

Effects on Children

Children are especially vulnerable both during and after a disaster. Younger children may become clingy with parents, scared to sleep alone or show aggressive behaviors at home or school. Older youths may have delinquent behaviors, defiance, social withdrawal or decline in school performance.

Children, as well as adults, need to express themselves. It is important to encourage all survivors to talk about their experience.

Other Helpful Tips

- Provide time for closeness
- Monitor media exposure to disaster trauma
- Maintain routines as much as possible
- Spend time with family and friends
- Involve the children in preparation of family emergency kits and home drills
- Encourage physical activities and exercise
- Set gentle but firm limits for acting out behaviors

Project Recovery staff is available to meet with you and provide support.

Mountain Comp Care Hotline

(606) 886-7839

FEMA Assistance

(800) 621-3362

www.fema.gov



KCCRT Contact Number

1-888-522-7228

This brochure was developed by Rebecca Bauder, MA, LPCC, Pathways Inc. Ashland, KY with adapted material from Bert Nash, CMHC in Lawrence Kansas; Diane Myers: Disaster Response and Recovery: A Handbook for Mental Health Professionals. Rockville, MD Dept. of Health and Human Services, Center for Mental Health Services, 1994; SAMHSA and Kentucky Community Crisis Response Board. *Photos by Tom Adams and Tracy McLean.

PROJECT RECOVERY



RECOVERING FROM DISASTER

Project Recovery
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Disasters can occur at any time. In 2010, Eastern Kentucky experienced major flooding which caused extensive damage to our area.

The emotional effects from loss or damage to homes, loss of family pets, and displacement from neighbors, friends, and support systems can cause unusual stress as people begin to rebuild their lives. Just as it can take months to rebuild damaged buildings, it takes time to grieve losses and rebuild lives.



The goal of **Project Recovery** is to provide support and information as well as empower people to regain control of their lives. Crisis counseling helps disaster survivors recognize normal stress reactions.



After a Disaster

When a stressful event such as a natural disaster occurs, it can result in emotional and/or physical distress. Stress levels can increase to the point that normal coping skills needed for dealing with daily life become inadequate. The emotional and financial strain following a disaster can be overwhelming.



Common Reactions

- Depression
- Nightmares
- Trouble eating/sleeping
- Anxiety
- Irritability
- Guilt
- Difficulty concentrating
- Isolation
- Headaches
- Fatigue
- Distrust in others
- Muscle tension
- Stomach problems

Please know that these feelings are **normal reactions** to uncommon events. You are **NOT** alone.