Health and Social Services Resource Guide – Behavioral Health

10/11/2023

Overview

The California Governor's Office of Emergency Services (Cal OES), Interagency Recovery Coordination is comprised of six Recovery Support Functions (RSF) teams. The teams are Community Planning & Capacity Building (CPCB), Natural & Cultural Resources (NCR), Health & Social Services (HSS), Economic (ECON), Housing (HSG), and Infrastructure Systems (INF). The role of the RSF teams is to help communities with long-term recovery after disasters strike.

The 2020 Wildfire season is the largest on record. By the end of the year, over 9,900 fires burned 4,397,809 acres of land in California. Roughly 4 percent of the state's 100 million acres. The wildfires crossed over 20 counties, destroying 10,488 buildings. Statistically, the 2020 wildfire season is the most catastrophic on record.

Wildfire survivors and any other disaster survivors are all trauma survivors. The effects of surviving wildfires or any other type of disaster are considered traumatic affects. For communities impacted disasters behavioral health rises among top concerns for the health and wellness of the entire community. Though Federal Disaster programs include Immediate and Regular Crises Counseling Programs, CCP, many survivors continue to be at risk for behavioral health impacts following the sunset of those programs, or perhaps need additional support outside of those programs.

Substance Abuse and Mental Health Services, SAMHSA, research shows that one third of disaster impacted survivors experience a post incident behavioral health disorder. At risk indicators such as suicide Ideation, plans, and attempts occur much later following a disaster. Patricia Watson, a psychologist at the National Center for Post-Traumatic Stress Disorder, writes in "A Mental Health Crisis is Burning Across the American West", that among wildfires survivors, 10 to 30 percent will develop a diagnosable behavioral health condition such as post-traumatic stress disorder or depression, as well as domestic violence, substance abuse, or both.

This guide is indented to assist local government agencies, tribal, public, and non-profit organization as well recovery groups, source behavioral health resources.

1

Contents

California State Grant & Loan Resources

Investment in Mental Health Wellness Grant Program	
Application Deadline	July 28, 2023, 5:00 PM (Pacific Time) – Grant currently closed check back in 2024 for next opportunity
Program Description	The grants from the California Health Facilities Financing Authority (CHFFA) support capital improvement, expansion and limited start-up costs. Programs must improve access to mental health crisis services in California for ages 21 and under. Funds will increase capacity for client assistance and services in crisis intervention, crisis stabilization, crisis residential treatment, rehabilitative mental health services, and mobile crisis support teams.
Eligibility	Counties and counties applying jointly are eligible applicants. Counties and counties applying jointly may also designate a private nonprofit corporation or public agency to receive grant funding.
Maximum Award	Dependent
Application Process	https://www.treasurer.ca.gov/chffa/imhwa/index.asp
Website	https://www.treasurer.ca.gov/chffa/imhwa/index.asp
Contact Information	California Health Facilities Financing Authority 1-916-653-2799 chffa@treasurer.ca.gov
Timeline for Funding Availability	~~January 27, 2022~~

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OF EMERGENCY SERVICES

California State Technical Resources

California Department of Health Care Access and Information	
Resource Description	List of available resources
Website	[Grants for Organizations - HCAI](#)
Contact Information	MHSAWET@oshpd.ca.gov (916) 326-3700

Behavioral Health Task Force	
Resource Description	California Governor Gavin Newsom's Behavioral Health Task Force will address the urgent mental health and substance use disorder needs across California. The task force includes representatives from both the public and private sectors. The panel will advise the Administration's efforts to advance statewide behavioral health services, prevention, and early intervention to stabilize conditions before they become severe. It will also develop recommendations for the Governor about how California can provide timely access to high-quality behavioral health care for all its residents.
Website	https://www.chhs.ca.gov/home/committees/behavioral-health-task-force/
Contact Information	BehavioralHealthTaskForce@chhs.ca.gov

Help for Students in Crisis	
Resource Description	A list of public and privately funded resources for addressing mental health and wellness. In addition to crisis lines, it includes resources for mental health providers, families, youth, and virtual mental health services.
Website	https://www.cde.ca.gov/ls/cg/mh/studentcrisishelp.asp
Contact Information	Rick Petrino rpetrino@cde.ca.gov 916-319-0229

California Mental Health Cooperative Programs Employment with Support

Resource Description	California's Mental Health Cooperative Programs provide collaborative employment services to assist people with severe psychiatric disabilities enter or re-enter their community workforce. These community-based collaborations between local county mental health and Department of Rehabilitation (DOR) field offices provide improved access and specialized employment services and mental health supports for consumers historically un-served or under-served in vocational rehabilitation.
Website	https://www.dhcs.ca.gov/services/MH/Pages/Adult-Employment_with_Support.aspx#links
Contact Information	https://www.dhcs.ca.gov/Pages/dhcs_contact.aspx

SAMHSA Supplemental Research Bulletin: Behavioral Health Conditions in Children and Youth Exposed to Natural Disasters

Resource Description	This bulletin focuses on mental health and behavioral health conditions in youth following exposure to natural disasters. It aims to assist professionals and paraprofessionals involved in all-hazards planning, disaster behavioral health response and recovery, and/or Crisis Counseling Assistance and Training Program grant activities.
Website	https://www.samhsa.gov/sites/default/files/srb-childrenyouth-8-22-18.pdf
Contact Information	https://www.samhsa.gov/about-us/contact-us

California Department of Health Care Services Funding Opportunities and Grant Resources

Resource Description	Funding Opportunities and Grant Resources
Website	https://www.dhcs.ca.gov/provgovpart/Pages/Funding_Opportunities_and_Grants_Resources.aspx
Contact Information	https://www.dhcs.ca.gov/Pages/dhcs_contact.aspx

California Caregiver Resource Center

Resource Description	Caregiver Resource Centers (CRCs) offer help throughout the state serve thousands of families and caregivers of those with Alzheimer's disease, stroke, Parkinson's disease and other disorders. Every Californian resident has access to a CRC in their area. The California Caregiver Resource Centers are funded by the California Department of Health Care Services (DHCS). Each CRC provides the following core services to families and caregivers at low or no cost: • Specialized Information and Referral • Family Consultation and Care Planning • Respite Care • Short-Term Counseling • Support Groups • Professional Training • Legal and Financial Consultation • Education
Website	https://www.caregivercalifornia.org
Contact Information	https://www.caregivercalifornia.org/fi.nd-your-local-center/

Crisis and Recovery Enhancement (CARE)

Resource Description	The Crisis and Recovery Enhancement (CARE) Technical Assistance (TA) Center is a cross-agency team from the fields of mental health; training and technical assistance; crisis response and recovery; criminal justice diversion; and wraparound supports for youth and adults at greater risk of mental health crisis, including people experiencing homelessness. The CARE TA Center is led by the Center for Applied Research Solutions (CARS) in partnership with RI International, NAMI California, C4 Innovations, Impact Justice, and Stanford Sierra Youth & Families. This project is funded by Proposition 63, the Mental Health Services Act (MHSA), and administered by the

Cal OES
GOVERNOR'S OFFICE
OF EMERGENCY SERVICES

	Department of Health Care Services (DHCS), Community Services Division.
Website	https://care-mhsa.org
Contact Information	CAREMHSAinfo@cars-rp.org
	For direct crisis help call or text 988

California County Mental Health Plan Information

Resource Description	The Mental Health Plan (MHP) in each county is responsible for providing or arranging for the provision of Specialty Mental Health Services (SMHS) to Medi-Cal beneficiaries in their county. SMHS means the impact of the beneficiary's condition is severe enough for him/her to require the services of a specialist as opposed to a generalist in the field of mental health. A county directory of MHP's and beneficiary handbooks can be accessed at the link below.
Website	https://www.dhcs.ca.gov/individuals/Pages/MHPContactList.aspx
Contact Information	https://www.dhcs.ca.gov/individuals/Pages/MHPContactList.aspx

California Behavioral Health Planning Council

Resource Description	The California Behavioral Health Planning Council (CBHPC) is a majority Consumer and Family member advisory body to state and local government, the Legislature, and residents of California on mental health services in California. The vision and mission of the CBHPC guide its evaluation of California's system of behavioral health care through targeted committee studies, community site visits, and General Session forums and presentations. The CBHPC informs the Administration and the Legislature on priority issues. We also provide feedback on behavioral health policy and regulations, and on legislative actions based on our Policy Platform as part of our federal and state mandates.

Cal OES
GOVERNOR'S OFFICE
OF EMERGENCY SERVICES

Website	https://www.dhcs.ca.gov/services/MH/Pages/CBHPC-PlanningCouncilWelcome.aspx
Contact Information	https://www.dhcs.ca.gov/services/Pages/CBHPC_Contact_Us.aspx

No Place Like Home Program	
Resource Description	Invests in the development of permanent supportive housing for persons who are in need of mental health services and are experiencing homelessness, chronic homelessness, or who are at risk of chronic homelessness. The bonds are repaid by funding from the Mental Health Services Act (MHSA).
Website	No Place Like Home Program | California Department of Housing and Community Development
Contact Information	California Department of Housing & Community Development 2020 West El Camino Avenue Sacramento, CA 95833

Cal OES
GOVERNOR'S OFFICE
OF EMERGENCY SERVICES

Federal Grant & Loan Resources

Substance Use and Mental Health Block Grant	
Application Deadline	Various
Program Description	The Community Mental Health Services Block Grant (MHBG): • Supports comprehensive community mental health services. • Grantees use the funds to provide comprehensive, community-based mental health services to adults with serious mental illnesses and to children with serious emotional disturbances and to monitor progress in implementing a comprehensive, community-based mental health system. Substance Use: • Grantees use the funds to plan, implement, and evaluate activities that prevent and treat substance use and promote public health. See website for more information
Eligibility	All 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, and 6 Pacific jurisdictions
Maximum Award	Various
Application Process	State mental health authorities and single state agencies can submit applications through the electronic application system, WebBGAS. See available grants at https://www.samhsa.gov/grants/block-grants If you are seeking individual behavioral health services or funding for your organization, please contact your local state health agency for assistance.
Website	https://www.samhsa.gov/grants/block-grants/mhbg
Contact Information	For questions on a specific grant, contact the person listed under Agency Contact in the Request for Applications (RFA). For general grants questions, contact the Division of Grants Management at 240-276-1400.

Timeline for Funding Availability	Various

Substance Abuse and Mental Health Services Administration	
Application Deadline	Varies
Program Description	Resource page for SAMSA grants. Sign up for email alerts, learn more about the application process, available grants, deadlines, and more.
Eligibility	**All applicants must register with NIH's eRA Commons in order to submit an application. This process takes up to six weeks.** If you believe you are interested in applying for this opportunity, you MUST start the registration process immediately. Do not wait to start this process. **If your organization is not registered and you do not have an active eRA Commons PI account by the deadline, the application will not be accepted**. No exceptions will be made. Applicants also must register with the System for Award Management (SAM) and Grants.gov. See Appendix A on RFAs for all registration requirements.
Maximum Award	Varies
Application Process	https://www.samhsa.gov/grants/grant-announcements-2021
Website	https://www.samhsa.gov/grants
Contact Information	SAMHSA's Division of Grants Management 240-276-1400
Timeline for Funding Availability	Varies

Federal Technical Resources

Behavioral Health Treatment Services Locator	
Resource Description	The SAMHSA's Behavioral Health Treatment Services Locator is a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems.
Website	https://findtreatment.samhsa.gov/

Cal OES
GOVERNOR'S OFFICE
OF EMERGENCY SERVICES

Contact Information	1-800-662-4357

Coping with a Disaster or Traumatic Event

Resource Description	The Center for Disease Control's Emergency Preparedness and Response provides resources and informed coping strategies for disasters and traumatic events.
Website	https://findtreatment.samhsa.gov/
Contact Information	1-877-SAMHSA-7 (1-877-726-4727)

Disaster Preparedness, Response, and Recovery

Resource Description	SAMHSA's resources for Disaster Recovery including a disaster hotline, mobile app, and more.
Website	https://www.samhsa.gov/disaster-preparedness
Contact Information	Disaster Distress hotline: call or text 1-800-985-5990

SSI/SSDI Outreach, Access, and Recovery (SOAR)

Resource Description	SSI/SSDI Outreach, Access, and Recovery (SOAR) is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and is a national program designed to increase access to the disability income benefit programs administered by the Social Security Administration (SSA) for eligible adults and children who are experiencing or at risk of homelessness and have a serious mental illness, medical impairment, and/or a co-occurring substance use disorder.
Website	https://soarworks.samhsa.gov/
Contact Information	1-877-SAMHSA-7 (1-877-726-4727)

Federal Tribal Grant Resources

Tribal Practices for Wellness in Indian Country	
Application Deadline	Check website periodically
Program Description	**NOTE:** This is a Forecasted Opportunity. This grant aims to improve cultural connectedness among American Indians and Alaska Natives through the implementation of tribal practices and cultural traditions that build resiliency and connections to community and culture to improve physical, mental, emotional, and spiritual health and wellbeing. Funding through the Department of Health and Human Services Centers for Disease Control. Those tribal wellness practices include the following: • Family and community activities that connect cultural teachings to health and wellness • Seasonal cultural and traditional practices that support health and wellness • Social and cultural activities that promote community wellness Intergenerational learning opportunities that support wellbeing and resilience • Cultural teachings and practices about traditional healthy foods to promote health, sustenance and sustainability • Traditional and contemporary physical activities that strengthen wellbeing
Eligibility	Federally recognized American Indian Tribes, Alaska Native Villages, or American Indian or Alaska Native tribally designated organizations serving a specific tribe, reservation, or native village.
Funding Available	$5,000,000 million in funding per year
Application Process	To be announced
Website	[Tribal Practices for Wellness in Indian Country (TPWIC)	CDC](#)
Contact Information	Mary Hall 770-488-5309 moh4@cdc.gov

Cal OES
GOVERNOR'S OFFICE
OF EMERGENCY SERVICES

Timeline for Funding Availability	July 30, 2022 (estimated project start date)

American Indian, Alaska Native, & Native Hawaiian Projects

Application Deadline	Varies
Program Description	The Minority Business Development Agency's (MBDA) American Indian, Alaska Native, and Native Hawaiian (AIANNH) Projects support Tribal and native business growth by addressing one or more of the following three strategic initiatives: a) innovation and entrepreneurship; b) strategic planning; and/or c) transformative projects. This website list all of the programs under MBDA.
Eligibility	Indian Tribal governments, Tribal entities, Alaska Native Corporations, Native Hawaiian entities, for-profit entities (including but not limited to sole- proprietorships, partnerships, limited liability companies, and corporations), non-profit organizations, institutions of higher education, commercial organizations, state and local government entities, and quasi-government entities.
Maximum Award	Varies
Application Process	To be announced
Website	[American Indian Alaska Native / Native Hawaiian Projects	Minority Business Development Agency (mbda.gov)](#)
Contact Information	Ms. Nakita Chambers MBDA Program Manager U.S. Department of Commerce 202-482-0065 Email: nchambers@mbda.gov
Timeline for Funding Availability	Varies

Philanthropic Grants

New Earth Foundation	
Application Deadline	Letter of inquiry can be sent anytime during the year. Letters of inquires are reviewed twice a year. See website for more information.
Program Description	The New Earth Foundation (NEF) prioritizes funding nonprofit organizations with focus on arts, environment, social issues, and education.
Eligibility	Must have 501(c)(3) tax status
Maximum Award	Not indicated
Application Process	Before being able to complete an application, grant seekers must send a Letter of Inquiry to NEF, describing your project. The NEF Board of Directors will review the letters and determine whether you can submit a Grant Application. Applicant should view website and look at past grant awards to see if they qualify
Website	https://www.newearthfoundation.org/apply.html
Contact Information	nef@newearthfoundation.org
Timeline for Funding Availability	4 to 6 weeks

Kinder Morgan Foundation	
Application Deadline	Open
Program Description	The Kinder Morgan Foundation supports programs that promote the academic and artistic interests of students in grades K-12 in select areas of Kinder Morgan's operations. The Foundation awards grants to pre-selected charitable organizations within its areas of focus and does not accept unsolicited requests for funding.
Eligibility	By invitation only
Maximum Award	Not indicated
Application Process	Reach out to the organization to establish a relationship and/or your funding needs. This may result in an invitation.

Cal OES
GOVERNOR'S OFFICE
OF EMERGENCY SERVICES

Website	https://www.kindermorgan.com/About-Us/KM-Foundation
Contact Information	KM_Foundation@kindermorgan.com
Timeline for Funding Availability	Varies

Wish You Well Foundation Seize the World	
Application Deadline	Closed for 2023, will re-open for 2024 check website
Program Description	Works to support adult and family literacy in the United States by fostering and promoting the development and expansion of new and existing literacy and educational programs. The Foundation makes donations to programs and projects that aid in this stated mission.
Eligibility	Before you submit your application, please determine whether your request fits the Foundation's mission, and review a list of organizations the Foundation has previously funded. Please contact the Foundation if you are unsure whether your program is a good fit.
Maximum Award	Most requests range from $200 to $10,000
Application Process	https://www.wishyouwellfoundation.org/apply-for-funding
Website	https://www.wishyouwellfoundation.org/programs-funded
Contact Information	703-476-6032 Info@wishyouwellfoundation.org
Timeline for Funding Availability	The Wish You Well Foundation makes donations at various times throughout the year. The Foundation will notify your organization via email within the week of receipt of your proposal, and then again after the Board of Directors makes its funding decisions.

Cornell Douglas Foundation	
Application Deadline	Open until November 30th
Program Description	Financial Literacy for Elementary and High School Students
Eligibility	Only for established programs (not new initiatives)

Maximum Award	Grant size average: $15,000 - $50,000
Application Process	https://cornelldouglas.org/apply/
Website	https://cornelldouglas.org/
Contact Information	cdf@cornelldouglas.org 301-229-3008
Timeline for Funding Availability	Varies

Big Lots Foundation: FY21 Community Support Grants

Application Deadline	Spring – Summary Requests – January 1 Fall – Winter Requests – July 1
Program Description	Hunger, Housing, Healthcare and Education
Eligibility	501(c)(3)
Maximum Award	Not indicated
Application Process	https://www.biglots.com/images/marketing/corporate/community/donationrequestguidelines.pdf https://givebig.givebesa.org/grants/new
Website	https://www.biglots.com/corporate/community/support
Contact Information	https://www.biglots.com/help/contact-us
Timeline for Funding Availability	Varies

Costco

Application Deadline	Open – one application per fiscal year (Sept to Aug)
Program Description	Focus on supporting children, education, and/or health and human services Monetary requests only
Eligibility	Must be a 501(c)(3) nonprofit organization
Maximum Award	Typical award sizes vary, but organizations should not submit proposals for more than 10% of their program's overall budget

Cal OES
GOVERNOR'S OFFICE OF EMERGENCY SERVICES

Application Process	https://forms.benevity.org/eb5f89d4-4631-4c20-8681-0186712671a0
Website	https://www.costco.com/charitable-giving.html
Contact Information	CommunityRelations@costco.com
Timeline for Funding Availability	Varies

BBVA Compass Foundation Grants	
Application Deadline	July 31, 2021
Program Description	Early childhood education and/or economic development
Eligibility	Only 501(c)(3) organizations may apply located in a state where BVAA Compass does business, including, Alabama, Arizona, and California. Eligibility Quiz
Maximum Award	Varies
Application Process	www.cybergrants.com/pncfoundation/application
Website	https://www.pnc.com/en/about-pnc/corporate-responsibility/philanthropy/pnc-foundation.html
Contact Information	pncfoundation@pnc.com
Timeline for Funding Availability	Not indicated

Weyerhaeuser Giving Fund	
Application Deadline	September 30, 2023 – Check website periodically for next funding cycle
Program Description	- Affordable housing and shelter - Education and youth development - Environmental stewardship - Human services, civic, and cultural growth - Workforce development

	• Diversity, equity, and inclusion
Eligibility	Nonprofit 501(c)(3) organizations, public education institutions, and government entities are eligible in the Cities of Fontana, Fresno, Redding, Stockton, and Santa Clarita ONLY.
Maximum Award	Grants vary in scale in relationship to our presence in the community and the philanthropic budget available for the year. The minimum grant awarded is $1,000.
Application Process	Visit weblink below for extensive information
Website	https://www.weyerhaeuser.com/company/values/citizenship/giving-fund/
Contact Information	givingfund@weyerhaeuser.com
Timeline for Funding Availability	Not indicated

California Responsive Grantmaking and Small Grants Program	
Application Deadline	Open
Program Description	This program is currently sponsored by the Archstone Foundation. The Archstone Foundation's Responsive Grantmaking program will award funding to address emerging and unmet needs of California's aging population and those who serve them.
Eligibility	Nonprofit 501(c)(3) organizations that serve people in California Eligibility Quiz
Maximum Award	Up to $15,000
Application Process	After submitting a Letter of Intent, selected applicants will be invited to submit a full proposal. https://archstone.org/how-we-work/for-grantseekers/loi-requirements
Website	Home - Archstone Foundation
Contact Information	archstone@archstone.org 562.590.8655
Timeline for Funding Availability	Varies

Cal OES
GOVERNOR'S OFFICE
OF EMERGENCY SERVICES

California Health Care Foundation (CHCF)	
Application Deadline	Letter of Intents are reviewed on a rolling basis
Program Description	California Health Care Foundation (CHCF) funds projects that are aligned with its strategic goals, have relevance to California health care as outlined in these goals, and generally have implications beyond a single institution. While unsolicited requests are accepted by the foundation, most grants are solicited or awarded through a competitive request for proposals. To make meaningful change possible in California's health system, CHCF organizes around three main goals: (1) improving access to coverage and care, (2) advancing people-centered care, and (3) laying the foundation. The California Health Care Foundation is dedicated to advancing meaningful, measurable improvements in the way the health care delivery system provides care to the people of California, particularly those with low incomes and those whose needs are not well served by the status quo. The best opportunity California has to advance those goals is to strengthen Medi-Cal — the cornerstone of California's safety net. We are especially focused on strengthening Medi-Cal in the by getting everyone covered, delivering better care, and making care just.
Eligibility	Grants awarded by CHCF are not limited to California entities or to individuals residing in California. However, projects must have relevance to California health care delivery issues. CHCF generally does not fund: • Direct clinical care • General operations • Purchases of equipment • Capital or endowment campaigns • Construction, purchase, or renovation of facilities • Annual appeals or fundraising events • Basic biomedical research • Insurance subsidies • Requests that benefit an individual

	• Organizations outside of the US
Maximum Award	Not indicated
Application Process	https://www.chcf.org/grants/applicant-resources/unsolicited-request/
Website	https://www.chcf.org/grants/
Contact Information	916-329-4540
Timeline for Funding Availability	Varies

Philanthropic Technical Resources

Crisis Text Line	
Resource Description	Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support via a medium people already use and trust: text.
Website	https://www.crisistextline.org/text-us/
Contact Information	Text home to 741741 to connect with a Crisis Counselor

CalHOPE	
Resource Description	CalHOPE builds community resiliency and helps people recover from disasters through free outreach, crisis counseling, and support services: • Individual and Group Crisis Counseling and Support • Individual and Public Education • Community Networking and Support • Connection to Resources • Media and Public Service Announcements
Website	https://www.calhope.org/
Contact Information	Calhope@dhcs.ca.gov Calhope Warm Line 1-833-317-Hope (4673)

Red Cross Disaster Relief and Recovery Services	
Resource Description	The Red Cross's resources for recovery from a disaster including staying safe, checking your homes resources, recovering emotionally, recovering financially, and an emergency resource library.
Website	https://www.redcross.org/get-help/disaster-relief-and-recovery-services.html
Contact Information	https://www.redcross.org/contact-us.html

ACCESS California's Advocacy Directory

Resource Description	ACCESS promotes client advocacy across the state in order to ensure services are client-driven from start to finish. ACCESS advocates at the local and state level to promote mental health services. ACCESS is a program of Cal Voices, a continuation of Mental Health America of Northern California (NorCal MHA) is a 501(c)(3) public benefit organization. The Advocacy Guide shares information about committees, commissions, councils and meetings that empower Californian's self-advocacy for behavioral and mental health at state and local levels.
Website	https://www.accesscalifornia.org/statewide-advocacy-directory
Contact Information	1812 9th Street Sacramento, CA 95811 (916) 500-0577

Psychological First Aid for Schools (PFA-S)

Resource Description	Developed by the National Child Traumatic Stress Network (NCTSN) and the National Center for PTSD, Psychological First Aid for Schools (PFA-S) is "an evidence-informed intervention model to assist students, families, school personnel, and school partners in the immediate aftermath of an emergency" (NCTSN & National Center for PTSD, 2009). PFA-S is an adaptation of Psychological First Aid (PFA), a modular approach for assisting survivors in the immediate aftermath of natural and human-caused disasters. PFA-S can be delivered by school personnel with or without mental health training as well as by mental health professionals. The model comprises eight core actions, including contact and engagement, safety and comfort, and connection with social supports.
Website	https://www.nctsn.org/resources/psychological-first-aid-schools-pfa-s-field-operations-guide
Contact Information	info@nctsn.org

Support for Students Exposed to Trauma (SSET)

Resource Description	Support for Students Exposed to Trauma (SSET) is a group intervention designed to be provided in schools for children with symptoms of PTSD. It is an adaptation of Cognitive Behavioral Intervention for Trauma in Schools (CBITS) into a format ideal for delivery by teachers and counselors. It may work well with children and youth from late primary through early high school years.
Website	SSET: Learn More – SSET – Center for Safe & Resilient Schools and Workplaces (traumaawareschools.org) NCTSN: https://www.nctsn.org/interventions/support-students-exposed-trauma-school-support-childhood-trauma
Contact Information	SEET: https://www.3cisd.com/#ccc-lets-talk NCTSN: info@nctsn.org

Traumatic Stress Intervention (CFTSI)

Resource Description	Aimed at preventing PTSD, Traumatic Stress Intervention (CFTSI) focuses on two key risk factors: poor social or familial support, and poor coping skills in the aftermath of traumatic events. It seeks to reduce these risks by increasing communication between the affected child and his or her caregivers about feelings, symptoms, and behaviors, and by teaching specific behavioral skills to the caregiver and child to enhance their ability to cope with traumatic stress reactions.
Website	Child and Family Traumatic Stress Intervention < Child Study Center (yale.edu) Child and Family Traumatic Stress Intervention | The National Child Traumatic Stress Network (nctsn.org) https://www.nctsn.org/treatments-and-practices/trauma-treatments/interventions
Contact Information	NCTSN: info@nctsn.org

Cal OES
GOVERNOR'S OFFICE
OF EMERGENCY SERVICES

Skills for Psychological Recovery (SPR)

Resource Description	Skills for Psychological Recovery (SPR) is intended to be used after PFA, in the weeks and months after a disaster. SPR is intended to help survivors identify their most pressing current needs and concerns and teach and support them as they develop skills to address those needs. Each SPR skill can be covered in one contact session and reinforced in continuing contact sessions. Although each contact can stand alone, ideally the survivor will participate in multiple contacts and continue to learn and practice the skills with support from the SPR provider. The actions all include task assignments to practice the skills learned.
Website	https://www.nctsn.org/interventions/skills-psychological-recovery
Contact Information	info@nctn.org

Share the Load Program

Resource Description	Taking care of your mental health is as important as managing your physical health. The NVFC's Share the Load™ program provides access to critical resources and information to help first responders and their families manage and overcome personal and work-related problems. This includes the Directory of Behavioral Health Professionals as a resource to find local assistance for behavioral health issues.
Website	https://www.nvfc.org/programs/share-the-load-program/
Contact Information	mailto:info@nctn.orgPhone: 1-888-ASK-NVFC (275-6832) https://www.nvfc.org/contact/