

Great Plains United Methodist Conference Resources

I. Mental Health Resources

Trauma Responses of Children

Children exposed to trauma might respond in various emotional and psychological ways. To see an age appropriate list of behaviors, refer to:

https://www.counseling.org/docs/default-source/trauma-disaster/fact-sheet-3-disaster-and-trauma-responses-of-children.pdf?sfvrsn=42824e2c_4

Post-Trauma/Disaster Stress

A traumatic event can be human-made or natural. Individuals can be affected directly or indirectly, to see what people might experience after a traumatic event refer to,

https://www.counseling.org/docs/trauma-disaster/fact-sheet-1---post-trauma-disaster-stress.pdf?sfvrsn=24fdc8c9_2

Disaster and Trauma Effects on Parents

How a parent responds to trauma may vary and contributing factors can include, yet are not limited to: previous trauma, life cycle transitions and/or other life stressors. To see how parent's might respond refer to,

https://www.counseling.org/docs/trauma-disaster/fact-sheet-4---disaster-and-trauma-effects-on-parents.pdf?sfvrsn=4470062a_2

Grief Reactions Over the Life Span

Refer to, https://www.counseling.org/docs/trauma-disaster/fact-sheet-12---grief-reactions-over-the-life-span.pdf?sfvrsn=215e928c_2 for a description of what to look for in age groupings.

Directory of Mental Health Resources in Kansas

https://www.kdads.ks.gov/docs/default-source/CSP/bhs-documents/mental-health-resource-directory.pdf?sfvrsn=95ab29ee_104

Mental Health Resources in Nebraska

http://dhhs.ne.gov/behavioral_health/Pages/beh_treatment.aspx

The United Methodist Health Ministry Fund

For a wealth of information, visit their website at <http://www.healthfund.org/hcresources.php> and <http://www.healthfund.org/hcc/Toolkit%20for%20Health%20Ministry.pdf>

Disaster Mental Health Counseling – A Guide to Preparing and Responding

Don't let the title fool you! In this timely book find chapters like, yet not limited to:

- How the Brain and Body Change After a Disaster (Trauma)
- Responding to Mass Violence
- Counseling Veterans and Their Families
- Counseling Refugees
- School Disaster Mental Health
- And much, much, more!

Book is available from American Counseling Association Foundation

II. Suicide Resources

Suicide Assessment

Warning signs should be attended to and taken seriously. To see examples of what to look for refer to, <https://www.counseling.org/docs/trauma-disaster/fact-sheet-6---suicide-assessment.pdf?sfvrsn=2>

Challenge Day

Imagine a school where everyone feels safe, loved and celebrated. Imagine enemies finding common ground and making peace; friends healing past hurts and making amends; people igniting their passion for service and leadership; adults and youth working together to create a school where everyone is included and thrives. This is Challenge Day.

www.challengeday.org/our-programs/schools/#challengeday

The Seven Project

The Seven Project presents school assemblies that deal with real life and character issues faced by students. These programs include video segments, music, speaking, and strong calls to action. <https://thesevenproject.org>

Suicide Prevention Resources

Effective prevention starts with each of us. Make a plan to prevent suicide. Find a suicide prevention program. Take action after a suicide. <https://www.sprc.org>

US Department of Health and Human Services

Substance Abuse and Mental Health Services Administration (SAMHSA). Suicide Prevention information, <https://www.samhsa.gov/tribal-ttac/resources/suicide-prevention>

III. Bullying Resources

Stop Bullying on the Spot

When adults respond quickly and consistently to bullying behavior they send the message that it is not acceptable. Research shows this can stop bullying behavior over time.

<https://www.stopbullying.gov>

American Academy of Child & Adolescent Psychiatry

Bullying Resource Center,

https://www.aacap.org/aacap/families_and_youth/resource_centers/Bullying_Resource_Center/Home.aspx

National Association of Elementary School Principles

Put a Stop to Bullying! <https://www.naesp.org/bullying-prevention-resources>

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The Bully Project

At the heart of preventing bullying and cruelty is creating strong, caring school communities and families. The Bully Project has partnered with a remarkable list of educational experts to help you along the way. http://www.thebullyproject.com/tools_and_resources

Pacer's National Bullying Prevention Center

Together we can create a world without bullying!

https://www.pacer.org/bullying/?gclid=CjwKCAjwyOreBRAYEiwAR2mSkpY4bjQG0sWS4vdmS-64rbpJkc6tOo0sqS5pSFx5kVJ4P_O2outKcBoCXgAQAvD_BwE

IV. Abuse – Physical, Mental, Neglect

The National Child Traumatic Stress Network

Looks at bullying, community violence, complex trauma, domestic violence, early childhood trauma, medical trauma, physical trauma, refugee trauma, sexual abuse, terrorism, violence, and traumatic grief. <https://www.nctsn.org/what-is-child-trauma/trauma-types/physical-abuse>

Healthy Place for Your Mental Health

What is Abuse? See several types of abuse from this organization.

<https://www.healthyplace.com/abuse/adult-physical-abuse/what-is-physical-abuse>

National Adult Protective Services Association

What is abuse? When to Report Checklist. <http://www.napsa-now.org/get-informed/what-is-abuse>

Social Care Institute for Excellence

Types of abuse looked at: physical, domestic, sexual, emotional, financial, material, modern slavery, discriminatory, organizational or institutional abuse, neglect, self-neglect.

<https://www.scie.org.uk/safeguarding/adults/introduction/types-and-indicators-of-abuse>

Healthy Place for Your Mental Health

While the effects of physical abuse are obvious, emotional or mental abuse are often times not.

See the effects of emotional abuse on adults at <https://www.healthyplace.com/abuse/emotional-psychological-abuse/effects-of-emotional-abuse-on-adults>

61 Devasting Signs of Emotional Abuse in a Relationship

<https://liveboldandbloom.com/02/relationships/signs-of-emotional-abuse>

Prevent Child Abuse America

Child emotional abuse is an often misunderstood form of trauma that can cause damage to a child's developing brain, leading to long-term difficulties, problematic behaviors, and increased incidences of physical and mental health issues.

<http://preventchildabuse.org/resource/preventing-emotional-abuse>

Health Place for Your Mental Health

What is psychological abuse of a child? Find out here,

<https://www.healthyplace.com/abuse/child-psychological-abuse/what-is-psychological-abuse-of-a-child>

V. Camp Programs/Partnership Resources

Suicide Prevention, Mental Health, and School/Community Partnerships

CAMP HORIZON

- Four County Mental Health
They come out weekly for a day during the summer to do the low ropes course. They bring 10-15 youth who are receiving mental health care each time they come.

For more information about partnership contact Camp Horizon (620)-442-5533

CAMP LAKESIDE

- St Catherine Hospital Hospice Garden City
- Comfort Zone - Grief Support Camp

For more information about partnerships contact Camp Lakeside (620)872-2021

CAMP COMECA

- Footsteps camp is a grieving camp for families and children whose lost loved ones
- Central Western Nebraska Partnership is a deaf and hard of hearing camp
- Camp Kesem works with children who's lost a family member to cancer,
- Compassion Fatigue Therapist group, Destination Imagination focuses on building confidence, critical thinking, communication, and teamwork skills in kids.
- Lexington Schools and the YMCA for summer camp days
- Gothenburg school and YMCA
- Cozad Schools Care days, Freshman fun and Senior days

For more information on partnerships contact Camp Comeca (308)784-2808

CAMP CHIPPEWA

- New Adventures in Faith hosted by Camp Chippewa for adults (16+) with a wide variety developmental and mental disabilities.
- Partner with Crosswinds Counseling and Wellness for their school-based and summer programs. Groups of elementary and middle school aged students come out in groups for a day of camp to work on team-work (challenge/low ropes/mazes), empathy (animal interactions/horseback riding), and social skills (swimming, eating as a group). This

happens at the end of their summer program that strives to enhance the youth's quantity and quality of social skills, coping skills, behavior, and attitude. The summer program provides services to those youth who need continued intensive services to maintain appropriate skills during the summer months; a factor in their behavioral success for the upcoming fall school term.

- Partner with Reach for the Stars, the after-school program for USD 290
- Partnership with Ottawa Recreation Commission

For more information on partnerships contact Camp Chippewa (785)242-6797

CAMP FONTANELLE

- Hope Camp that works for kids that have experienced a loss in the family.

For more information on partnerships contact Camp Fontanelle (402)478-4296

CAMP NORWESCA

- Adventure Education - camp to the classroom doing teambuilding and teach Christian character traits.
- Monthly Youth Gathering - UM and other denomination gather monthly for youth group together at the camp.

For more information on partnerships contact Camp Norwesca (308)432-3872

VI. Help Hotlines.

National Suicide Prevention Hotline 1-800-273-TALK

Teen line 1-800-448-4663

Rape/Sexual Assault Center 1-800-656-HOPE

Domestic Violence Hotline 1-800-799- SAFE

Sexual Abuse Hotline 1-800-422-4453

Child Abuse Hotline 1-800-422-4453 or 1-855-452-5437

Police 911

Paramedic 911

V. Support Groups

<https://www.mentalhealthamerica.net/find-support-groups>

Resources for how you are feeling right now

<https://howrightnow.org/>

WHEN IN DOUBT, CALL FOR HELP!

We encourage each congregation to make contact with your local or area mental health center for a more detailed list of resources in your area.