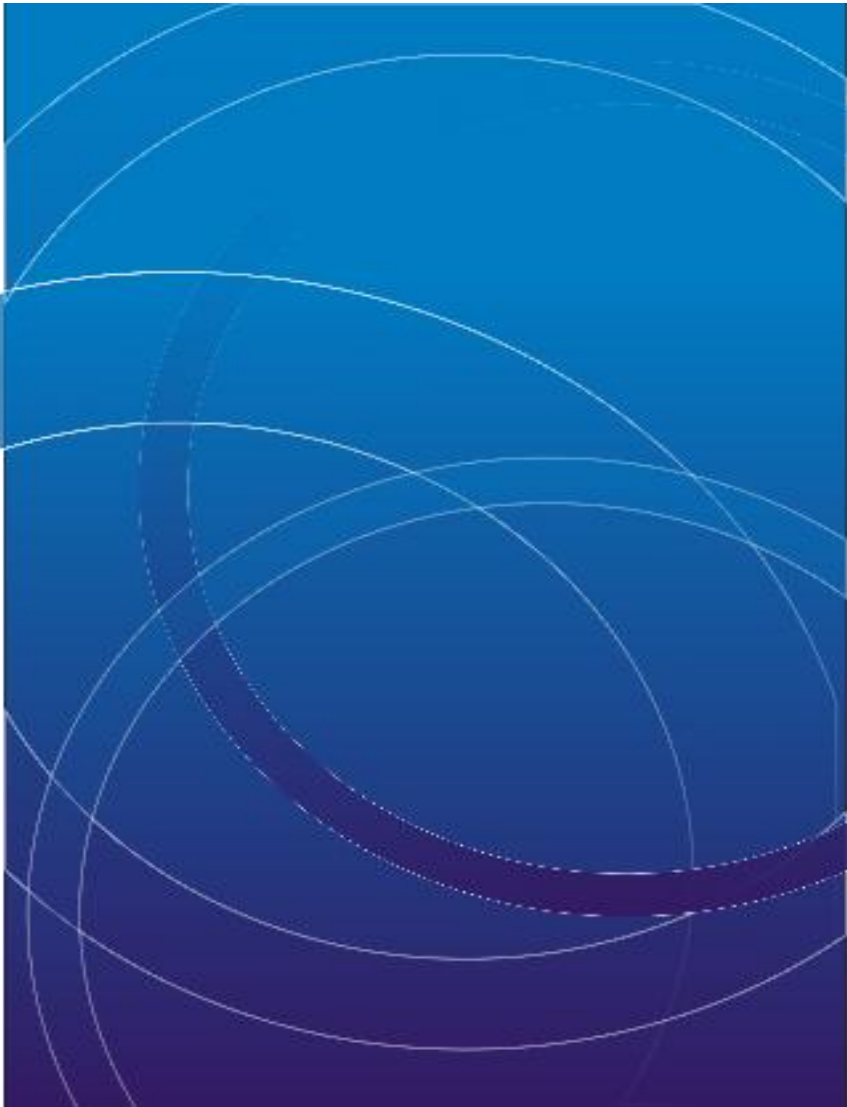


# Behavioral Health & Technical Assistance Resource Guide



**Cal OES**  
GOVERNOR'S OFFICE  
OF EMERGENCY SERVICES

11/26/2025

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## Overview

The California Governor's Office of Emergency Services (Cal OES), Recovery Support Functions (RSF) are comprised of six coordinating structures for key areas of recovery assistance that include: Community Planning & Capacity Building (CPCB), Natural & Cultural Resources (NCR), Health & Social Services (HSS), Economic (ECON), Housing (HSG), and Infrastructure Systems (INF). The RSFs support local governments and entities by facilitating problem solving, improving access to resources, and fostering coordination among state, tribal, territorial and federal agencies, nongovernmental partners, and stakeholders.

In the last seven years, California has experienced extreme drought, unprecedented wildfires, and extreme atmospheric rivers that have affected the entire state. From the 2018 wildfire season through October 2025, 11.8 Million acres have burned; local populations have lost 60,309 structures and recorded 184 fatalities. Some communities experience back to back evacuations, others threat from mudslides, flooding, or both. At one time or another every county has been under an Emergency Declaration signed by the Governor.

Feelings of despair following traumatic experiences can disrupt the full functioning life of survivors. Psychological and socio-economic distress is common among natural disaster survivors and may often lead to compounded and long-term behavioral health effects. People can experience Post Traumatic Stress Disorder (PTSD), chronic anxiety, Adjustment Disorder (AD), or panic attacks, depression, grief, sadness, or survivor's guilt.

These conditions can lead to other risky behaviors like increases in Substance Use Disorder (SUD), high risk coping behaviors, domestic violence, and other complications that can exacerbate overall negative consequences on physical and mental health. The most vulnerable populations tend to feel the greatest impacts. Psychological and physiological effects are more drastic among women, children, dependent and the elderly populations.

The information and resources compiled in this Guide are tools that may be helpful in mitigating social and emotional behavioral health impacts.

## Technical Assistance

### Disaster Distress Helpline

<b>Program Description</b>	The Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Helpline provides 24/7 crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. The Disaster Distress Helpline is staffed by trained counselors from a network of crisis call centers located across the United States. Callers to the hotline can also connect with counselors in over 100 other languages via 3rd-party interpretation services.
<b>Website</b>	<a href="#">SAMHSA Disaster Distress HELPLINE</a>
<b>Contact Information</b>	Phone/Text: 1-800-985-5990 Email: <a href="mailto:DisasterDistress.samhsa.gov">DisasterDistress.samhsa.gov</a>

### CalHOPE Warm Line

<b>Program Description</b>	The CalHOPE warm line connects callers to other people who have persevered through struggles with stress, anxiety, depression, including emotions triggered by the COVID-19 pandemic. The peer counselors listen with compassion, provide non-judgmental support, and guide you to additional resources that can give hope and help them cope.
<b>Website</b>	<a href="#">CalHOPE   Current Services</a>
<b>Contact Information</b>	Phone: 833-317-4673 Email: <a href="mailto:calhope@dhcs.ca.gov">calhope@dhcs.ca.gov</a>

### CalHOPE Connect

<b>Program Description</b>	CalHOPE Connect offers safe, secure, and culturally sensitive emotional support for all Californian's who may need support relating to disaster informed loss, including COVID-19. CalHOPE partners with California Mental Health Services Association which has a statewide experienced workforce comprised of peers, community mental health workers, and other non-licensed personnel. Individuals in need of emotional and/or crisis support can receive "visits" by phone, videoconference, smart device, or computer chat. Depending upon needs and situation, family and/or group support sessions are also available. CalHOPE connect offers culturally sensitive emotional support.
<b>Website</b>	<a href="#">CalHOPE Connect   Calendar and Live Chat</a>
<b>Contact Information</b>	<b>24-Hour Suicide and Crisis Lifeline Hotline</b>

	<p>Call or text 988 or chat 988lifeline.org</p> <p><b>24-Hour Domestic Violence Hotline</b> Phone: 1-800-799-7233</p> <p>CalHope warm line after hours 833-317-4673 Español – 949-776-5520</p>
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<b>CalHOPE Red Line</b>	
<b>Program Description</b>	The CalHOPE Red Line, a peer support program run by the California Consortium for Urban Indian Health (CCUIH), is a phone, chat, and video chat service providing State and local resources, referrals, and trauma-informed support for Urban Indian and Tribal populations. These include resources related to COVID-19, social services, and financial resources. Service is available Monday through Friday, 9:00am - 5:00pm.
<b>Website</b>	<a href="#">CalHOPE RedLine   CCUIH</a>
<b>Contact Information</b>	<p><b>CalHOPE Red Line</b> Phone: 1-888-368-4090 Text: 916-252-5002</p> <p>Jackie Pierson Behavioral Health Coordinator Email: <a href="mailto:jackie@ccuih.org">jackie@ccuih.org</a> Phone: 415-345-1205 (Ext.1031)</p>

## First Responders:

<b>Psychological First Aid (PFA) Mobile</b>	
<b>Program Description</b>	<p>The Psychological First Aid (PFA) Mobile app lets community service workers or responders review guidelines and assess their readiness to deliver PFA in the field. The app provides additional support when community service workers or responders are in the field by providing tips on different survivor groups (infant/toddler, preschool, school-age, adolescent, adult) and keeping track of survivor concerns and referral needs. Resource links are included to facilitate referrals.</p> <p><i>PFA Mobile™</i> supplements other resources that trained individuals utilize before, during, and after a disaster response.</p>

<b>Website</b>	<a href="#">NCTSN Resources</a>   <a href="#">PFA Mobile</a>
<b>Contact Information</b>	<a href="#">The National Child Traumatic Stress Network</a>   ( <a href="#">nctsn.org</a> ) 11150 W. Olympic Blvd., Suite 650 Los Angeles, CA 90064 Phone: 310-235-2633 Fax: 310-235-2612

## Skills for Psychological Recovery (SPR) Online Training

<b>Program Description</b>	<p>Skills for Psychological Recovery is a <b>free</b> five hour course that aims to assist behavioral health providers support survivors with skills to manage distress and cope with post-disaster stress and adversity. This course utilizes skills-building components that have shown to be helpful in a variety of post-trauma situations.</p> <p>Research suggests that a skills-building approach is more effective than supportive counseling. SPR is appropriate for developmental levels across the lifespan and is culturally informed.</p>
<b>Online Instructions</b>	<p>The course is free, but to access one must create an account.</p> <p>To view in the National Child Traumatic Stress Network Learning Center:</p> <p><a href="#">view on the learning center</a></p> <ul style="list-style-type: none"> <li>• Click on the link above.</li> <li>• Login or create an account</li> <li>• After logging in, you will be able to view the course.</li> </ul> <p>On the far right click on:</p> <p><b>Popular</b></p> <div>  <p><b>Skills for Psychological Recovery (SPR) Online</b></p> <p>Skills for Psychological Recovery (SPR) is a 5-hour interactive course designed for providers to help survivors gain skills to manage distress and cope with post-disaster stress and adversity. This course is for individuals who want to learn about using SPR, learning the goals and rationale of each ...</p> </div>
<b>Website</b>	<a href="#">NCTSN</a>   <a href="#">SPR Online</a>
<b>Contact Information</b>	<a href="#">The National Child Traumatic Stress Network</a>   ( <a href="#">nctsn.org</a> ) 11150 W. Olympic Blvd., Suite 650 Los Angeles, CA 90064 Phone: 310-235-2633 Fax: 310-235-2612

## A Guide to Compassionate and Empathic Dialogue

<b>Program Description</b>	This complete guide, and the accompanying quick reference materials, will help responders learn how to begin a dialog with a compassionate approach and empathic engagement lens with fellow workers, survivors, and volunteers.
<b>Website</b>	Quick Reference: <a href="#">Compassionate and Empathic Dialog   Flash Card pdf</a>  Complete Guide: <a href="#">Compassionate and Empathic Dialogue   Guide pdf</a>
<b>Contact Information</b>	Email: <a href="mailto:askasprtracie@hhs.gov">askasprtracie@hhs.gov</a>

## Educators:

### Center on Positive Behavioral Interventions & Supports

<b>Program Description</b>	<ul style="list-style-type: none"> <li>Delivering a continuum of <b>technical assistance</b> (TA) to SEAs and LEAs, including federal grantees, to <b>build local capacity</b> to implement, sustain, and scale PBIS.</li> <li>Engaging <b>multiple and diverse perspectives and lived experiences</b> in TA, implementation, and evaluation.</li> <li>Creating <b>freely available resources</b> (assessments, briefs, guides, and tools) to assist educators in implementing and sustaining PBIS across an extended array of contexts.</li> <li>Providing <b>model demonstrations</b> of implementation of tiered PBIS framework and improved outcomes (e.g., social, emotional, behavioral, and academic growth).</li> <li>Extending the lessons learned from PBIS implementation to the broader agenda of <b>educational improvement</b> and improved quality of life for students, families, and educators.</li> </ul>
<b>Website</b>	<a href="#">Positive Behavioral Interventions &amp; Supports</a>
<b>Contact Information</b>	Email: <a href="mailto:info@pbisca.org">info@pbisca.org</a>



## National Center on Safe Supportive Learning Environments

<b>Program Description</b>	<ul style="list-style-type: none"> <li>• Help State and local educational agencies improve the achievement of preschool, elementary, and secondary school students</li> <li>• Support equal access to services to help every child achieve. Congress has directed us to pay particular attention to children who are from low-income families, have disabilities or developmental delays, are educationally disadvantaged, or are English Learners, Native American, migrant, homeless, or in foster care</li> <li>• Advance educational improvement at the State and local levels; and</li> <li>• Provide financial assistance to local educational agencies whose local revenues are affected by Federal activities.</li> </ul>
<b>Website</b>	<a href="#">Safe School Environments   Programs</a>
<b>Contact Information</b>	<a href="#">Contact Us - Office of Elementary and Secondary Education</a>

## Office of Elementary and Secondary Education

<b>Program Description</b>	<p>OESE provides technical assistance support and resources through a variety of technical assistance centers working directly with local and state educational agencies, schools, communities, and parents. On this page, you will find information about specific resources, organized by topic, and intended audience. Resources include websites, webinars, guidance documents, practice briefs and tools created by OESE, our technical assistance Centers and other partners across the Department and government to support K-12 education programs.</p>
<b>Website</b>	<a href="#">OESE Technical Assistance   Quick Links</a>
<b>Contact Information</b>	<a href="#">Contact Us - Office of Elementary and Secondary Education</a>

## WestEd: Youth Mental Health Corps

<b>Program Description</b>	In California, one in 13 children suffers from a serious emotional disturbance, and suicide is the second-leading cause of death for young adults aged 15–34. The WestEd organization partnered with the Shutz Foundation and Pinterest in 2024 to launch the YMHC in four states. Its purpose, to address America's youth mental health crisis through an innovative dual-purpose approach that connects students with mental health resources while building the behavioral health workforce. In Fall 2025, California joins seven more states to implement the YMHC and will implement a schools-based mental health navigation pathway and place members in middle and high schools.
<b>Website</b>	<a href="#">WestEd   Youth Mental Health Corps</a>
<b>Contact Information</b>	<a href="mailto:info@youthmentalhealthcorps.org">info@youthmentalhealthcorps.org</a>

## Center to Improve Social and Emotional Learning and School Safety WestEd – Archived Site

<b>Program Description</b>	The national <b>Center to Improve Social and Emotional Learning and School Safety</b> is <i>no longer</i> funded by U.S. Department of Education since 2023. The archived site is a resource for supporting the social and emotional development of the whole student to meet their individual needs and support their greatest potential in K-12 education, as well as in college, career, and life.
<b>Website</b>	<a href="#">Social Emotional Learning   WestEd</a>
<b>Contact Information</b>	<a href="#">SELCenter WestEd   Contact Us</a>

## Child Welfare Agency Resource:

### A Toolkit for Child Welfare Agencies to Help Young People Heal and Thrive During and After Natural Disasters

<b>Program Description</b>	This Toolkit is for child welfare staff, supervisors, and administrators who work with and on behalf of children, youth, and families who experience a natural disaster. The information and resources included in the Toolkit provide evidence- and trauma-informed guidance for promoting positive outcomes for children and youth who experience natural disasters.
<b>Website</b>	<a href="#">Childtrends   Child Welfare Toolkit</a>
<b>Contact Information</b>	Email: <a href="mailto:sruss@childtrends.org">sruss@childtrends.org</a> Website: <a href="#">Childtrends   Contact Us</a>

## Community Leader Resource:

### Protecting Youth Mental Health

<b>Program Description</b>	Supporting the mental health of our nation's youth has been a major priority for the Surgeon General Dr. Vivek Murthy. In the 2021 <a href="#">Protecting Youth Mental Health</a> Surgeon General's Advisory, available below, Dr. Vivek Murthy calls for a whole-of-society effort to mitigate the mental health impacts of the pandemic, to address longstanding challenges, and to prevent future mental health challenges. The advisory outlines actionable steps for young people and their families and caregivers, schools, health leaders, community organizations, funders, media and technology companies, employers, and governments to protect youth mental health. All of us have a role to play.
<b>Website</b>	<a href="#">Youth Mental Health Advisory   PDF</a>
<b>Contact Information</b>	Phone: 202-401-7529 Email: <a href="mailto:surgeongeneral@hhs.gov">surgeongeneral@hhs.gov</a>

### University of Pennsylvania: The Epidemic of Loneliness and Isolation

<b>Program Description</b>	As surgeon general, Vivek Murthy, MD, <a href="#">declared loneliness an epidemic</a> , comparing its effects to smoking nearly a pack of cigarettes every day. A combination of COVID stay-at-home orders, lives spent largely on screens, and the evolution of remote
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	<p>work has frayed our social fabric in new ways. A <a href="#">Gallup Poll</a> from October 2024 reports that as many as 52 million Americans still continue to struggle with loneliness.</p> <p>New research shows the negative, yet reversible, impact of spending time in isolated, confined and extreme environments—such as an Antarctic research station. <a href="#">Mathias Basner, MD, PhD</a>, a professor of Sleep and Chronobiology in Psychiatry and <a href="#">David R Roalf, PhD</a>, a research assistant professor of Behavioral Neuroscience in Psychiatry, both of the Perelman School of Medicine at the University of Pennsylvania, <a href="#">published their findings in the journal npj Microgravity</a>.</p>
<b>Website</b>	<a href="#">Penn Medicine   What Loneliness is Doing to Us</a>
<b>Contact Information</b>	<a href="#">Penn Medicine</a>

## Parent and Caregiver Resources:

<b>Trinka and Sam: The Big Fire</b>	
<b>Program Description</b>	Helps young children and their families talk about feelings and worries they may have after experiencing a large-scale fire, like a wildfire. This children's book describes some of Trinka's and Sam's reactions and talks about how their parents help them to express their feelings and feel safer. A caregiver guide is available in the back of the book that provides ways parents can use the story with their children
<b>Website</b>	<a href="#">Trinka and Sam Big Fire   NCTSN</a>
<b>Contact Information</b>	Phone: 310-235-2633

<b>After a Crisis: Helping Young Children Heal</b>	
<b>Program Description</b>	Offers tips to parents on how to help young children, toddlers, and preschoolers heal after a traumatic event.
<b>Website</b>	<a href="#">Helping Children Heal   NCTSN</a>
<b>Contact Information</b>	Phone: 310-235-2633

## Age-Related Reactions to a Traumatic Event

<b>Program Description</b>	Describes how young children, school-age children, and adolescents react to traumatic events and offers suggestions on how parents and caregivers can help and support them.
<b>Website</b>	<a href="#">Childrens Resources by Age Group Following Traumatic Events   NCTSN</a>
<b>Contact Information</b>	Phone: 310-235-2633

## CDC: Natural Disasters and Severe Weather

<b>Program Description</b>	After a disaster, it is important to take care of your emotional health. Pay attention to how you and your family members are feeling and acting.
<b>Website</b>	<a href="#">Coping After a Natural Disaster: Resources for Teens   Natural Disasters   CDC</a> Factsheet PDF attached in link
<b>Contact Information</b>	<a href="#">Natural Disaster Resources</a>

## Preparing Children After a Wildfire Damages Your Community

<b>Program Description</b>	Offers guidance to parents and caregivers on deciding whether or not a child should return to their home or neighborhood after it was damaged in a wildfire.
<b>Website</b>	<a href="#">Preparing Children Following Wildfire Damage   NCTSN</a>
<b>Contact Information</b>	Phone: 310-235-2633

## Simple Activities for Children and Adolescents

<b>Program Description</b>	Offers activity ideas to parents and caregivers whose families are sheltering in place, social distancing, and homeschooling due to school closures amidst the COVID-19 outbreak
<b>Website</b>	<a href="#">Children and Adolescents Simple Activities   NCTSN</a>
<b>Contact Information</b>	Phone: 310-235-2633

## Help Kids Cope (Disaster Mobile App)

<b>Program Description</b>	Helps parents talk to their kids about the disasters they may face and know how best to support them throughout—whether sheltering-in-place at home, evacuating to a designated shelter, or helping your family heal after reuniting. This mobile app is also a great resource for teachers and other professionals involved in children's lives.
<b>Website</b>	<a href="https://nctsn.org/help-kids-cope">Help Kids Cope   The National Child Traumatic Stress Network (nctsn.org)</a>
<b>Contact Information</b>	Phone: 310-235-2633

## PFA: Parent Tips for Helping Adolescents

<b>Program Description</b>	Is a handout from <i>Psychological First Aid Field Operations Guide</i> (PFA). This handout provides parents with common reactions after a disaster, ways to respond to those reactions, and examples of things you can say to your adolescent.
<b>Website</b>	<a href="https://nctsn.org/pfa-parent-tips-for-helping-adolescents">PFA: Parent Tips for Helping Adolescents   The National Child Traumatic Stress Network (nctsn.org)</a>
<b>Contact Information</b>	Phone: 310-235-2633

## PFA: Parent Tips for Helping Infant and Toddlers after Disasters

<b>Program Description</b>	Is a handout from <i>Psychological First Aid Field Operations Guide</i> (PFA). This handout provides parents with common reactions after a disaster, ways to respond to those reactions, and examples of things you can say to your infants or toddlers
<b>Website</b>	<a href="https://nctsn.org/pfa-parent-tips-for-helping-infants-and-toddlers-after-disasters">PFA: Parent Tips for Helping Infants and Toddlers after Disasters   The National Child Traumatic Stress Network (nctsn.org)</a>
<b>Contact Information</b>	Phone: 310-235-2633

## Parent Guidelines for Helping Children Impacted by Wildfires

<b>Program Description</b>	Offers parents guidance on helping their children after a wildfire. This fact sheet describes common reactions children may have after a wildfire, what to do to help, and self-care tips for parents.
<b>Website</b>	<a href="https://nctsn.org/parent-guidelines-for-helping-children-impacted-by-wildfires">Parent Guidelines for Helping Children Impacted by Wildfires   The National Child Traumatic Stress Network (nctsn.org)</a>
<b>Contact Information</b>	Email: <a href="mailto:info@nctsn.org">info@nctsn.org</a>

## Tips for Families on Addressing Anniversaries

<b>Program Description</b>	Offers parents and caregivers information about ways that children may respond to the anniversary of a traumatic event. This tip sheet tells parents about what to look for before the anniversary of an event, who might need special support, and how they can support their families.
<b>Website</b>	<a href="#">Tips for Families on Addressing Anniversaries   The National Child Traumatic Stress Network (nctsn.org)</a>
<b>Contact Information</b>	Email: <a href="mailto:info@nctsn.org">info@nctsn.org</a>

## Juvenile Justice Agency Resource:

### A Toolkit for Juvenile Justice Agencies to Help Young People Heal and Thrive During and After Natural Disasters

<b>Program Description</b>	Helps juvenile justice agencies support children and youth during and after natural disasters. This toolkit is for juvenile justice staff, supervisors, and administrators who work with and on behalf of children, youth, and families who experience a natural disaster. The information and resources included in the toolkit provide evidence- and trauma-informed guidance for promoting positive outcomes for children and youth who experience natural disasters.
<b>Website</b>	Available in English and Spanish: <a href="#">A Toolkit for Juvenile Justice Agencies to Help Young People Heal and Thrive During and After Natural Disasters - Child Trends – ChildTrends</a>
<b>Contact Information</b>	<a href="#">Contact Us - Child Trends – ChildTrends</a>