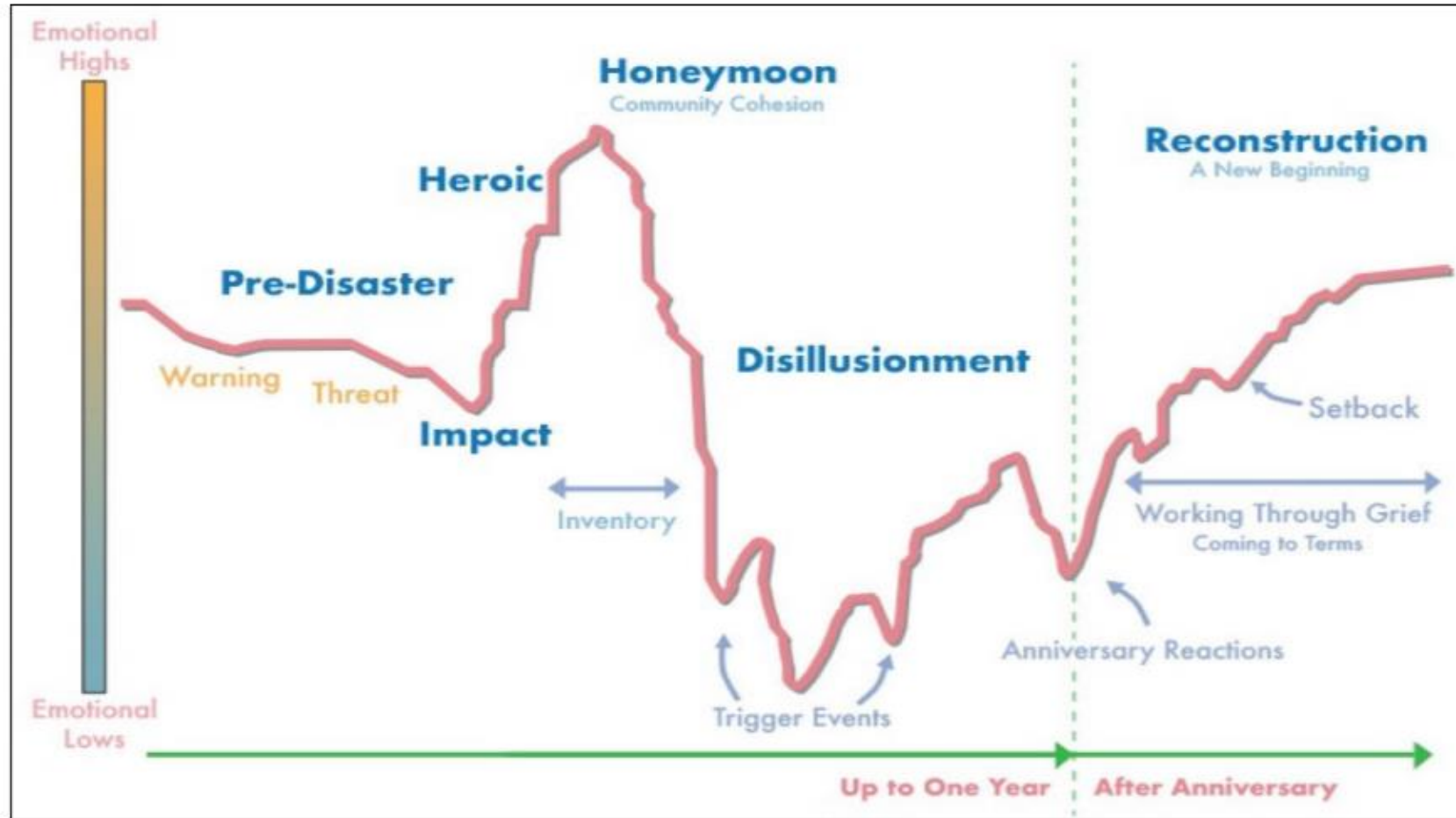


## Reactions and Behavioral Symptoms in Disasters

Figure 1: Reactions and Behavioral Symptoms in Disasters



Adapted from the Substance Abuse and Mental Health Services Administration (SAMHSA)<sup>13</sup>

# Student Reentry: Social Supports

Type	Definition	Examples
<b>Emotional support</b>	Acceptance, warmth, trust, love	Normalize students' and staff members' reactions to the crisis; understand and support a wide range of emotional responses
<b>Informational support</b>	Information, ideas, guidance, advice	Dispel rumors and false information; communicate regular status updates with parents, staff, and the community
<b>Instrumental support</b>	Resources, time, money	Assist students in returning to a typical schedule; just be there (physical presence) for students
<b>Appraisal support</b>	Evaluative feedback	Give feedback to students and staff regarding how they are doing after the crisis

# Trauma- informed Strategies for Reentry

Provide structured routines

Remain flexible

Offer choice

Set limits and boundaries

Use language that reinforces connectedness (“we”)

Acknowledge everyone’s “story”

Model self-care

Reach out, respond, and refer