Coping Resources in Response to the Boulder CO Mass Violence Event

The recent mass violence event at a grocery store in Boulder, CO has evoked a range of emotions and safety concerns in the community. In response to this event, the National Child Traumatic Stress Network has developed resources to help children, families, and communities navigate what they see and hear, acknowledge their feelings, and find ways to cope together. Resources include:

- Coping After Mass Violence
- For Teens: Coping After Mass Violence
- Parent Guidelines for Helping Youth After Mass Violence
- Helping Youth after Community Trauma: Tips for Educators
- Helping Teens with Traumatic Grief: Tips for Caregivers
- Helping School-Age Children with Traumatic Grief: Tips for Caregivers
- Helping Young Children with Traumatic Grief: Tips for Caregivers
- The Power of Parenting: How to Help Your Child After a Parent or Caregiver Dies
- Pause-Reset-Nourish (PRN) to Promote Wellbeing (for responders)

National Association of School Psychologists

- Talking to Children About Violence: Tips for Parents and Teachers
- Recovery From Large-Scale Crises: Guidelines for Crisis Teams and Administrators
- Translated Safety and Crisis Resources

Colorado Crisis Services

- Colorado Crisis Services
- Colorado Crisis Services' Walk-In Centers

Psychological First Aid

The NCTSN also has resources for responders on Psychological First Aid (PFA). PFA is an early intervention to support children, adolescents, adults, and families impacted by these types of events. The PFA Wallet Card (En Español) provides a quick reminder of the core actions. PFA Handouts include:
- Parent Tips for Helping Infants and Toddlers (En Español)
- Parent Tips for Helping Preschoolers (En Español)
- Parent Tips for Helping School-Age Children (En Español)
- Parent Tips for Helping Adolescents (En Español)
- Tips for Adults (En Español)

**National Mass Violence and Victimization Resource Center**

- Transcend (mobile app to assist with recovery after mass violence)
- Rebuild your Community: Resources for Community Leaders
- Media Guidelines for Homicide Family Survivors
- Timeline of Activities to Promote Mental Health Recovery
- Self-Help: Resources for Survivors
- E-learning Courses: Trainings for Clinicians
- Resources for Victim Assistance Professionals

**Center for the Study of Traumatic Stress at the Uniformed Services University**

- Grief Leadership: Leadership in the Wake of Tragedy
- Leadership Communication: Anticipating and Responding to Stressful Events
- Coping with Stress Following a Mass Shooting