

Resource List: Traumatic Stress

American Academy of Experts in Traumatic Stress

386 Veterans Memorial Highway

Commack, NY 11725

Phone: 631-543-2217

Fax: 631-543-6977

E-mail: aaets@traumatic-stress.org

Web: www.aaets.org

The Academy is a multidisciplinary network of professionals who are committed to the advancement of intervention for trauma survivors. Its goal is to identify experts among professionals and across disciplines and to provide meaningful standards for those who work regularly with survivors. The Academy offers its members Board Certification Programs, Diplomate and Fellow Credentials, and continuing education credits. The Academy publishes *Trauma Response*, *Academy Updates*, and *Info Sheets*.

American Psychological Association Disaster Response Network

750 First Street, NE

Washington, DC 20002

Phone: 202-336-5898

Toll free: 1-800-374-2721

E-mail: pracpr@apa.org

Web: www.apa.org

The American Psychological Association (APA) developed its Disaster Response Network (DRN) in response to the needs of those who have been traumatized and/or suffer from PTSD. More than 1,500 psychologist volunteers provide free, onsite mental health services to disaster survivors and the relief workers who assist them. APA works collaboratively with the American Red Cross, FEMA, state emergency management teams, and other relief groups to provide free mental health services to disaster victims and relief workers.

American Red Cross

Contact your local Red Cross chapter for more information

Web: www.redcross.org

The American Red Cross responds to more than 67,000 disasters each year, including fires, hurricanes, floods, earthquakes, tornadoes, hazardous materials spills, transportation accidents, explosions, and other natural and man-made disasters. Red Cross disaster relief focuses on meeting people's immediate emergency disaster-caused needs, including providing them with shelter, food, and health and mental health services. The core of Red Cross disaster relief is the assistance given to individuals and families affected by

disaster, which enables them to resume their normal daily activities independently. The Red Cross also feeds emergency workers, handles inquiries from concerned family members outside the disaster area, provides blood and blood products to disaster victims, and helps those affected by disaster to access other available resources.

America's Heroes of Freedom

PO Box 18984
Washington, DC 20036
Phone: 301-570-8124
Fax: 301-570-2279
E-mail: info@americasheroes.us
Web: www.americasheroes.us

America's Heroes of Freedom is a nonprofit organization that provides educational, commemorative, and remembrance opportunities in the wake of a national tragedy. It provides recognition and support to military, law enforcement, fire and rescue service, and civil services, which have responded to a public tragedy.

Anxiety Disorders Association of America

8730 Georgia Avenue, Suite 600
Silver Spring, MD 20910
Phone: 240-485-1001
E-mail: anxdis@adaa.org
Web: www.adaa.org

The Anxiety Disorders Association of America (ADAA) is a nonprofit organization whose mission is to promote prevention and cure of anxiety disorders and to improve the lives of all people who suffer from them. ADAA disseminates information that links people who need treatment with those who can provide it. It also advocates for cost-effective treatment. The ADAA is made up of professionals who conduct research and treat anxiety disorders and individuals who have a personal or general interest in learning more about such disorders. ADAA offers a bookstore catalogue, a brochure on PTSD, PTSD Treatment Guidelines for Patients and Families, and a quarterly newsletter.

Association of Death Education and Counseling

342 N. Main Street
West Hartford, CT 06117
Phone: 860-586-7503
Fax: 860-586-7550
E-mail: info@adec.org
Web: www.adec.org

The Association of Death Education and Counseling (ADEC) is a multidisciplinary professional organization dedicated to promoting excellence in end-of-life education and

treatment, and bereavement counseling. ADEC provides its members and the general public with information, support, and resources based on theoretical and quality research.

Association of Traumatic Stress Specialists

PO Box 2747
Georgetown, TX 78627
Phone: 512-868-3677
Fax: 512-868-3678
E-Mail: admin@atss-hq.com
Web: www.atss-hq.com

The ATSS is a nonprofit organization whose mission is to organize, educate, and professionally certify its worldwide membership in order to assist those affected by trauma. ATSS offers three types of certification: Certified Trauma Specialist (CTS) for those providing clinical treatment; Certified Trauma Responder (CTR) for those responding to a traumatic incident; Certified Trauma Service Specialist (CTSS) for those offering services to survivors. Certified individuals have distinguished themselves in complying with a standard of education, training, and experience in providing services to trauma survivors. Certification demonstrates to victims, survivors, other professionals, and the general public that services will be provided in an ethical, skillful manner. It also fosters credibility, which enables organizations to recruit volunteers, gain recognition with other associations, reward employees/volunteers, and obtain supporters. ATSS holds an annual conference and offers a quarterly newsletter, *Trauma Lines*, and other materials on traumatic stress.

(The) Compassionate Friends

PO Box 3696
Oak Brook, IL 60522
Phone: 630-990-0010
Toll free: 800-969-0010
Fax: 630-990-0246
E-mail: Trish@compassionatefriends.org
Web: www.compassionatefriends.org

Compassionate Friends is a self-help organization that was formed to offer friendship and understanding to families mourning the death of a child. There are 580 chapters across the country that provide monthly meetings, phone contacts, lending libraries, and free literature on grief and loss. The national organization provides training and referrals to the local chapters.

Concerns of Police Survivors (COPS)

PO Box 3199
S Highway 5
Camdenton, MO 65020
Phone: 573-346-4911
Fax: 573-346-1414

E-mail: cops@nationalcops.org

Web: www.nationalcops.org

COPS is a nonprofit organization that provides resources and assistance to surviving family members and friends of law enforcement officers killed in the line of duty. COPS provides training to law enforcement agencies on survivor victimization issues and raises general public awareness and support for the law enforcement professions. COPS hosts a police survivor seminar and a kids camp each May and different retreats throughout the year at the national, state, and local level.

Crisis Management International

8 Piedmont Center, Suite 420

Atlanta, GA 30305

Phone: 404-841-3400

Crisis line: 1-800-274-7470

Fax: 404-841-3404

E-mail: bblythe@cmiatt.com

Web: www.cmiatl.com

With 1,300 specially trained Mental Health Professionals on standby, Crisis Management International (CMI) helps companies manage the unexpected. CMI leads the world in helping organizations minimize the human costs of both major and minor crises. They prepare clients for foreseeable crises and volatile situations by defusing threats of violence before they become a tragedies and by helping management and employees return to precrisis levels of productivity with reduced financial impact. Qualified providers can join the CMI network through an application and training process.

Dougy Center

PO Box 86852

Portland, OR 97286

Phone: 503-775-5683

Fax: 503-777-3097

E-mail: help@dougy.org

Web: www.dougy.org

The Dougy Center is a nonprofit organization serving children ages 3 to 19 and their families since 1982. Through its National Center for Grieving Children and Families, they provide training and support locally, nationally and internationally for children who have survived the death of a parent or sibling (for teens, a close friend) through an accident, illness, suicide, or murder. The Center itself offers support groups and counseling for families that come from all over the world. It also provides a variety of information and publications for families, children and other professionals. The Dougy Center publishes the National Directory of Children's Grief Services. The Dougy Center offers professional education in order to help other communities with grieving children.

Federal Emergency Management Agency

500 C Street, SW
Washington, DC 20472
202-566-1600
www.fema.gov

The Federal Emergency Management Agency (FEMA) is an independent federal agency reporting to the President and tasked with responding to, planning for, recovering from, and mitigating against disaster. FEMA has regional offices across the country and a cadre of standby disaster assistance employees who can be called upon in the event of an emergency, such as tornadoes, hurricanes, earthquakes, and man-made crises. Often, FEMA works in partnership with other local organizations that are part of the national emergency response system. These partners include local and state emergency management agencies, 27 federal agencies, and the American Red Cross. FEMA provides states, communities, businesses, and individuals with disaster assistance, offers training to local disaster managers, supports the nation's fire service, and administers the national flood and crime insurance programs.

Gift from Within

16 Cobb Hill Road
Camden, ME 04843
Phone: 207-236-8858
Fax: 207-236-2818
E-Mail: JoyceB3955@aol.com
Web: www.giftfromwithin.org

Gift from Within is a private, nonprofit organization dedicated to those who suffer from posttraumatic stress disorder (PTSD), those at risk for PTSD, and those who care for traumatized individuals. It develops and disseminates educational material, including videotapes, articles, books, and a resource catalog and maintains a roster of survivors who are willing to participate in an international network of peer support.

Green Cross Foundation

10064 SW 182 Court
Dunnellon, FL 34432
Web: www.greencross.org

The Foundation supports the field of traumatology in humanitarian efforts, standards of practice in research, consultation, education, and the development of humane policies affecting the traumatized. The Foundation publishes the journal *Traumatology* and supports the activities of the Academy of Traumatology. In the event of a disaster or other emergency need, the Green Cross Projects can provide trained traumatology specialists from its worldwide membership, who will provide information, education, consultation, and treatment for traumatized individuals or communities that have been affected by natural or human-caused disaster.

Hospice Foundation of America

2001 S Street, NW, Suite 300
Washington, DC 20009
Phone: 800-854-3402 or 202-638-5419
Fax: 202-638-5312
E-mail: hfa@hospicefoundation.org
Web: www.hospicefoundation.org

The Hospice Foundation of America (HFA) is a nonprofit organization that provides leadership in the development and application of hospice and its philosophy of care. HFA produces an annual award-winning national teleconference on grief and publishes the companion book series, *Living with Grief*. HFA also provides a variety of other resources and titles, some of which are on audiocassettes. HFA offers a monthly newsletter, *Journeys*. There are also many brochures that offer guidance on coping with end of life issues and bereavement.

International Association of Emergency Managers

111 Park Place
Falls Church, VA 22046-4513
Phone: 703-538-1795
Fax: 703-241-5603
E-mail: info@iaem.com
Web: www.iaem.com

IAEM is a nonprofit educational organization dedicated to promoting the goals of saving lives and protecting property during emergencies and disasters.

International Association of Firefighters

1750 New York Avenue, NW
Washington, DC 20006
Phone: 202-737-8484
Fax: 202-737-8418
Web: www.iaff.org

The IAFF is comprised of 2,700 affiliates in communities across America. The IAFF provides its 250,000 members, who are firefighters and paramedics, with services such as Employee Assistance and trauma counseling in the event of a line of duty death. An auxiliary helps spouses and other family members cope with the demands of fire service, and the IAFF also supports activities that aid burn victims.

International Critical Incident Stress Foundation

10176 Baltimore National Pike, Unit 201
Ellicott City, MD 21042
Phone: 410-750-9600
Hotline: 410-313-2473
Fax: 410-750-9601

Web: www.icisf.org

The International Critical Incident Stress Foundation (ICISF) is a nonprofit, nongovernmental, membership organization in special consultative status with the Economic and Social Council of the United Nations. Its mission is the prevention and mitigation of disabling stress through education, training, and support services for all emergency services professions; continuing education and training in emergency mental health services for psychologists, psychiatrists, social workers, and licensed professional counselors; and consultation in the establishment of crisis and disaster response programs for varied organizations and communities worldwide. ICISF members are placed in a network of Critical Incident Stress Management teams, service providers, administrators, commercial and industrial services, researchers, and educators. ICISF publishes a quarterly newsletter, *LIFENET*.

International Society for Traumatic Stress Studies

60 Revere Drive, Suite 500

Northbrook, IL 60062

Phone: 847-480-9028

Fax: 847-480-9282

E-mail: istss@istss.org

Web: www.istss.org

The International Society for Traumatic Stress Studies (ISTSS) is an international multidisciplinary membership organization that promotes advancement and exchange of knowledge about severe stress and trauma. This knowledge includes understanding the scope and consequences of traumatic exposure, preventing traumatic events and ameliorating their consequences, and advocating for the field of traumatic stress. ISTSS members are social, behavioral, and biological scientists, professionals from mental health and social services disciplines, and individuals representing religious, legal, and other professions. ISTSS offers education, training, and information resources. It publishes the *Journal of Traumatic Stress* and a quarterly newsletter, *Stress Points*.

Last Acts

c/o Partnership for Caring, Inc

1620 Eye Street NW, Suite 202

Washington, DC 20006

Phone: 202-296-8071

Fax: 202/296-8352

E-mail: kaplanko@partnershipforcaring.org

Web: www.lastacts.org

Last Acts is a national coalition of more than 1,000 organizations engaged in an education campaign to improve care and support for terminally ill people and their families. Last Acts serves as a national clearinghouse for sharing information and ideas at the national, state, and local levels. Last Acts also provides a forum for discussion, collaboration, and broad dissemination of new information. Last Acts sponsors national

and regional conferences, publishes a quarterly print newsletter, and offers a number of e-mail discussion groups and newsletters.

National Air Disaster Alliance and Foundation

2020 Pennsylvania Avenue, NW, Suite 315

Washington, DC 20006

Phone: 1-888-444-6232

E-mail: GADunham@aol.com

Web: www.planesafe.org

In 1995, family members from 10 different air crashes who wanted to have their grievances addressed and to provide support to each other formed the National Air Disaster Alliance and Foundation (NADA). The NADA mission has been to raise the standard of safety, security and survivability for commercial aviation passengers and to support victims' families. They have advocated for federal legislation and policies that govern the National Transportation Safety Board.

National Center for Missing and Exploited Children

Charles B. Wang International Children's Building

699 Prince Street

Alexandria, VA 22314

Phone: 1800-THE-LOST

Fax: 703-274-2222

Web: www.missingkids.com

The mission of the National Center for Missing and Exploited Children is to provide a coordinated, international response to the problem of missing and exploited children. It provide instantaneous dissemination of pictures and information on missing children through the Internet, advocates stronger laws to protect children, assists nongovernmental organizations, offers training to professionals and law enforcement agencies around the world, and works to increase public awareness. Through the International Center for Missing & Exploited Children (ICMEC), a valuable, technological resource for law enforcement is being expanded on a worldwide basis. Participation in the global missing children's website network, a key ICMEC initiative, will be offered to agencies that share the mission of finding and protecting children.

National Center for PTSD

VA Medical Center (116D)

215 North Main Street

White River Junction, VT 05009

Phone: 802-296-5132

Fax: 802-296-5135

E-Mail: ncptsd@ncptsd.org

Web: www.ncptsd.org

The National Center for PTSD was created in 1989 within the Veteran's Administration (which has since become the Department of Veterans Affairs) in response to a Congressional mandate to address the needs of veterans with military-related posttraumatic stress disorder. The mission of the National Center for PTSD is to advance the clinical care and social welfare of America's veterans through research, education, and training in the science, diagnosis, and treatment of PTSD and stress-related disorders. As a leading authority on PTSD, the Center serves and collaborates with many different agencies and constituencies, including veterans and their families, government policy-makers, scientists and researchers, doctors and psychiatrists, journalists, and the lay public. The Center produces a clinical and a research quarterly and maintains the PILOTS database, which is an electronic index to the worldwide literature on PTSD and other mental health consequences of exposure to traumatic events.

National Emergency Management Association

c/o Council of State Governments
PO Box 11910
Lexington, KY 40578
Phone: (859) 244-8000
Fax: (859) 244-8239
Web: www.nemaweb.org

The National Emergency Management Association (NEMA) is the professional association of state, Pacific, and Caribbean insular state emergency management directors committed to providing national leadership and expertise in comprehensive emergency management; serving as a vital information and assistance resource for state and territorial directors and their governors; and forging strategic partnerships to advance continuous improvements in emergency management.

National Fallen Firefighters Foundation

PO Drawer 498
Emmitsburg, MD 21727
Phone: 301-447-1365
Fax: 301-447-1645
E-mail: firehero@erols.com
Web: www.firehero.org

Congress created the National Fallen Firefighters Foundation to honor firefighters who die on the line of duty and to offer both immediate and continuing assistance to their survivors. The Foundation has a peer support network, a lending library, and produces a quarterly newsletter and other materials on grief.

National Organization for Victim Assistance

1730 Park Road, NW
Washington, DC 20010
Phone: 202-232-6682 x 105
Fax: 202-462-2255 fax
Web: www.try-nova.org

The National Organization for Victim Assistance (NOVA) is a private, nonprofit organization of victim and witness assistance programs and practitioners, criminal justice agencies, mental health professionals, researchers, former victims and survivors, and others committed to the recognition and implementation of victim rights and services. The four main purposes of NOVA are national advocacy, direct services to victims, assistance to professional colleagues, and membership activities and services. NOVA publishes a monthly newsletter and period information bulletins.

National Voluntary Organizations Active in Disaster

14253 Ballinger Terrace
Burtonsville, MD 20866
Phone: 301-890-2119
Fax: 253-541-4915
E-mail: jgavin@starpower.net
Website: www.nvoad.org

The National Voluntary Organizations Active in Disaster (NVOAD) is a partnership in disaster response. Many of the voluntary disaster response agencies share a mutual concern about frequent duplication of services and services that do not meet quality standards. On state and local levels, the VOAD operates the same way as the National VOAD: as a coalition of voluntary disaster response agencies who agree to adhere to the Four C's of VOAD: Cooperation, Communication, Coordination and Collaboration in disaster response. The primary activities of the VOAD are planning, training, convening and partnering. In times of disaster, the VOAD gathers brief reports from member organizations and shares information with other members, convenes meetings of VOAD members at or near the disaster site, and works behind the scenes to identify a group or groups to guide the long-term recovery. When the recovery is well underway, VOAD convenes a special meeting to determine lessons learned, revise plans, strengthen preparedness and recruit new members. VOADs at all levels also partner with government agencies, such as FEMA and their state and county emergency management counterparts, the National Emergency Management Association (NEMA), and the International Association of Emergency Managers (IAEM).

Oklahoma City National Memorial Center

620 N. Harvey Avenue
Oklahoma City, OK 73102
Phone: 405-235-3313
Fax: 405-235-3315
Web: www.oklahomacitynationalmemorial.org

The Center is located in the former Journal Record Building that was damaged during the April 19, 1995 bombing that destroyed the Murrah Federal Building and killed 168 people. The Center provides information on the background of terrorism, the events in Oklahoma City, and survivor messages of hope and healing. The Center has a collection of books and other resources related to surviving terrorism and violence.

PTSD Alliance

450 West 15th Street, Suite 700
New York, NY 10011
Phone: 1-877-507-PTSD
E-mail: info@ptsdalliance.org
Web: www.ptsdalliance.org

The PTSD Alliance is a group of professional and advocacy organizations (American College of Obstetricians and Gynecologists, Anxiety Disorders Association of America, International Society of Traumatic Stress Studies, and the Sidran Traumatic Stress Foundation) that have come together to increase awareness and promote better understanding of the prevalence, recognition, diagnosis, and treatment of PTSD as a serious, common, and treatable condition. The Alliance has established a resource center that provides consumer and professional educational materials.

Tragedy Assistance Program for Survivors, Inc. (TAPS)

2001 S Street, NW
Suite 300
Washington, DC 20009
Phone: 202-588-TAPS(8277)
Fax: 202-638-5312
E-mail: info@taps.org
Web: www.taps.org

TAPS is America's national peer support organization made up of, and providing a wide range of services to, all those affected by a death in the armed forces. TAPS provides the peer support, case work assistance, survivor link, grief counseling referral, and crisis intervention, free-of-charge, to all who have lost a loved one, friend or co-worker in military service. TAPS also sponsors the National Survivor Seminar.

Traumatic Incident Reduction Association

13 NW Barry Road
Suite 214
Kansas City, MO 64155-2728
Phone: 800-499-2751
Fax: 816-468-6656
E-mail: info@tir.org
Web: www.tir.org

The Traumatic Incident Reduction (TIR) Association is a division of Applied Metapsychology International, (AMI) which is a nonprofit membership organization dedicated to providing products, services, and support to TIR trainers, facilitators, technical directors and members. These practitioners in turn bring relief to individuals suffering from PTSD and other trauma related disabilities. They also assist individuals who seek improved quality of life, increased abilities, and personal growth. TIR is a

specific technique employed to help those suffering from traumatic stress. The Association offers training and certification in this methodology and an electronic newsletter.

Workplace Trauma Center

9199 Reisterstown Road

Suite 207-A

Owings Mills, MD 21117

Phone: 410-363-4432

Emergency Line: 877-661-8070

E-Mail: RJO@counselingcenters.com

Web: www.workplacetraumacenter.com

The Workplace Trauma Center offers training and response service worldwide. It specializes in workplace violence intervention, violence management training services, robbery survival skills training, employee assistance, and other training services.

—Jacqueline Garrick, ACSW, CSW, CTS

Jacqueline Garrick, MSW, is a certified trauma specialist (CTS) with 15 years' experience managing health and social services programs for U.S. veterans who have served in Vietnam, the Persian Gulf, Somalia, and Haiti. She has worked at the Vietnam Veterans Resource Center, Walter Reed Army Medical Center, and the American Legion. In the immediate aftermath of 9/11, Ms. Garrick served as a disaster mental health counselor and organized referral efforts from the Pentagon Family Assistance Center. At present, she runs her own consulting firm and edits *Trauma Lines*, the newsletter of the Association of Traumatic Stress Specialists (ATSS).