



NORTHERN ILLINOIS POLICE ALARM SYSTEM

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TO: All NIPAS Member Agency Chiefs of Police

FROM: NIPAS President Patrick L. Kreis

DATE: July 7, 2022

Chiefs,

First, I want to thank all of you for your commitment to NIPAS and our partner agencies. Vice President Brian Baker and I were active in Highland Park's Command Post operations on July 4th and we saw firsthand the response of both NIPAS EST and MFF teams. I can assure you your officers acted with the utmost of professionalism, courage and compassion. They all worked long hours during a challenging event and we are all lucky to have such an exceptional resource at our disposal.

I'd also acknowledge the exceptional leadership of our teams. The Tactical Commanders, Team Leaders, and subordinate leaders helped ensure seamless integration with the numerous other law enforcement resources that responded.

As each of our communities moves forward in planning special events in light of this horrific attack, I have no doubt that we all will be reviewing safety and security plans in light of this and other recent attacks. Your NIPAS teams stand ready to respond to any partner community that is stricken by emergencies that overwhelm their ability to manage.

It is also important to remind all of our partners that NIPAS was never designed to supplement security needs for planned, community sponsored events. Each of our communities plan and host large public gatherings presenting unique security issues. It is simply not practical for NIPAS to provide event security on a routine basis. I would contrast those events that are *happening to a town* (protest at a corporate headquarters) from those events *happening in a town* (concert, festival, or other permitted activity).

Of course there are exceptions to every rule and our organization has smartly evolved and adapted in its nearly forty year history. Our Tactical Team Commanders are always available to consult with unique needs and questions. I and the rest of the Board are also available for questions, suggestions, and discussions. Please feel free to reach out to any member of the Board.

Stay Safe,

Patrick L. Kreis
NIPAS President

From: Mayor Shawn Reilly <sreilly@waukesha-wi.gov>
Sent: Thursday, July 7, 2022 2:38 PM
To: nrotering@cityhpil.com
Subject: Waukesha Wisconsin Mayor
Attachments: image001.jpg; image002.png; image003.png; image004.png; image005.png; image006.png

[EXTERNAL EMAIL]

Dear Mayor Rotering;

My heartfelt sympathies for the tragedy that occurred in your city. I know that you are being constantly bombarded with emails, text messages and requests. I received over 800 emails within 24 hours of our parade tragedy. I do not expect a reply but if you desire to talk I want you to know I want to help if I can. My message is simple; If you wish to talk to a person who has faced a similar tragedy, please call me at [REDACTED] (cell)

I am sorry that I did not send this email to you earlier. I actually wrote it on my phone and thought I sent it to you on Sunday but it never was sent out from my cell phone.

Now for unsolicited advice which is sent with concern and love....

You will have so much thrown at you and your office through the coming weeks. One thing we did that helped our community (Waukesha) was that those designated as media individuals more often than not spoke to the local media instead of the national media. I told many of the national media to obtain the interviews from their local affiliate. My overriding goal was to help my community to heal. The national media looks at these tragedies differently than the local media. The local media will report what you have to say, mostly in its entirety, and they also fully realize that what they are reporting on is not an abstract tragedy but one that directly impacts them and their community. The national media does care, but their focus is not the same as the local media. In Waukesha, I knew that the reporters were all fully aware of how much people were hurting and that the physical and emotional trauma needed to be the focus.

My prayers for those killed and injured. You likely already know that there will be many that were not physically injured but have and will suffer mental and emotional trauma. We, as a community, are working through that trauma now and will be for years. If it has not already been put in motion, designating an entity to send donations for the benefit of those injured (including psychological injury) is something the community should do quickly. We have a number of people who can discuss this process with your people if desired.

If it has not already been done, designating a place for memorials is needed, otherwise you will be faced with multiple areas that are memorials.

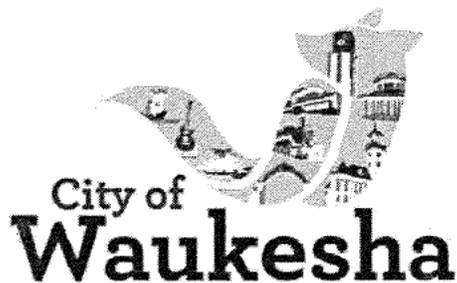
I hurt for your community. It is so terrible that any community has to go through this, let alone many communities. It is also vitally important that a path to healing is established from the beginning. I already see your community showing love and concern for those injured and those traumatized. From what I have read and what I have witnessed, having the community be supportive and to stand together is something that allows the community to properly grieve and to begin the healing process.

There is much more I could comment on but I know you and your staff are already working nonstop and there is still much to do. Feel free to call whenever – even if it is months from now.

Sincerely,

City of Waukesha

Mayor Shawn Reilly



Shawn N. Reilly

Mayor
City of Waukesha

P: 1-262-524-3700

E: sreilly@waukesha-wi.gov

waukesha-wi.gov

201 Delafield St., Waukesha, WI 53188



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From: Boburg, Shawn <Shawn.Boburg@washpost.com >
Sent: Thursday, July 07, 2022 2:38 PM
To: Communications@cityhpil.com
Subject: Washington Post

[EXTERNAL EMAIL]

Hello:

I'm with The Washington Post. I'm working on a story about Bobby Climo's attendance at political events and counter protests over the last few years. I have spoken with someone who said he saw Climo do a Nazi salute at one such event. I'm hoping to talk to the deputy chief or someone else about the findings of any forensic investigation into Climo's online activities and whether it is uncovering any signs of extremism, political or otherwise.

My cell phone is [REDACTED] I'm happy to talk on background if you prefer.

Thank you,
Shawn

From: Midwest Young Artists Conservatory <mcdombrowski@mya.org>
Sent: Thursday, July 7, 2022 2:39 PM
To: lfrey@cityhpil.com
Subject: A message from Allan Dennis

[EXTERNAL EMAIL]



July 7, 2022

Dear Midwest Young Artists Conservatory family members:

I am writing to report that, according to our communications, none of our Midwest Young Artists Conservatory (MYAC) members, alumni, or their families were hospitalized or among the deceased as a result of the horrible shooting at the July 4 parade. Given our proximity to Highland Park and the fact that we have many families from Highland Park in MYAC now or in the past, we were very concerned. In addition, one of the scenes the TV stations showed were students from the Highland Park High School Band running down the road with instruments in hand. I immediately texted Mrs. Friedman, Mimi and Avra's mom, as well as emailed Julian Kolthammer and Elizabeth Smith, current MYAC horn players from Highland Park, as to their safety and the safety of other band members. They assured me all the band was okay.

I tried to talk with the evening orchestra students on Tuesday at rehearsal and struggled to explain my concern for them, as individuals, as well as for our society. It is not just the immediate physical harm these horrific events cause but also the psychological and emotional toll it takes on all the members of our MYAC families – students, alumni, parents, staff, faculty, Board, donors, supporters.

Please know that at MYAC we will take every possible step to establish a safe environment for our family. Without going to extremes, we will do the following:

- not allow guns or knives
- provide an open environment for students and families to talk about issues
- encourage students, parents, staff, faculty to let us know of potentially dangerous situations including actions and discussions both at MYAC

and in their schools

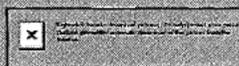
I'm going to borrow from a message forwarded to me from an MYAC Alumni and current Board member, TJ Johnson, who works at Ann & Robert H. Lurie Children's Hospital of Chicago. The hospital's President, Tom Shanley, had sent a list of resources to consider should we need help.

Additional Resources:

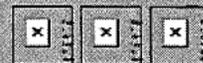
- [Talking to Children about Tragedies in the News | Lurie Children's \(luriechildrens.org\)](http://luriechildrens.org)
- [Helping your children manage distress in the aftermath of a shooting \(apa.org\)](http://apa.org)
- [Terrorism and Violence | The National Child Traumatic Stress Network \(nctsn.org\)](http://nctsn.org)
- Cigna articles: [Dealing with the Impact of Violence](#); [Coping with Fear of Violent Attacks and Terrorism](#); and [How to Support Someone After Trauma](#) -
- [Healing Circles - https://healingcirclesglobal.org/grief/](https://healingcirclesglobal.org/grief/) (register for free)
- [Parker Palmer's reflection on "silence" and "mercy" Song link](#)
- RISE volunteers, trained support peers, who staff can call anytime to process their feelings, confidentially: **312-227-RISE**
- Your chaplain, rabbi, priest, religious leader can counsel you.

Sincerely,
Allan Dennis
Founder and President, MYAC
allandennis@mya.org
847/926-9898

> [YouTube Channel](#)



**MIDWEST YOUNG ARTISTS
CONSERVATORY**
878 Lyster Rd, Highwood IL
847-926-9898 / mya.org



DONATE

Midwest Young Artists Conservatory | 878 Lyster Road, Highwood, IL 60040

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Sent by mcdombrowski@mya.org powered by

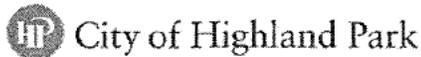
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From: gneukirch@cityhpil.com
Sent: Thursday, July 07, 2022 2:40 PM
To: cplazas@cityhpil.com
Subject: RE: Request for assistance

You are wonderful – thanks!

Ghida S. Neukirch, CM
City Manager



1707 St Johns Avenue
Highland Park, Illinois 60035

Direct: 847.926.1003
gneukirch@cityhpil.com



From: Plazas, Cynthia <cplazas@cityhpil.com>
Sent: Thursday, July 7, 2022 2:13 PM
To: Neukirch, Ghida <gneukirch@cityhpil.com>
Subject: Re: Request for assistance

Hi Ghida-

I've called both contacts [REDACTED] and left them both voicemail messages.

Cynthia Plazas, Ph.D., CCTP-II
Police Social Services Worker

Highland Park Police Department
1677 Old Deerfield Road
Highland Park, IL 60035
Direct: (847) 926-1754

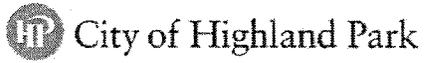
On Jul 7, 2022, at 7:28 AM, Neukirch, Ghida <gneukirch@cityhpil.com> wrote:

Cynthia,

Can someone please reach out to [REDACTED]
[REDACTED] I received their contact information from [REDACTED]

Thank you!

Ghida S. Neukirch, CM
City Manager



1707 St Johns Avenue
Highland Park, Illinois 60035

Direct: 847.926.1003
gncukirch@cityhpil.com



From: Dr. Trina Clayeux <tclayeux@giveanhour.org>
Sent: Thursday, July 7, 2022 2:41 PM
To: Stone, Kim; Terry Grossberg; Danielle Sharfman
Cc: Jessica Grove
Subject: RE: Trauma Specialists ... Give an Hour CEO, please meet
Attachments: image001.png; image002.png; image003.png; image004.jpg

[EXTERNAL EMAIL]

Hello Kim and Terry and thank you so much for the introduction, Anita (I moved you and Zachary to bcc),

Like so many across the nation, our hearts are with you and the Highland Park community. Over the last few days, we had someone reach out seeking mental health support for a Highland Park survivor and their family and I thought I would connect as a potential resource.

Give an Hour is a national nonprofit providing mental health care since 2005 through a network of licensed and trained therapists. As Anita offered, we continue to work closely with the Ventura County community to provide responsive long-term support to survivors and loved ones of the Route 91 and Borderline events, provided 30+ therapists to help at a pop up clinic in the local library, and will be offering community supports, by request, in Tulsa.

We know that the community's needs will shift and change in the days, weeks, and years following July 4th and we just want you to know we are here if you need us. Our work is generally long-term support for survivors and community members as well as customized supports for those working the front lines of these tragedies. In addition to our trauma trained therapists, we employ three mass gun violence survivors at present, all of whom inform our authenticity of service with and for those healing from these types of events.

I know you're managing a lot of moving parts and we'd love an opportunity to learn more about the needs and share a bit more about our work and see if we can be of additional support, short or long term, as needed. My number is [REDACTED] [REDACTED] if that is more convenient.

Warm regards,
Trina

Trina Clayeux, PhD
CEO
Give an Hour
www.giveanhour.org



CFC# 65498

From: Anita Busch <anita@victimsfirst.org>
Sent: Wednesday, July 6, 2022 1:31 PM
To: Stone, Kim <kstone@cityhpil.com>; Terry Grossberg <tgrossberg@pdhp.org>; Danielle Sharfman

[REDACTED]; Dr. Trina Clayeux <tclayeux@giveanhour.org>

Cc: Zachary Blair <zachary@victimsfirst.org>

Subject: Trauma Specialists ... Give an Hour CEO, please meet

CAUTION: This email originated from outside of the organization. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Trina, Kim, Terry,

Bring in Trauma specialists. They are very key, which is different from Psychologists or Psychiatrists.

Give an Hour is extremely helpful for mental health help with licensed professionals who donate their time (they are helping in Uvalde, they did victim intake for Thousand Oaks mass shooting) ... please meet the CEO.

It is my understanding that they have already connected one victim to a trauma specialist. Trina, you can elaborate from here.

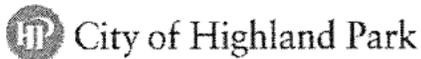
Dr. Trina Clayeux
tclayeux@giveanhour.org
(509) 979-3121

Anita and Zach

From: gneukirch@cityhpil.com
Sent: Thursday, July 7, 2022 2:48 PM
To: acivitulo@cityhpil.com; ejason@cityhpil.com
Subject: FW: Support Resources
Attachments: image003.png; image004.png; image005.png; image006.png; image001.png; Youth Support Resources.pdf

For the resource page?

Ghida S. Neukirch, CM
City Manager



1707 St Johns Avenue
Highland Park, Illinois 60035

Direct: 847.926.1003
gneukirch@cityhpil.com



From: Michael Lubelfeld <mlubelfeld@nssd112.org>
Sent: Thursday, July 7, 2022 12:16 PM
To: Brian Romes <bromes@pdhp.org>; Bruce Law <blaw@dist113.org>; Neukirch, Ghida <gneukirch@cityhpil.com>
Subject: Fwd: Support Resources

[EXTERNAL EMAIL]

Sharing resource about trauma/discussing it - from Laurie's

----- Forwarded message -----

From: Kayla Manilow <kmanilow@nssd112.org>
Date: Thu, Jul 7, 2022 at 12:12 PM
Subject: Support Resources
To: Candela, Anthony <acandela@nssd112.org>, Arielle Gleicher <agleicher@nssd112.org>, Colin, Holly <hcolin@nssd112.org>, Michael Lubelfeld <mlubelfeld@nssd112.org>

I know your inboxes are flooded right now, but I wanted to share a resource guide that one of my friends who is a child life specialist worked on with her team at Luries.

I know Mary sent it out to the SW/Psych team already but I wanted to share it with you all if there is a greater need.

See attached.

Thank you,

Kayla Manilow
Pronouns: She, Her, Hers

Special Education Teacher
SAIL Program

Edgewood Middle School
929 Edgewood Rd
Highland Park, IL 60035

224-765-3248

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SUPPORTING YOUTH AFTER A RECENT SHOOTING

This document is a compilation of resources intended to offer caregivers, support staff, teachers, and communities guidance and support in helping children navigate a world where gun violence is at an all time high. This booklet is by no means a complete compilation, but we hope it offers a starting point to folks in need.

This document has been compiled by Child Life Specialists from Lurie Children's Hospital. The information comes from Child Life Disaster Relief and The National Child Traumatic Stress Network. We highly encourage you consult their websites and databases for additional supportive resources.

For additional supportive needs, please contact the Lurie Child Life team:
312-227-3270
childlife@luriechildrens.org

A NOTE TO CAREGIVERS

We want to take a moment to honor the immense overwhelm that you as a caregiver are experiencing amidst a very chaotic world. We see you wanting to keep your kids safe and help them maintain their innocence as long as possible, while also living through a tumultuous and extremely stressful time in history. We encourage you to offer yourself the same compassion, grace, patience, and love that you would offer your best friend. You are just as deserving of all that and then some, and the more you offer yourself, the more you'll be able to offer your children.

As defined by the Child Life Disaster Relief organization, there are 5 essential needs of children after a disaster. These needs will be discussed at length and are organized by age group throughout this document.

- Safety
- Regulation
- Efficacy
- Hope
- Connection

The additional documents are intended for people who provide care for children in varied settings and capacities, from direct caregivers to support staff, teachers to community members. We encourage you to take what works for you, and feel free to leave what doesn't.

We want to leave you with 3 pieces of advice:

- Emotions are like a train going through a tunnel. Allowing your child to move through their feelings with an adult they know is a safe person builds trust and a sense of security they need. This can look like sitting calmly in the same room as your child who is having a tantrum and saying, "I can see how upset you are. I'm ready to give you a hug when you're ready to get one."
- Feelings are for feeling, not for fixing. Allowing your child to process what they are experiencing emotionally looks like making space for them to feel angry, sad, and scared the same way you'd make space for them to be happy, silly, or excited.
- It can feel extremely difficult to take care of your own needs as family members at a time when you feel your family needs you most. However, as the old adage goes, you can't fill from an empty cup - taking care of yourself will only help you in being able to care for your children.

In the same way you're here for them, we are here for you.

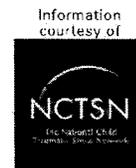
-The Lurie Child Life Team

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TIPS & GUIDELINES FOR CAREGIVERS

PARENT GUIDELINES FOR HELPING YOUTH AFTER RECENT SHOOTING



The recent shooting has been an extremely frightening experience, and the days, weeks, and months following can be very stressful. Your children and family will recover over time, especially with the support of relatives, friends, and community. But families and youth may have had different experiences during and after the shooting, including those who may have experienced physical injury, involvement in police investigation, worry about the safety of family members and friends, and loss of loved ones. How long it takes to recover will depend on what happened to you and your family during and after this event. Some adults and children have been seriously injured and will require medical treatment and long-term rehabilitation. Over time, some youth and adults will return to normal routines, while others may struggle.

Children and teens may react differently to the shooting depending on their age and prior experiences. Expect that youth may respond in different ways, and be supportive and understanding of different reactions, even when you are having your own reactions and difficulties. Children's and teen's reactions to the shooting are strongly influenced by how parents, relatives, teachers, and other caregivers respond to the event. They often turn to these adults for information, comfort, and help. There are many reactions that are common after mass violence. These generally diminish with time, but knowing about them can help you to be supportive, both of yourself and your children.

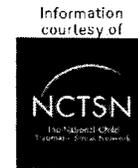
Common Reactions

- Feelings of anxiety, fear, and worry about the safety of self and others
- Fears that another shooting may occur
- Changes in behavior:
 - Increase in activity level
 - Decrease in concentration and attention
 - Increase in irritability and anger
 - Sadness, grief, and/or withdrawal
 - Radical changes in attitudes and expectations for the future
 - Increases or decreases in sleep and appetite
 - Engaging in harmful habits like drinking, using drugs, or doing things that are harmful to self/others
 - Lack of interest in usual activities, including how they spend time with friends
- Physical complaints (headaches, stomachaches, aches and pains)
- Changes in school and work-related habits and behavior with peers and family
- Staying focused on the shooting (talking repeatedly about it)
- Strong reactions to reminders of the shooting (seeing friends who were also present during shooting, media images, smoke, police, memorials)
- Increased sensitivity to sounds (loud noises, screaming)

Things Caregivers Can Do For Themselves

- Take care of yourself. Do your best to drink plenty of water, eat regularly, and get enough sleep and exercise.
- Help each other. Take time with other adult relatives, friends, or members of the community to talk or support each other.
- Put off major decisions. Avoid making any unnecessary life-altering decisions during this time.
- Give yourself a break. Take time to rest and do things that you like to do.

PARENT GUIDELINES FOR HELPING YOUTH AFTER RECENT SHOOTING



Things I Can Do For My Child

- Spend time talking with your children. Let them know that they are welcome to ask questions and express their concerns and feelings. You should remain open to answering new questions and providing helpful information and support. You might not know all the answers and it is OK to say that. At the same time, don't push them to talk if they don't want to. Let them know you are available when they are ready.
- Find time to have these conversations. Use time such as when you eat together or sit together in the evening to talk about what is happening in the family as well as in the community. Try not to have these conversations close to bedtime, as this is the time for resting.
- Promote your children's self-care. Help children by encouraging them to drink enough water, eat regularly, and get enough rest and exercise. Let them know it is OK to take a break from talking with others about the recent attacks or from participating in any of the memorial events.
- Help children feel safe. Talk with children about their concerns over safety and discuss changes that are occurring in the community to promote safety. Encourage your child to voice their concerns to you or to teachers at school.
- Maintain expectations or "rules." Stick with family rules, such as curfews, checking in with you while with friends, and keeping up with homework and chores. On a time-limited basis, keep a closer watch on where teens are going and what they are planning to do to monitor how they are doing. Assure them that the extra check-in is temporary, just until things stabilize.
- Address acting out behaviors. Help children/teens understand that "acting out" behaviors are a dangerous way to express strong feelings over what happened. Examples of "acting out" include intentionally cutting oneself, driving recklessly, engaging in unprotected sex, and abusing drugs or alcohol. You can say something like, "Many children and adults feel out of control and angry right now. They might even think drinking or taking drugs will help somehow. It's very normal to feel that way - but it's not a good idea to act on it." Talk with children about other ways of coping with these feelings (distraction, exercise, writing in a journal, spending time with others).
- Limit media exposure. Protect your child from too much media coverage about the attacks, including on the Internet, radio, television, or other technologies (e.g., texting, Facebook, Twitter). Explain to them that media coverage and social media technologies can trigger fears of the attacks happening again and also spread rumors. Let them know they can distract themselves with another activity or that they can talk to you about how they are feeling.
- Be patient. Children may be more distracted and need added help with chores or homework once school is in session.
- Address withdrawal/shame/guilt feelings. Explain that these feelings are common, and correct excessive self-blame with realistic explanations of what actually could have been done. Reassure them that they did not cause any of the deaths and that it was not a punishment for anything that anyone did "wrong." You can say, "Many children, and even adults, feel like you do. They are angry and blame themselves, thinking they could have done more. You're not at fault. There was nothing more you could have done."

PARENT GUIDELINES FOR HELPING YOUTH AFTER RECENT SHOOTING

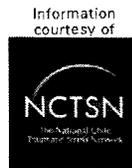
Information
courtesy of



Things I Can Do For My Child

- **Manage reminders.** Help children identify different reminders (people, places, sounds, smells, feelings) and to clarify the difference between the event and the reminders that occur after it. When children experience a reminder, they can say to themselves, "I am upset because I am reminded of the shooting because the potato chip bag popped. But now there is no shooting and I am safe." Some reminders may be related to the loss of friends and/or family (photos of the person, music listened to together, locations of time spent together). Help your child cope with these loss reminders and provide them extra comfort during these times.
- **Monitor changes in relationships.** Explain to children that strains on relationships are expectable. Emphasize that everyone needs family and friends for support during this time. Spend more time talking as a family about how everyone is doing. Encourage tolerance for how your family and friends may be recovering or feeling differently. Accept responsibility for your own feelings, by saying "I want to apologize for being irritable with you yesterday. I was having a bad day."
- **Address radical changes in attitudes and expectations for the future.** Explain to children that changes in people's attitudes are common and tend to be temporary after a tragedy like this. These feelings can include feeling scared, angry, and sometimes revengeful. Find other ways to make them feel more in control and talk about their feelings.
- **Get adults in your children's life involved.** If there has been a serious injury, death in the family, death of a close friend, or if your child is having difficulties, let your child's teacher or other caring adults know so that they can be of help.
- **Empower your child to get involved in their medical care.** For children or teens with injuries and long-term medical needs, encourage them to participate in medical discussions and decisions as much as possible. Have them ask their own questions and give opinions about different procedures. Teens are especially concerned about their physical appearance, fitting in, and their privacy. Talk with them about their concerns, problem-solve ways to address them, and respect their privacy.
- **Seek professional help.** If teens have continued difficulties for a couple of months after the attacks, parents should consult a trusted helper—a doctor or mental health professional. "

ASSISTING PARENTS AND CAREGIVERS IN COPING WITH COLLECTIVE TRAUMAS



In the past year there have been a multitude of traumas that each of us have experienced or witnessed through media exposure. These include the ongoing pandemic, economic hardship, violence and abuse, racism and discrimination, policy changes that negatively impact specific groups (e.g., LGBTQ+ people, immigrants) and system failures (e.g., health disparities, police brutality). There have also been numerous stressors including balancing work and parenting demands and managing other obligations at home and/or in our personal life. This combination of traumas and stressors may feel overwhelming right now. This may be especially true if you have experienced prior traumas and are being reminded of those past experiences.

Below are strategies to help you cope right now.

Have compassion for yourself and others.

Acknowledge that you are experiencing a lot right now. You may not be able to show up in the same ways you could before. That is okay. You are doing your best. Assume the same for your family, co-workers, and friends. Be flexible when considering what you can do. Consider the perspective of others to help you connect to their emotions and empathize with their experiences.

Acknowledge how your identities are being impacted.

You may feel a heightened level of threat, fear, or lack of safety when aspects of your identities (i.e., race, ethnicity, gender identity, sexual orientation, disability status, and religion) are being targeted by violence, policy changes, hate speech and/or other actions. This also may increase your sense of feeling isolated or cut-off from your loved ones, co-workers, or wider community. Find ways to get support from those who share your identities or are allies who understand how these traumas and stresses are impacting you.

Self-reflect before reacting.

Take a moment to consider how a situation is impacting you before reacting to others. Your emotions are valid. Your feelings of anger, bitterness, grief, and fears about the future need to be acknowledged before deciding how to respond. You may have to take care of yourself before assisting someone else. Know these feelings may persist. Sometimes, just taking a moment for a few slow breaths can help as you gather your thoughts. Reflect on your potential implicit biases (i.e., attitudes or stereotypes about others you may hold without being truly aware of these views or beliefs) and adjust your response to reflect understanding, caring, and support.

Search for meaning.

You may be observing that systems and institutions are failing to protect those they are meant to serve. This can challenge your trust in other people, your religious beliefs, spiritual beliefs, or the ways you think about or view the world. Searching for meaning in the face of discrimination and hate is extremely challenging, only adding to your existing feelings of distress. Reading relevant resources and talking to trusted friends, family members, co-workers, and faith leaders can help you develop or discuss your ideas about why stressful and traumatic things happen and how you can cope with them.

Limit media and social media exposure.

Media and social media coverage are constant. At times we feel obligated to "witness" the pain of others, however, you can pace yourself by limiting access to news during blocks of the day to connect to people, pets, nature, or activities that restore and heal. Be cognizant of how you react to news alerts and either disable them or put your devices aside during important tasks that require your focus.

ASSISTING PARENTS AND CAREGIVERS IN COPING WITH COLLECTIVE TRAUMAS

Information
courtesy of



Take time to care for yourself.

All of us need to take time for ourselves. It is not selfish, but rather, it allows us to be better able to cope and to support others to the best of our abilities. The Pause, Reset, Nourish (PRN) Framework, a model for wellness, provides tips which may prove helpful throughout the day. Pause means taking a moment to scan how your body is feeling and to acknowledge your emotions. Reset is helping you to get balanced, steadier, calmer or focused on your next task, and Nourish helps you replenish your mind-body-heart and helps you to see how you can get through difficult times. Give yourself permission to do these things.

Connect with others.

Finding opportunities to connect with others often leads to feeling better even when you are distressed. Engage with family and friends to bring a sense of joy, light-heartedness, and meaningful connections with others. If you are worried about how others are coping, check in with them, and let them know you care. The simple act of noticing can offer healing for others. Conversely, it is also okay for you to let others know how they may support you. For example, ask for support in parenting if you need a break.

Seek help.

Sometimes, the layers of stress and trauma become overwhelming and interfere with our ability to complete our daily activities. Remember you are not alone; we all could use extra support navigating these difficult times. Reach out to 211 or your local library to find out about what local community supports are available. You can also speak to a mental health provider, health provider, or a trusted friend, or call a helpline such as those listed below:

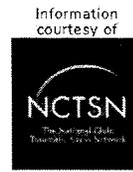
- NATIONAL SUICIDE PREVENTION LIFELINE - (800)-273-8255
- DISASTER DISTRESS HELPLINE - Call or text (800) 985-5990 (For Spanish, press 2) to be connected to a trained counselor 24/7/364

For Administrators/Supervisors/Educators

- Consider how media events may impact your staff/students. Take time to acknowledge this news, perhaps offering added breaks as needed or taking class/meeting time to discuss.
- Acknowledge that their feelings are valid, will continue, and how these incidents may be impacting their performance (e.g., worried about future, distractible, angry at system failures). Join in on how you have been impacted and discuss ways of coping together.
- Adjust expectations (e.g., review work demands/school assignments, adjust time needed to get work done, encourage healing) and avoid using punitive actions.
- Create opportunities for staff/students to come together to get support and give support to others.
- Make sure staff and students know how to access supports and resources.

By acknowledging these traumas and stressors and making some adjustments, you may improve morale and outcomes.

ASSISTING PARENTS AND CAREGIVERS IN COPING WITH COLLECTIVE TRAUMAS



Things You Can Do For Your Children

Spend time talking with your children.

Have regular conversations with your children about what they are hearing, how these events are impacting them, and their reactions. Knowing that you are willing to have these conversations lets your children know they can rely on you and that they are not alone with all of these intense emotions. As a family, share situations that are impacting your family or a particular family member, including if one feels threatened because of aspects of their identities. Validate that their feelings are normal and encourage discussion and questions. These are not always easy conversations but are worth having even though they may be hard. Consider what you want to communicate and what values and beliefs you hope to share.

- Use age-appropriate language to talk about what your children have seen or heard, as well as what they have heard others saying.
- Monitor their media exposure and discuss what they have seen, heard, or read. Preschool children should not be exposed to coverage, if possible.

Identify other people your children may find supportive.

Children may want to discuss their concerns with you as well as with others who share their identities or with whom they have been talking about current events. Help them find ways of connecting with these people so they can have additional supports during this time.

Help children feel safe.

Talk with your children about their concerns over safety and problem-solve ways to address their concerns. This may include getting support from other trusted individuals, alerting school officials about what is happening, or seeking guidance from cultural or religious leaders.

Enhance your child's coping.

Reinforce that your children should be kind to themselves and that there are reasons why they aren't feeling the same as before. They too can use the PRN framework and learn to pause, reset, and nourish themselves. Find family activities, including cultural and religious practices, that can be done together (e.g., dance night, try new recipes, walking, game night, spending time with out-of-town relatives virtually). Help create a routine for everyone in the family, which includes time for self-care and quiet.

Seek change.

Discuss ideas for ways your children want to get involved in creating change against injustices. This could include participating in a community group event, creating a group at school, or showing support to peers who may be feeling an increased sense of vulnerability. These can be small steps as well as larger ones. Be a positive role model for change in actions as well as words. Making a contribution of your time and talent is one way to create meaning or help them cope.

Check-in on a regular basis.

Unfortunately, many stressors are likely to continue in the immediate future. Check-in with your children on a regular basis. This reinforces that you are there to support them always, especially during these challenging times.

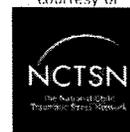
Ask for help.

Reach out when you need help or support as there is no manual for parenting at any time, but particularly during these incredibly stressful times. Your pediatrician, faith leader, and local mental health agencies can be resources for support and guidance. Teen and young adult focused helplines include:

- The JED Foundation (for emotional health and suicide prevention), Call 1-800-273-TALK (8255) or text "START" to 741-741
- Trevor Project (for LGBTQ+ youth), Call 1-866-488-7386 or text "START" to 678-678
- Love is Respect (for dating abuse and healthy relationships), Call 1-866-331-9474 or text "LOVEIS" to 22522

TIPS FOR PARENTS ON MEDIA COVERAGE

Information
courtesy of



While the media (television, radio, print, and the internet) can help inform and educate you and your children about the recent shooting, media coverage unfortunately also has the potential to upset and confuse. As parents, you can protect your children by helping them understand media coverage while limiting their exposure to distressing images.

The impact of media coverage will be different depending upon whether you are:

- A family who have loved ones in the affected area
- A family who has been affected by a recent loss or trauma in the past
- A family not directly threatened who is viewing news about the impact of this event on others (individuals killed, injured, or suffering)

Understanding Media Exposure

- Media coverage can produce increased fears and anxiety in children.
- The more time children/teens spend watching coverage of the tragic events, the more likely they are to have negative reactions.
- Graphic images and news stories of chaos, injury, and death is especially upsetting to children.
- Very young children may not understand that the coverage and repetition of images of the events is a replay. They may think the event is continuing to happen or is happening again.

What Parents Can Do to Help

- Limit Your Children's Exposure to Media Coverage
 - The younger the child, the less exposure she/he/they should have.
 - You may choose to eliminate all exposure for very young children.
 - Consider family activities away from television, radio, or internet.
- Watch and Discuss with Children/Teens
 - Watch what they watch.
 - Discuss the news stories with them, asking about their thoughts and feelings about what they saw, read, or heard and correct any misunderstandings or confusion.
 - Ask older children and teens about what they have seen on the internet or what they have heard through social media technologies (text, Facebook, Twitter), in order to get a better sense of their thoughts, fears, concerns, and point-of-view.
- Seize Opportunities for Communication
 - Use news breaks that interrupt family viewing or newspaper/web images as opportunities to open conversation. Be available to talk about children's feelings, thoughts, and concerns, and reassure them of their safety and of plans to keep them safe.
- Monitor Adult Conversations
 - Be careful of what you and other adults say about the recent shooting or the media coverage in front of the children; children often listen when adults are unaware and may misunderstand what they hear.
- Let Your Children Know about Successful Community Efforts
 - You may want to share positive media images, such as reports of individuals helping those in need.
 - Reassure your children/teens that many people, organizations, and governments are working to help the people. This will give them a sense that adults are actively taking steps to protect those that are currently suffering.
- Educate Yourself to Learn about children's reactions to traumatic events.
 - For more information, see National Child Traumatic Stress Network (www.NCTSN.org).

TIPS FOR PARENTS ON MEDIA COVERAGE

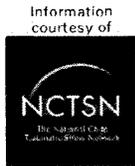
Information
courtesy of



When Your Family is Part of the Story

- Know Your Limits
 - Decide if it's a good idea for you or your children to talk to the media. While it's natural to want to tell your story, the media may not be the best place to do so.
 - Think about what you are willing and not willing to discuss. You have the right to set limits with reporters.
 - Ask the reporter for the purpose of the story and its content.
- Protect Your Children
 - Make sure the reporter has had experience working with children in the past.
 - Talk it over with your children before they are interviewed. Assure them that there are no wrong answers.
 - Let them know they can say "no" to any question and they can stop the interview at any time.
 - Be present when your child is interviewed. Stop the interview if s/he becomes upset or distressed in any way.
 - After the interview, discuss the experience with your children. Praise them for doing a great job and listen carefully to any concerns they have.
 - Prepare your children that the final media story may be very short or may be edited in ways that do not reflect their experience.

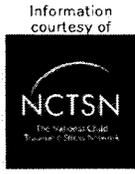
**HOW TO TALK TO
KIDS ABOUT GUN
VIOLENCE**



TALKING TO CHILDREN ABOUT A SHOOTING

The recent shooting has evoked many emotions—sadness, grief, helplessness, anxiety, and anger. Children who are struggling with their thoughts and feelings about the stories and images of the shooting may turn to trusted adults for help and guidance.

- Start the conversation. Talk about the shooting with your child. Not talking about it can make the event even more threatening in your child's mind. Silence suggests that what has occurred is too horrible even to speak about or that you do not know what has happened. With social media (e.g., Facebook, Twitter, text messages, news breaks on favorite radio and TV stations, and others), it is highly unlikely that children and teenagers have not heard about this. Chances are your child has heard about it, too.
- What does your child already know? Start by asking what your child/teen already has heard about the events from the media and from friends. Listen carefully; try to figure out what he or she knows or believes. As your child explains, listen for misinformation, misconceptions, and underlying fears or concerns. Understand that this information will change as more facts about the shooting are known.
- Gently correct inaccurate information. If your child/teen has inaccurate information or misconceptions, take time to provide the correct information in simple, clear, age appropriate language.
- Encourage your child to ask questions, and answer those questions directly. Your child/teen may have some difficult questions about the incident. For example, she may ask if it is possible that it could happen at your workplace; she is probably really asking whether it is "likely." The concern about re-occurrence will be an issue for caregivers and children/teens alike. While it is important to discuss the likelihood of this risk, she is also asking if she is safe. This may be a time to review plans your family has for keeping safe in the event of any crisis situation. Do give any information you have on the help and support the victims and their families are receiving. Like adults, children/teens are better able to cope with a difficult situation when they have the facts about it. Having question-and-answer talks gives your child ongoing support as he or she begins to cope with the range of emotions stirred up by this tragedy.

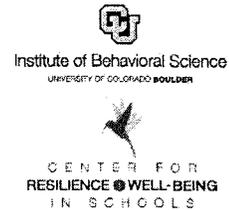


TALKING TO CHILDREN ABOUT A SHOOTING

- Limit media exposure. Limit your child's exposure to media images and sounds of the shooting, and do not allow your very young children to see or hear any TV/radio shooting- related messages. Even if they appear to be engrossed in play, children often are aware of what you are watching on TV or listening to on the radio. What may not be upsetting to an adult may be very upsetting and confusing for a child. Limit your own exposure as well. Adults may become more distressed with nonstop exposure to media coverage of this shooting.
- Common reactions. Children/Teens may have reactions to this tragedy. In the immediate aftermath of the shooting, they may have more problems paying attention and concentrating. They may become more irritable or defiant. Children and even teens may have trouble separating from caregivers, wanting to stay at home or close by them. It's common for young people to feel anxious about what has happened, what may happen in the future, and how it will impact their lives. Children/Teens may think about this event, even when they try not to. Their sleep and appetite routines may change. In general, you should see these reactions lessen within a few weeks.
- Be a positive role model. Consider sharing your feelings about the events with your child/teen, but at a level they can understand. You may express sadness and empathy for the victims and their families. You may share some worry, but it is important to also share ideas for coping with difficult situations like this tragedy. When you speak of the quick response by law enforcement and medical personnel to help the victims (and the heroic or generous efforts of ordinary citizens), you help your child/teen see that there can be good, even in the midst of such a horrific event.
- Be patient. In times of stress, children/teens may have trouble with their behavior, concentration, and attention. While they may not openly ask for your guidance or support, they will want it. Adolescents who are seeking increased independence may have difficulty expressing their needs. Both children and teens will need a little extra patience, care, and love. (Be patient with yourself, too!).
- Extra help. Should reactions continue or at any point interfere with your children's/teens' abilities to function or if you are worried, contact local mental health professionals who have expertise in trauma. Contact your family physician, pediatrician, or state mental health associations for referrals to such experts.

TALKING TO CHILDREN WHEN SCARY THINGS HAPPEN

Information
courtesy of:



When scary or violent things happen in the world, whether thousands of miles away, in your state, your town, or your home, youth look to the adults that surround them to help them feel safe and understand what is happening. This can feel tricky and challenging, particularly when the adults are also responding to and making sense of the same experience. Safe and supportive adults are the best predictor of resilience in youth. This resource offers guidance to help you talk with children and youth after something scary or violent happens.

CHECK IN WITH YOURSELF, FIRST

Before talking with a youth, check in with yourself (How am I feeling? What do I need?) so that you are calm and grounded during the conversation. Just as youth have feelings about these experiences, so do adults. You might feel scared, worried, overwhelmed, angry, helpless, sad, and/or concerned. You might feel distracted, scattered, confused, or even numb. These feelings, in both adults and youth, are completely normal following a traumatic experience.

A helpful first step may be to simply acknowledge the feelings you are having.

The simple act of labeling emotions promotes a sense of calm. It shifts brain activity from the alarm centers of the brain to the parts of our brain that support coping and problem solving. You can also take a few deep breaths, a short walk, talk to a friend, or do anything that helps you feel calm or more grounded. This will help prepare you to talk with youth in a way that communicates safety, protection, and openness to talking about their feelings and experience. Checking in with yourself first will also help you to be ready to address any questions youth might have. It's okay not to have all the answers.

Your warm, open presence is the most important thing.

CLARIFY YOUR GOAL

As you approach the conversation, it can be helpful to start with a goal in mind. An overall goal is to create a safe space for youth to share their feelings, questions, reactions, and experience about the scary/sad thing and to feel your support. You might ask yourself, "How might I help my child feel safe? Is there some important information for them to know? Is there any misinformation to correct? What might my child already know or think about the situation?"

Keep coming back to messages of safety, support, and willingness to keep talking.

PROVIDE INFORMATION

Share simple facts and information about what happened and balance it with information about how adults and/or community systems may have stepped forward to help and create safety. Match the type and amount of information to the developmental level of the youth. Ask open-ended questions about what they may have already heard and correct any misinformation. Keep this part of the discussion brief, simple, and clear. Multiple short conversations can often be more powerful than a single long conversation.

Remember to share child-size information and keep checking in.

REFLECT

Reflection involves simply repeating back the youth's words verbatim or summarizing what the youth said. Reflection lets youth know you are listening and tracking what they are sharing. When you reflect, it is important to use their own words as much as possible.

Reflection communicates that you are listening and what they are saying is important.

TALKING TO CHILDREN WHEN SCARY THINGS HAPPEN

Information
courtesy of:



ASK HELPFUL QUESTIONS

Ask helpful questions to learn more about the young person's thoughts, feelings, perspective, and needs. The goal is to gain an understanding of the young person's experience and NOT one of "fact finding," or learning about specific details of a situation. The questions we ask should be open-ended and focused on their experience, emotion and perspective. ("What was that like for you?," "How are you feeling?," "What are you thinking/wondering about?," "Do you have any questions or worries?").

Helpful questions encourage open sharing and help you learn more about a youth's feelings and needs.

GO SLOW, PAUSE, AND BE COMFORTABLE WITH SILENCE

Young people need a little time to respond after adults ask them questions. This is valuable time for processing emotions and coordinating thinking, especially as it relates to complex emotional situations. Make sure your body language conveys patience, openness and care.

When you pause and allow time, you communicate, "I have time for you," and "You are important".

LABEL EMOTIONS

Step into their shoes and let the youth know that you understand what they are feeling and it makes sense to feel or think that way. You might say, "that makes sense," "I get it," "I understand," "other people feel that way too," and "you are not alone".

Validating and normalizing helps youth feel understood and trust their own perspectives and feelings.

REDUCE MEDIA EXPOSURE

Be aware of how much you are checking the media when you are with youth and be aware of how much they are tracking the event in the media to monitor and reduce. Remember, that while it is part of our culture to be consistently connected to media, if youth see that you are checking your phone or the television constantly, they may be more likely to do the same, and increase their anxiety and nerves.

Information in small, developmentally appropriate chunks is best for youth and the adults who support them.

TALKING TO TEENS WHEN VIOLENCE HAPPENS

Information
courtesy of:



When frightening or violent events happen in the world, teens look to their peers and the adults that surround them to help them feel safe and understand what is happening. This can feel challenging for adults because they are also responding to and making sense of the same experience. When these events involve mass violence such as shootings that result in death and injury, there can be a range of intense reactions including horror, shock, anger, fear, loss and grief. Teens might react differently than adults. It makes sense that people in different stages of life will experience this differently. This resource offers guidance for adults to help them talk with teens.

FIRST, CHECK IN WITH YOURSELF

Before talking with your teen, check in with yourself (How am I feeling? What do I need?) so that you are calm and grounded during the conversation. Just as teens have feelings about these experiences, so do adults. You might feel scared, worried, overwhelmed, angry, helpless, sad, distracted, scattered, or numb. These feelings in adults and teens are completely normal following a violent event. Consider how any single event may call up past feelings of fear, anger, or grief and may intersect with stress and trauma related to one's identity (gender, race, ethnicity, LGBTQ+) or previous experience. In addition, this event may be layered on top of other current stressors in your work or home life.

A helpful first step may be to acknowledge the feelings you are having.

The simple act of labeling emotions promotes a sense of calm. It shifts brain activity from the alarm centers of the brain to the parts of our brain that support coping and problem solving. You can also take a few deep breaths, a short walk, talk to a friend, or do anything that helps you feel calm or more grounded. This will help prepare you to talk with your teen in a way that communicates safety and openness to talking about their feelings, experience and perspectives. Checking in with yourself first will also help you to be ready to address any questions they might have. It's okay not to have all the answers.

Your warm, open presence is the most important thing.

CLARIFY YOUR GOAL

As you approach the conversation, it can be helpful to start with a goal in mind. An overall goal is to create a safe space for teens to share their feelings, questions, reactions, and perspective about what happened. You might ask yourself, "How might I learn more about their perspective, experience? How might I help them feel empowered in ways that are important to them (e.g., service, activism, school/community involvement)? How might I show I am open and ready to listen? Some simple goals are: to be present, listen, be open, show interest and support, and clarify information.

Keep coming back to messages of safety, support, and willingness to keep talking.

TALKING TO TEENS WHEN VIOLENCE HAPPENS

Information
courtesy of:



PROVIDE INFORMATION AND OPTIONS

Share simple facts and information about what happened and balance it with information about how the community responded. Match the type and amount of information to the developmental level of the teen. Ask open-ended questions about what they have already heard and correct any misinformation. If a teen asks about how they can help or take action, share information about opportunities in their community. Be simple and clear. Multiple short conversations are more powerful than a single long conversation.

Remember to share clear information including things your teen might be able to do in response to the event and keep checking in.

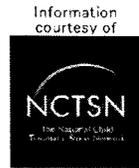
REFLECT

Reflection involves simply repeating back the teen's words verbatim or summarizing what they said. Reflection lets teens know you are listening and tracking what they are sharing. When you reflect, it is important to use their own words as much as possible.

Reflection communicates that you are listening and what they are saying is important.

**DEVELOPMENTALLY
APPROPRIATE
REACTIONS & AGE
APPROPRIATE
SUPPORTIVE TIPS**

AGE RELATED REACTIONS TO A TRAUMATIC EVENT



A fundamental goal of parenting is to help children grow and thrive to the best of their potential. Parents anticipate protecting their children from danger whenever possible, but sometimes serious danger threatens, whether it is manmade, such as a school shooting or domestic violence, or natural, such as a flood or earthquake. And when a danger is life-threatening or poses a threat of serious injury, it becomes a potentially traumatic event for children.

By understanding how children experience traumatic events and how these children express their lingering distress over the experience, parents, physicians, communities, and schools can respond to their children and help them through this challenging time. The goal is to restore balance to these children's lives and the lives of their families.

HOW CHILDREN MAY REACT

How children experience traumatic events and how they express their lingering distress depends, in large part, on the children's age and level of development.

Preschool and young school-age children exposed to a traumatic event may experience a feeling of helplessness, uncertainty about whether there is continued danger, a general fear that extends beyond the traumatic event and into other aspects of their lives, and difficulty describing in words what is bothering them or what they are experiencing emotionally.

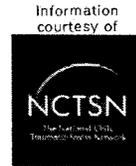
This feeling of helplessness and anxiety is often expressed as a loss of previously acquired developmental skills. Children who experience traumatic events might not be able to fall asleep on their own or might not be able to separate from parents at school. Children who might have ventured out to play in the yard prior to a traumatic event now might not be willing to play in the absence of a family member. Often, children lose some speech and toileting skills, or their sleep is disturbed by nightmares, night terrors, or fear of going to sleep. In many cases, children may engage in traumatic play—a repetitive and less imaginative form of play that may represent children's continued focus on the traumatic event or an attempt to change a negative outcome of a traumatic event.

For school-age children, a traumatic experience may elicit feelings of persistent concern over their own safety and the safety of others in their school or family. These children may be preoccupied with their own actions during the event. Often they experience guilt or shame over what they did or did not do during a traumatic event. School-age children might engage in constant retelling of the traumatic event, or they may describe being overwhelmed by their feelings of fear or sadness.

A traumatic experience may compromise the developmental tasks of school-age children as well. Children of this age may display sleep disturbances, which might include difficulty falling asleep, fear of sleeping alone, or frequent nightmares. Teachers often comment that these children are having greater difficulties concentrating and learning at school. Children of this age, following a traumatic event, may complain of headaches and stomach aches without obvious cause, and some children engage in unusually reckless or aggressive behavior.

Adolescents exposed to a traumatic event feel self-conscious about their emotional responses to the event. Feelings of fear, vulnerability, and concern over being labeled "abnormal" or different from their peers may cause adolescents to withdraw from family and friends. Adolescents often experience feelings of shame and guilt about the traumatic event and may express fantasies about revenge and retribution. A traumatic event for adolescents may foster a radical shift in the way these children think about the world. Some adolescents engage in self-destructive or accident-prone behaviors.

AGE RELATED REACTIONS TO A TRAUMATIC EVENT



HOW TO HELP

The involvement of family, physicians, school, and community is critical in supporting children through the emotional and physical challenges they face after exposure to a traumatic event.

For young children, parents can offer invaluable support, by providing comfort, rest, and an opportunity to play or draw. Parents can be available to provide reassurance that the traumatic event is over and that the children are safe. It is helpful for parents, family, and teachers to help children verbalize their feelings so that they don't feel alone with their emotions. Providing consistent caretaking by ensuring that children are picked up from school at the anticipated time and by informing children of parents' whereabouts can provide a sense of security for children who have recently experienced a traumatic event. Parents, family, caregivers, and teachers may need to tolerate regression in developmental tasks for a period of time following a traumatic event.

Older children will also need encouragement to express fears, sadness, and anger in the supportive environment of the family. These school-age children may need to be encouraged to discuss their worries with family members. It is important to acknowledge the normality of their feelings and to correct any distortions of the traumatic events that they express. Parents can be invaluable in supporting their children in reporting to teachers when their thoughts and feelings are getting in the way of their concentrating and learning.

For adolescents who have experienced a traumatic event, the family can encourage discussion of the event and feelings about it and expectations of what could have been done to prevent the event. Parents can discuss the expectable strain on relationships with family and peers, and offer support in these challenges. It may be important to help adolescents understand "acting out" behavior as an effort to voice anger about traumatic events. It may also be important to discuss thoughts of revenge following an act of violence, address realistic consequences of actions, and help formulate constructive alternatives that lessen the sense of helplessness the adolescents may be experiencing.

When children experience a traumatic event, the entire family is affected. Often, family members have different experiences around the event and different emotional responses to the traumatic event. Recognizing each others' experience of the event, and helping each other cope with possible feelings of fear, helplessness, anger, or even guilt in not being able to protect children from a traumatic experience, is an important component of a family's emotional recovery.

INFANTS & TODDLERS (0-2 YEARS)

Information
courtesy of



Safety

- Create routines
 - Consistent meal times, nap times and bed routines are helpful. Routines create security and build trust and attachment during infancy. Maintaining these routines will help your baby to feel safe and supported.
- Demonstrate predictability
 - Games of peek a boo support safety by repetitively establishing the return of something after it disappears. This helps with separation anxiety when parents must return to work and can be especially important in the midst of additional stressors such as disasters.
- Consistent and responsive caregivers
 - Holding rocking and singing to your baby relieves stress and supports a sense of safety and security. Take the time to replenish yourself so you can be there physically and emotionally when your baby needs comfort

Regulation

- Rhythmic movement
 - Holding and rocking your baby back and forth or using a baby swing or bouncer to create a consistent motion helps to regulate the heartbeat, body temperature and movement.
- Songs
 - Singing a lullaby or playful song to your baby can help calm them when upset or just have some fun when under stress. Singing with your baby also supports the connection between baby and loved one.
- Gentle stroking and massage
 - Rhythmic stroking across a baby's forehead, gently stroking of hands and feet helps to regulate a baby's heartbeat, body temperature and movement.

Efficacy

- Milestones
 - Developmental milestones are as important to babies and toddlers as to the loved one's caring for them. Rolling over, sitting up or saying a new word helps both baby/toddler as well as those caring for them to feel like things are still moving forward.
- Movement
 - We all need to feel like we are moving both psychologically as well as physically. Put your baby in a stroller or your toddler in a wagon and move around. You don't have to go far or anywhere at all. A change in position, placement, room or environment is often enough for your baby or toddler to gain a new perspective.

Hope

- Hope for the future
 - Look to your own baby as an inspiration for hope. Even in the most stressful of times babies and toddlers continue to grow, develop and explore the world. Take time to notice moments of growth and let your baby be your inspiration for hope in the future. Infants have a sense of the emotional state of their caregivers and will benefit from your hope inspired by their development.

Connection

- Be present
 - Be present with your baby or toddler by providing moments of your undivided attention. Look into your babies eyes while nursing or giving a bottle, repeat the sounds and gurgles your baby makes, and narrate your baby's movements or play. These simple moments of attention can help you and your baby feel connected to one another and ease each other's stress and anxiety.

EARLY CHILDHOOD (3-6 YEARS)

Information
courtesy of



Safety

- Maintain Routines and create new ones
 - Preschoolers thrive when they know what to expect. This offers them a sense of safety by knowing what happens when. Involve your preschooler in the creation of the routines by providing choices when possible.
- Limiting Media Exposure
 - Young children struggle to differentiate what is currently happening and what is a repeated image on TV. Today's news commentators also tend to use strong language and loud tones. These can feel overwhelming and frightening to children. Turning the television off promotes a safe space, quiet time to think, and an opportunity to connect together.
- Snuggle Time
 - Preschoolers may regress to earlier stages of development or cling to you or a security item. Build into the routine snuggle times, read a book, play, or engage in nature, art or music together. Even if only for a few minutes, these snuggle breaks will increase your child's sense of safety

Regulation

- Breathe
 - Encourage your young child to practice deep breaths. You can do this using pinwheels, party blowers, or bubbles. Breathing helps your child calm down and regulate their own body.
- Empathic Responses
 - Name your child's feelings. This will help to develop the language they need to name their feelings, giving them the tools to regulate their own emotions.
- Ride the Emotional Wave
 - When big feelings occur, you may need to hold, love, and support your child as they cry or tantrum it out of their body. Try to resist the urge to tell your child it will be okay. Being quiet or gently humming, your child will feel supported while gaining control of their own body and feelings.

Efficacy

- Provide Appropriate Choices
 - Being able to make simple and appropriate choices helps young children gain a sense of control. What do you want for snack: crackers or pretzels? Would you like to color or play a game? Keep the choices limited to not overwhelm but to help your child with a sense of control.
- Simple Tasks
 - Encourage your child to complete age appropriate simple tasks, putting on their socks, helping clean up toys, and/or sweeping the floor gives children a sense of purpose and encourages learning of a new skill.

Hope

- Be a role model
 - Say out loud in front of your children what gives you hope, share your beliefs, and encourage young children to talk about theirs.
- Make future plans
 - Asking children what is something they would like to do when it's safe again instills a sense of hopefulness. By making future plans children consider the future and imagine themselves returning to school, playing with friends and family, and participating in activities again.

Connection

- Play
 - Do something silly that brings you and your young children happiness and joy. Play helps children feel heard, be seen, and releases anxiety and stress in healthy ways that supports a connection to each other.
- Family activity
 - Engage your young children in family activities such as writing a story, reading a book, having a sing a long. Connecting with each other through positive activities supports social emotional and physical well being.

MIDDLE CHILDHOOD (7-12 YEARS)

Information
courtesy of



Safety

- Provide Facts
 - Discuss with your children what they are hearing and seeing on news or social media sources. Children of this age group need their parents to help them understand and interpret what they are hearing and seeing. Providing explanations that help them understand the events, changes, and new routines will increase a sense of safety by providing an accurate understanding of the information.
- Manage amount of information
 - Changes can happen fast during a disaster. When possible help your children by grouping information into manageable amounts. This will allow them the space to decide what they can control and work to develop tools or strategies for what circumstances they cannot control.
- Hugs not Shrugs
 - As children get closer to adolescence, (think tweens) they may not want to be hugged as much. However, often during times of stress, children need both physical and emotional expressions of a parent's presence. Text messages, email, and sticky notes can be simple ways to let your child know you are there to promote security.

Regulation

- Create a Safe Space
 - Create a safe space where children can go to express emotions freely. Provide pillows for punching or yelling into, art and writing materials for drawing or writing about feelings, as well as space for music and movement.
- Validate children's feelings don't try to change them
 - By validating children's feelings you are acknowledging their experience. Let children be upset before moving towards "fixing" the problem. This will help you child learn to regulate their own emotions and discover their own silver linings.
- Prepare children for changes
 - Talk about changes that are happening or may happen. Help them create their own strategies for managing changes, preparing for them, and finding ways to cope.

Efficacy

- Chores
 - Encourage chores, teach your child to do laundry, load and unload the dishwasher, make their own lunch. Learning and completing a task supports a sense of accomplishment. Children this age want to contribute and doing chores is a great way to feel needed, even if they dislike the task.
- Creating and completing projects
 - Encourage your children to make art, dance, or write a song. Look up a "How To" video and create a squirrel picnic table, or DIY hand sanitizer. Through creating and completing projects children feel industrious. Encourage them to share their projects with others as a way to bring people together.
- Hold family meetings
 - Provide space for children to ask questions and talk about feelings and fears. During these meetings talk to your children about the different challenges your family has encountered. Identifying family strengths and encouraging children to participate in problem solving will build competence and reassure children you can get through this together.

MIDDLE CHILDHOOD (7-12 YEARS)

Information
courtesy of



Hope

- Gratitude
 - Gratitude helps children remain hopeful by remembering that the world is kind and good. Encourage your children to keep a gratitude journal, jar or create a family time when everyone shares something they are grateful for.
- Identify Hope
 - Help your children to identify the people in their lives who help them have hope, what are the rituals in your family that support feelings of hope? Encourage your children to consider ways they might demonstrate hopefulness to others?
- Reflect on learning
 - Hope can come from overcoming challenges. Talk with children about other challenges they have faced themselves or together as family. Encourage your child to identify for themselves how they have grown to overcome difficult experiences

Connection

- Write letters/thank you notes
 - Children this age are looking for ways to connect with friends, extended family or teachers. Writing letters or thank you notes will connect your child with others and strengthen their sense of community. Sending cards, drawings, and/or thank you notes develops a support network that extends from the family to the community.
- Connect with nature
 - Encourage your child to engage with nature. Taking a walk, looking out a window, growing a garden or house plant helps improve positive outlooks and well being

ADOLESCENTS (13+ YEARS)

Information
courtesy of



Safety

- Reframing
 - The way we talk about disasters can have an impact on how teens feel and experience safety. You might change words from "stuck at home" to "safe at home" during quarantine and reframe evacuating during a natural disaster to moving to a safe space. Less threatening or scary images, yet still accurate, promotes a sense of safety and protection.
- Differentiate between Known and Unknown
 - Helping your teen to make distinctions about what is known and what is unknown helps them to foster a sense of control. Most teens greatest source of information comes from other teens. Each time the information is told it has the possibility of being distorted, altered or changed in some way. Provide your teen with accurate sources of information such as school or community home pages, newsletters, and updates. Initiate discussion with them to clarify information.
- Provide Reassurance
 - Teens may feel unsafe regarding their futures. Celebrations of big life milestones may have been changed or canceled. Reassure your child that whatever they are feeling is normal and okay. Let them know that even when you do not have answers for them, you recognize their frustration and sadness.

Regulation

- Grounding
 - When upset grounding helps the body/brain regulate itself back to baseline, by focusing on the sensations of leaning against a wall, reciting a poem, or taking a short walk.
- Mantras and Self Talk
 - Encourage your teen to develop a mantra and/or positive self talk. When the brain gets into a negative loop, having a go to phrase to repeat helps to break the cycle of negativity, anxiety, and stress.
- Music and Movement
 - Getting the body up and moving helps to release tension anxiety and stress we might be holding or storing. Listening to music uses a different part of the brain and can help override negative thoughts and feelings.

Efficacy

- Interests and hobbies
 - Encourage teens to continue their interests and hobbies. Do they play a sport, instrument, or collect items? Help them to find innovative ways to continue those passions. Help them to recognize that disasters don't take away accomplishments or the effort put into something. Engaging in activities reinforces a sense of productiveness.
- Do something positive
 - Participating in the clean up after a disaster, handing out fresh water to those in need, or watching younger siblings while parents access services will help your teen feel like they are capable, effective and contributing to something bigger than themselves.
- Identify Strengths
 - Ask your teen about the challenges in their own life from learning a new skill to facing a fear. Discuss ways they might use those strengths in the current situation.

ADOLESCENTS (13+ YEARS)

Information
courtesy of



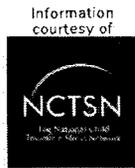
Hope

- Plan for the future
 - Hope often comes from a sense of doing and a belief in a future. Encourage your teens to make future plans and continue to think forward about their goals and aspirations. Ask your teen to consider how this experience has changed them or developed new skills and presented new opportunities.
- Spirituality/Faith
 - Talk with your teen about spirituality and faith. Meditation, prayer, and community provides us with a sense of hopefulness. Encourage and/or listen to your teens ideas about what gives them hope and the practices that support it.
- Take Action
 - Teens are seeking ways to impact their world and the future. By identifying opportunities that support meaning making teens can increase hopefulness through volunteer work after the disaster or writing letters to leaders in government or agencies about their experiences.

Connection

- Celebrate
 - Celebrations often bring family and friends together, but when there is a disaster, celebrations can be easily forgotten or overlooked. For teens these milestones are even more important to acknowledge and the connections they create can potentially be lost. Posting a banner, doing a clap out, or singing a congratulatory song will not only acknowledge the achievement but also bring family and friends together.
- Help others
 - Teens are developing their own identity and looking for ways to connect with causes that are important to them. Starting a food drive, helping care for younger siblings, or an elderly neighbor are ways that teens can feel connected and feel good about themselves and the world.

**TALKING TO KIDS
ABOUT GRIEF,
DEATH, AND
FUNERAL SERVICES**



TALKING TO CHILDREN ABOUT GRIEF & DEATH

Beliefs and attitudes about death, funerals, and expressions of grief are strongly influenced by a family's culture, religion, spirituality, and rituals related to mourning. Families need their own traditions, practices, and rituals so they can support each other, manage the wide range of emotional responses family members will have, face their adversities, find meaning for themselves, and honor the loved one. Navigating questions about death, funerals, and memorials can be challenging, but manageable. These sample questions and answers may help guide discussions.

What kinds of grief reactions will my children and I have?

There is no right or wrong way to grieve. Each member of your family will react differently. Some may not cry, while others might cry a lot.

There is no "normal" length of time for grieving. Family members and friends should try to understand that each person is going through his or her own course of grief. Everyone needs extra time to mourn.

The grief of young children can be just as strong as that of any other family member. Yet you may see them grieve just a short time and then start playing. Some cannot share their feelings in words, but show their grief through play. Parents can expect that their children's behavior may be worse at times.

Are there differences in reactions among children who were at the mass violence event and those children in the wider community?

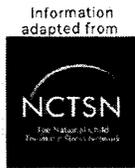
Children at the mass violence event may not show or speak of their grief. They may seem to be more focused on what they saw or heard that day than on how much they miss their friends. It is normal for children to tell (or act out) the same stories over and over or to repeatedly ask the same questions. School-aged children faced with the death of friends or loved ones, often feel guilty or ashamed in the mistaken belief that somehow they could have prevented the death. If children continue to focus on the event over the next few weeks, parents should call back for community resources to help their family.

How well do children understand the idea of death?

Children's understanding of death depends on the age of the child, his or her prior experience with death, and the family's religious beliefs and cultural values.

How do I talk to my child about death?

- Be truthful with your child
- Give short, simple, honest, and age-appropriate answers to their questions
- Listen carefully to their feelings without judgment (there are no "wrong" feelings)
- Be ready to discuss the same things or answer the same questions over again
- Do not be afraid to say that you don't know the answer to a question
- Ask what he, she, or they want to know and give answers that fit those questions
- Let your child know that he or she can come to talk to you at anytime



TALKING TO CHILDREN ABOUT GRIEF & DEATH

Preschool Children

May not understand that death is permanent. They may believe that if they wish it, the person could return. To help children understand the physical reality of a person's death, parents can use concrete facts—that he or she is no longer breathing or moving, is not hungry or thirsty, is not scared or having feelings of discomfort or pain. This age group's response to death will largely be based on the strength of the attachment formed with the loved one. The most important thing you can do at this (and the next) age group is use very clear, concise language. Remember that the vast majority of how they respond in situations of stress is largely based on how you are emoting at the time. If you are feeling stressed or hesitant about using the term "die" or "died" or "death" – and this sounds fairly silly – practice with each other. The more normal you can make it sound coming out of your mouth, the less power the word has.

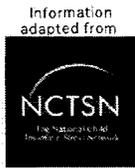
Gathering pictures and telling stories of the loved one during special times will help them cope. If they don't necessarily remember it, gently guide them through what happened. It isn't because they don't care to remember it, it's because the part of their brain that forms long term memories may not have been developed at the time the memory was made. You can encourage your child to ask for those stories or to see/have those photos when they feel sad. You can also encourage them to draw pictures or help them write down the things they loved about the person who has died.

School Age Children

May understand the physical reality of death, but still may have times that they imagine seeing the person again (but not tell anyone). They may still expect to see them again at school. Children that are a bit older will be more aware of the loss. Appropriate demonstrations of grief may be withdrawing, tearfulness, anger, or tantrums like they threw when they were younger. This does not mean they are regressing in behavior – they are reacting to intense emotional stimuli around them that they likely don't have the words for. (Lots of times adults don't even have the right words!). They may have difficulty eating or sleeping, and may also have additional or significant fear/anxiety about being separated from parents, or that their parents/siblings may die as well.

Remind them that it is normal to feel sad, angry and loss when you have deep love for someone, but it is also okay to laugh and be happy because the loved one would want them to continue to have fun no matter what. Collages, drawing how they feel, and intentional empathizing and normalizing of sad feelings is key for this age group.

Remember, feelings are for feeling not for fixing. Sitting with them through their feelings is truly the healthiest, best thing you can do as a caregiver. If you have significant concerns about your child and their grief, we always recommend contacting their school or their primary care doctor about seeing a mental health professional.



TALKING TO CHILDREN ABOUT GRIEF & DEATH

Adolescents

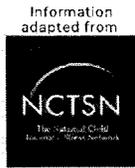
Grieving teens may feel ashamed of their grief which can make the processing the death more difficult. Even with teens, simply acknowledging that you are able and willing to handle their emotional reaction is specifically supportive while also being general enough to apply to the spectrum of emotional expression. You know your teen best—remember how vulnerable grief makes you feel, and maybe consider how you would've coped or reacted as a teen—would you have cried in front of your family? Would you have locked yourself in your room? If they seem particularly withdrawn, letting them know you're available if and when they need you and letting them decide when the time is right. Being mindful to not rush their healing process are key components of supporting teens through grief. Letter writing, flower or tree planting, drawing/painting, and talking openly can all contribute to the healing process. If you have significant concerns about your teen and their grief, we always recommend contacting their school or their primary care doctor about seeing a mental health professional.

Family Grief

Amidst the life event of loss and the ensuing grieving process, you and your family may be experiencing anxiety, stress, dread, agitation, shortened tempers, frustration...the list goes on. The grieving process looks different for everyone. Do what you can to attend to your own needs as well – modeling intentional self-care (doing an activity you enjoy, eating a comfort food, spending time with people you miss, canceling plans when you don't have the energy, etc.) will encourage your kids to do the same.

It is very understandable that caregivers are cautious with what is said and how it is said to children in your family. Some kids may express concerns about their own death, consider asking them what about death concerns them. Offer reassurance that you have helpers like teachers, doctors and coaches to help keep him safe and healthy. If he is concerned about caregivers dying, offer reassurance that you eat healthy things, drink lots of water, and see your doctors, too, and that you are going to do everything you can to stay alive for a very, very long time.

Do what you can to allow your child to lead the conversation. Without the incident of death in your community, this would be a developmentally appropriate concern for a child to have. In the instance of school-age children, their concrete and logical understanding is growing quickly and with that comes emotional development, too.



TALKING TO CHILDREN ABOUT FUNERAL SERVICES

Funerals help the family and community say goodbye. They can help children understand the physical reality of death: that the person who died cannot come back. Being at a funeral with grieving family and friends may help a child express his or her grief. While attending services can be distressing, it may be harder on children to be left out of something so important to the family.

Parents/caregivers should give children a choice to attend or not to attend the service. They may encourage, but not pressure them. Before asking the child to choose, describe what will occur.

- Tell children what they might see or hear if they attend, including the type of service, what will occur, and how people will behave (i.e., adults may be crying, a special area for the family may be set aside, there may be a viewing of the loved one—which they don't have to see).
- Tell children about alternative arrangements to attending, for example, that they can stay with a neighbor or friend of the family.
- If they don't attend, offer to say something or read something on their behalf, and explain that they can participate in memorial activities at a later time, including creating their own memorial.

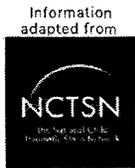
If your children decide to attend a service, before you go, review what they can expect will happen.

- Talk to your children not only about what to expect, but also about how you may react. Assure them that this is your way of being sad today and that you are okay.
- Consider whether you will be able to accompany and support your child or whether you need to have another family member or friend there to support him or her.
- Prepare the companion to both comfort your child and take him or her out of the setting for breaks from the service as needed, so that you can fully attend to your own feelings.
- Before the event, review what your children can expect will happen and what they need to do.

Services are emotionally intense. Consider carefully how many you and your child should attend. When grieving multiple losses, there may be multiple services. If the community or school plans a memorial service to celebrate the lives of all of the children and adults who died, attending such a service may be a better alternative for both parents and children than attending multiple funerals.

If the family chooses not to attend services, they can engage in a variety of alternative rituals:

- Light candles at home or in a public place to remember those who died.
- Create a ceremony consistent with their culture and tradition.
- Say prayers at home or in their places of worship.
- Write notes or make cards for the surviving family members.
- Share with each other feelings and memories of those who are gone.



TALKING TO CHILDREN ABOUT FUNERAL SERVICES

How can I help my child after a funeral or memorial?

Talk to your children about their feelings and answer their questions. They may need some help in naming their feelings. They may ask you about your reactions and those of other people that were there. Reassure them that people showing intense emotions are OK, that they were showing how much they miss the person.

- Ask children whether they would like to talk with someone else about the service, such as a teacher or clergy member. Offer to join your child if he or she would like.
- After the funeral, be prepared to give more time and support to your children, such as extra time at bedtime. Again, be prepared for repeated questions about the event.

Take care of your child by taking care of yourself during this time. Parents should have someone they can talk to about their own feelings.

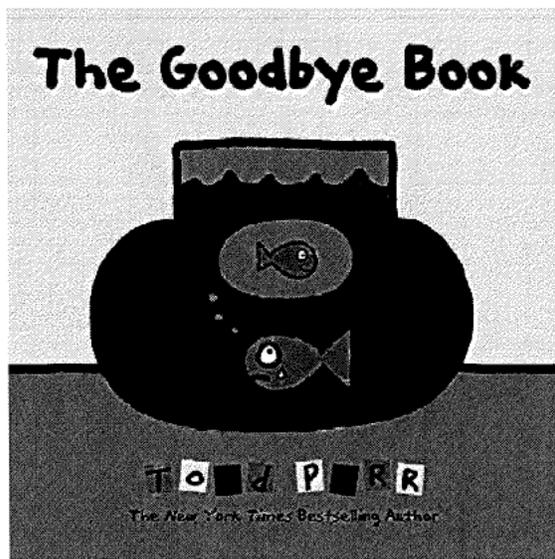
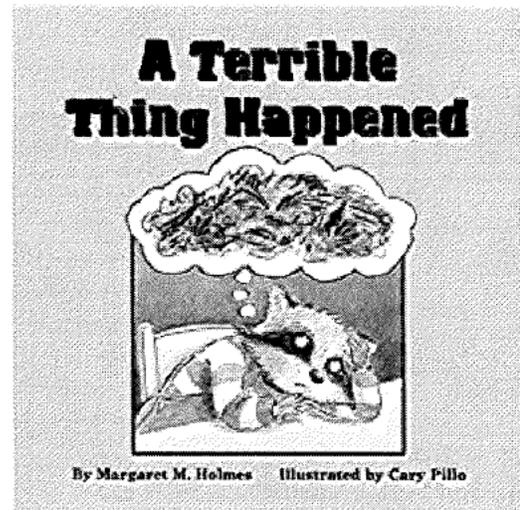
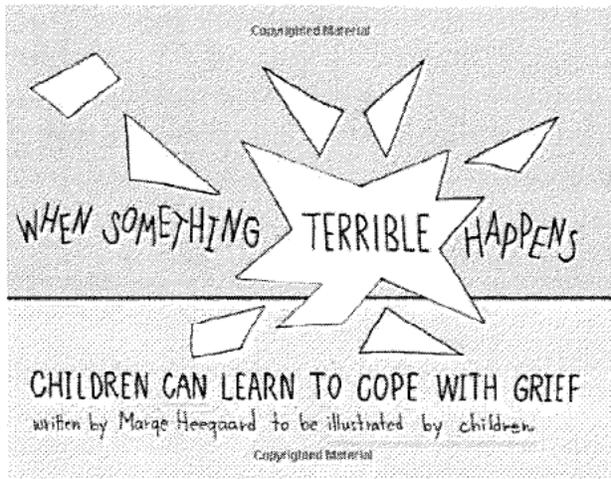
- Be aware that children may worry that something bad will happen to family members or friends and may have trouble separating from them. When separating, tell children where you are going and when you will return, so they know what to expect.

Is it OK to celebrate the holidays while my community is grieving?

Tell your child that the holiday may not feel as it usually does, but that's OK. Children benefit from having routines and structure. Celebrating the holidays is one of those routines. Think of a way to add an activity that honors those who are gone, for example, lighting a candle.

Above all, remember that talking with children who are grieving is emotionally challenging, so please practice good self care.

BOOK RECOMMENDATIONS

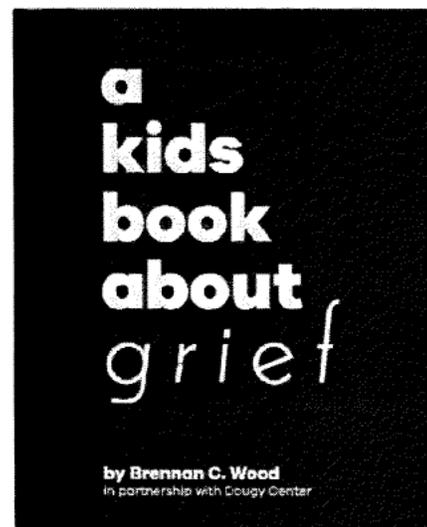
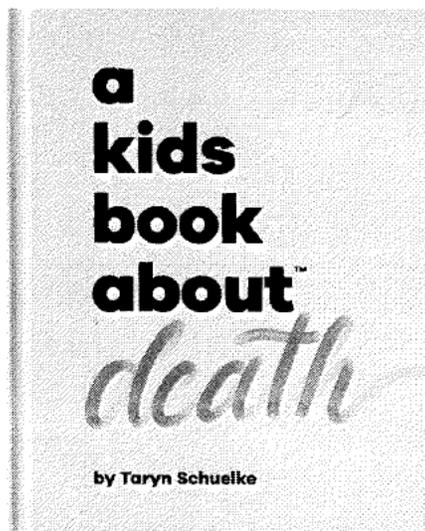


THE RABBIT LISTENED

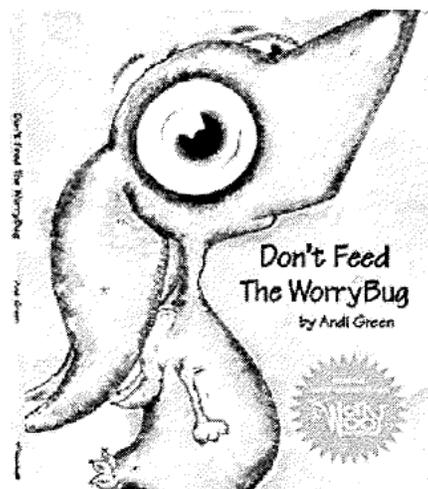
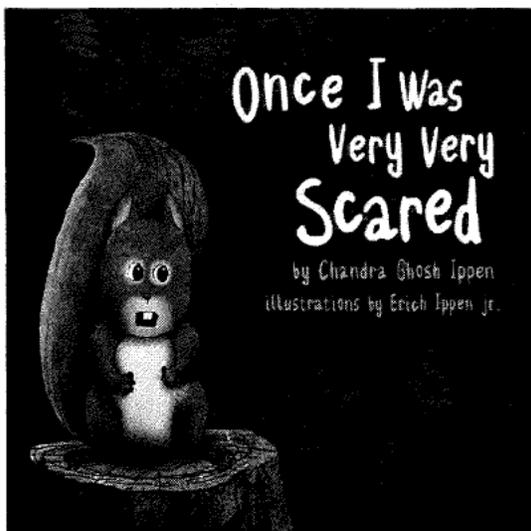
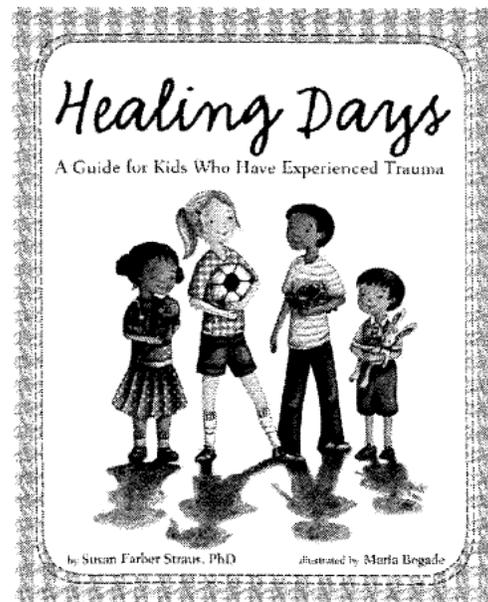
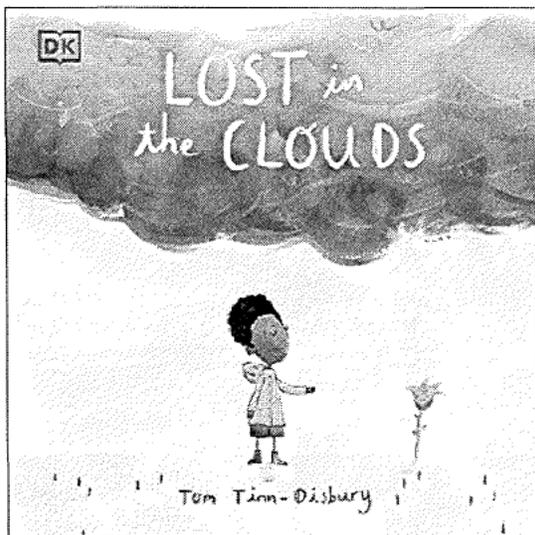
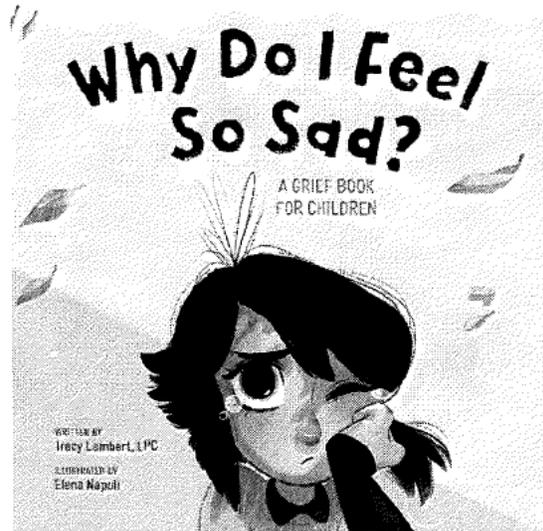
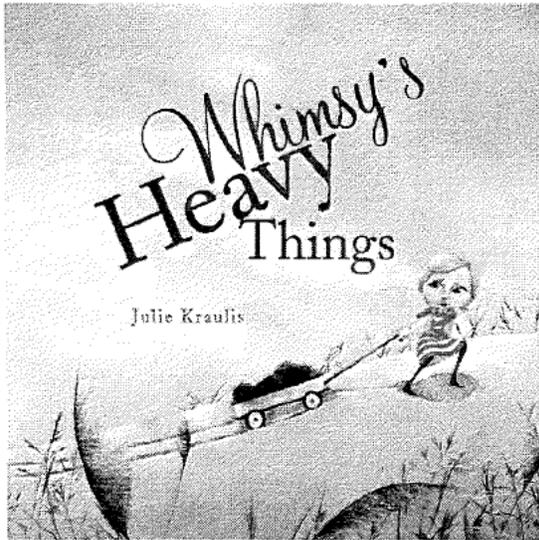
New York Times Bestseller



CORI DOERRFELD



BOOK RECOMMENDATIONS



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The National Child Traumatic Stress Network (NCTSN). (2019, August 4). Guiding adults in talking to children about death and attending services. The National Child Traumatic Stress Network. Retrieved July 5, 2022, from <https://www.nctsn.org/resources/guiding-adults-talking-children-about-death-and-attending-services>

The National Child Traumatic Stress Network (NCTSN). (2022, March 15). Age-related reactions to a traumatic event. The National Child Traumatic Stress Network. Retrieved July 5, 2022, from <https://www.nctsn.org/resources/age-related-reactions-traumatic-event>

The National Childhood Traumatic Stress Network (NCTSN), Institute of Behavioral Science-University of Colorado at Boulder, & Center for Resilience + Well-Being In Schools. (2022, June 1). Talking to children when scary things happen. The National Child Traumatic Stress Network. Retrieved July 5, 2022, from <https://www.nctsn.org/resources/talking-to-children-when-scary-things-happen>

The National Childhood Traumatic Stress Network (NCTSN), Institute of Behavioral Science-University of Colorado at Boulder, & Center for Resilience + Well-Being In Schools. (2022, June 1). Talking to teens when violence happens. The National Child Traumatic Stress Network. Retrieved July 5, 2022, from <https://www.nctsn.org/resources/talking-to-teens-when-violence-happens>

For additional supportive needs, please
contact the Lurie Child Life team:
312-227-3270
childlife@luriechildrens.org

From: Nicholas Eschner <Nicholas.Eschner@Skokie.Org>
Sent: Thursday, July 7, 2022 2:48 PM
To: Andy.Carlson@northbrook.il.us; David.schweih@northbrook.il.us;
mrtkowski@glenview.il.us; tderose@glenview.il.us; jschrage@cityhpil.com
Subject: FW: Div. 3 TRT Deployment to HP
Attachments: image003.jpg

[EXTERNAL EMAIL]

Chief Officers,

I was asked by MABAS 3 TRT Leader Matt Smith to forward the information below regarding the recent TRT Deployment to Highland Park that members of your Fire Department participated in. The deployment was to setup the MABAS Western Shelter Tents for the investigation in Highland Park. Please use the information as needed. Let me know if any questions.

Thanks,

Nick

Nicholas C. Eschner
Deputy Chief of Operations

Skokie Fire Department
7424 Niles Center Road
Skokie, IL 60077
(847) 982-5323 (Office)
[REDACTED] Cell)
Nicholas.Eschner@Skokie.org

From: Kevin Griegel <kgriegel@dbfd.org>
Sent: Wednesday, July 6, 2022 10:45 AM
To: Matt Smith <mrsmith@cityofevanston.org>; Nicholas Eschner <Nicholas.Eschner@Skokie.Org>
Cc: Kevin Maslon <kmaslon@cityhpil.com>; djf@vniles.com; Dave Malcomson [REDACTED]
Subject: Div. 3 TRT Deployment to HP

On Tuesday July 5, Div 3 TRT was deployed to Highland Park to set up the Western Shelter for use by personnel working the July 4th Shooting Investigation. 12 TRT members and 3 Firefighters deployed with the Western Shelter trailer and arrived at the HP scene and working with BC Hughes from HP, set up the Div 3 and the Div 1 Western Shelter. Division 3 was notified at 1000 of the need for the shelter set up ASAP. By 1045 a team of TRT members was assembled. The deployment trailer left Glenview at 1106 and arrived at HP at 1136. The last Div 3 TRT team member cleared the scene at 1424.

The following team members were part of the deployment:

- Nick Eschner – Skokie
- Matthew Smith – Evanston

- Kevin Griegel – Deerfield Bannockburn
- Brian Collazo – Northbrook
- Brad Drabant – Glenview
- Chris Drakeley – Glenview
- Dan Ellis – Glenview
- Paul Grzybek – Highland Park
- Robert Kincaid – Northbrook
- Jason Noga – Highland Park
- Michael Schey – Skokie
- Jeremy Simonelli – Skokie

3 non TRT personnel (FF) also assisted with this deployment from Skokie FD and Highland Park FD.

The RED Center run number for this event is 22-00028944 and includes everything from the original EMS mutual aid request, to the Box alarms and all of the MABAS assets deployed to the scene including Western Shelters and Light Towers.

Division 3 TRT members also assisted 4 Division 1 TRT members with the deployment of the Div 1 Western Shelter that was also requested to the scene.

As Incident Deployment is a component of the STAC report and our new Vector Solutions credential for team members, an incident response activity was entered for all team members involved from Division 3 Vector Enterprise site. Members should see the record of this activity show p in their history as well a populate in their Div 3 TRT credential.

Please feel free to forward this as need for departments to have reference of the deployment. Any question on this please feel free to contact me.

Kevin M Griegel

Kevin M Griegel
Division Chief
Deputy Director Of Admin
MABAS 3 TRT



TICE: This message originated from an external source -- DO NOT CLICK on links or open attachments unless you are sure the content is safe

From: ljogmen@cityhpil.com
Sent: Thursday, July 7, 2022 2:50 PM
To: dbekov@cityhpil.com; mbobek@cityhpil.com; bbodden@cityhpil.com; WBonaguidi@cityhpil.com; bbonev@cityhpil.com; mbruno@cityhpil.com; gcameron@cityhpil.com; jcorrea@cityhpil.com; cplazas@cityhpil.com; acumba@cityhpil.com; scurran@cityhpil.com; ddayboll@cityhpil.com; edecristofaro@cityhpil.com; ldelaney@cityhpil.com; ddibasilio@cityhpil.com; TDragicevich@cityhpil.com; aduchak@cityhpil.com; jeldridge@cityhpil.com; rerjavac@cityhpil.com; wevans@cityhpil.com; cfoley@cityhpil.com; agalati@cityhpil.com; sgallagher@cityhpil.com; pgeneja@cityhpil.com; EGirona@cityhpil.com; fgomezacruz@cityhpil.com; dgraff@cityhpil.com; thansen@cityhpil.com; shopson@cityhpil.com; ahyndman@cityhpil.com; ljogmen@cityhpil.com; jjohann@cityhpil.com; akamischke@cityhpil.com; JKarecki@cityhpil.com; jlanahan@cityhpil.com; llapaglia@cityhpil.com; mlodesky@cityhpil.com; gmendoza@cityhpil.com; bmerkel@cityhpil.com; amix@cityhpil.com; rmontemayor@cityhpil.com; rmoritz@cityhpil.com; jmorris@cityhpil.com; dneidenbach@cityhpil.com; anelson@cityhpil.com; sneuman@cityhpil.com; dnorton@cityhpil.com; jolson@cityhpil.com; CNeill@cityhpil.com; aprete@cityhpil.com; RRash@cityhpil.com; breif@cityhpil.com; kroberts@cityhpil.com; ischennum@cityhpil.com; mshaughnessy@cityhpil.com; bsoldano@cityhpil.com; tspanos@cityhpil.com; tstadler@cityhpil.com; GStokes@cityhpil.com; nstyx@cityhpil.com; purbina@cityhpil.com; bverber@cityhpil.com; rwagner@cityhpil.com; jwhite@cityhpil.com; rlarrison@cityhpil.com; wjones@cityhpil.com; gplacencio@cityhpil.com
Subject: FW: Family Services of Lake County CIC Debriefing Sessions
Attachments: image001.jpg; image002.png; image003.png; image004.png; image005.png; image006.png; image007.png

Team HPPD,

I've been trying to get to you all, either individually or roll call, and I apologize if I haven't reached everyone. It's been busier than even I could have imagined.

But I wanted to take just a second to check in with you all, to tell you just how unbelievably proud I am of this entire department. Every single person. You've all acted with courage, professionalism, compassion and teamwork. We were in the best possible position because of the work we've done prior and the performance of everyone on Monday.

We've given of ourselves, and continue to give, for our community. Now, I am committed to making sure everyone here is taken care of and gets to a good place. Below you will see some dates and times for some initial services. Please make time to use these services if you can. And know that we are currently working to schedule full debrief/wellness services with the ATF. HR is working through the schedule and we are planning to identify some dates in the next few days where they can fly in to help us work through everything that's gone on.

Stay tuned on that.

In the meantime, know that we are in this together. All of us. If you need anything, anything at all, please see a colleague, a supervisor or me.

I knew this department was special when I started here and you all absolutely affirmed that this week.

Thank you all. Be safe. Take care of yourselves. Watch each other.

HPPD Proud!

Lou Jogmen

From: Barnes, Nicholas <nbarnes@cityhpil.com>
Sent: Thursday, July 7, 2022 2:28 PM
To: Jogmen, Lou <ljogmen@cityhpil.com>; Bonaguidi, William <WBonaguidi@cityhpil.com>
Subject: FW: Family Services of Lake County CIC Debriefing Sessions

From: Barnes, Nicholas
Sent: Tuesday, July 5, 2022 4:46 PM
To: 'All_Users@cityhpil.com' <All_Users@cityhpil.com>
Subject: Family Services of Lake County CIC Debriefing Sessions



Dear City Staff,

Family Service of Lake County, in coordination with the City of Highland Park, is offering counseling services to City staff and community members affected by yesterday's tragic event. Walk-in, Zoom and telephonic services are available Monday through Friday 9:00 AM through 7:00 PM and on weekends by appointment. Call 847.432.4981 for more information.

Family Service of Lake County
777 Central Avenue, Suite 17
Highland Park, IL 60035
847-432-4981
www.famservice.org

In addition to their traditional service options, Family Service of Lake County will be on site to conduct Critical Incident Crisis Debriefing sessions for those wishing to discuss their experiences in a safe group setting. Dates and locations are below:

Public Services

Wednesday July 6th 7:30 AM

1150 Half Day Road
Highland Park, IL 60035

For Public Works and Community Development employees who were at the event at the time of the incident.

Fire Department

Thursday July 7th 9:00 AM

1130 Central Ave

Highland Park, IL 60035

For Fire Department employees who were at the event at the time of the incident.

City Hall

Thursday July 7th 1:00 PM

1707 St. Johns Ave

Highland Park, IL 60035

For City Manager's Office and Finance employees who were at the event at the time of incident.

Police Department

Friday July 8th 9:00 AM

1677 Old Deerfield Rd

Highland Park, IL 60035

For Police Department employees who were at the event at the time of the incident.

Additional Session

Friday July 8th 11:00 AM

1677 Old Deerfield Rd

Highland Park, IL 60035

For employees (All Departments) who were not at the event at the time of the incident, but wish to discuss their experiences.

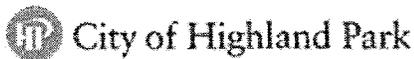
Please coordinate with your supervisor to ensure we have operational coverage.

We encourage everyone to take advantage of these resources. Feel free to reach out to any of us in human resources for additional resources should these dates and times not work for you or for additional support options.

Sincerely,

Nick Barnes

Human Resources Generalist



1707 St Johns Avenue

Highland Park, Illinois 60035

847.926.1013 direct

847.433.2940 fax

nbarnes@cityhpil.com

cityhpil.com



From: [REDACTED]
Sent: Thursday, July 7, 2022 2:50 PM
Cc: [REDACTED]
Subject: RNA IN-PERSON and Virtual Board Meeting next Tuesday, July 12th
Attachments: image001.gif; image002.png; image003.gif; RNA Board Meeting Agenda July 12 2022.pdf; RNA Board Meeting Minutes June 7 2022.pdf

Importance: High

[EXTERNAL EMAIL]

Dear RNA Member,

In light of the current coronavirus climate, the **Ravinia Neighbors Association is once again holding IN-PERSON meetings with the option of attending virtually via a conference call...if you have a cold or are feeling sick, please attend via the Zoom access...participation details for our July meeting as follows:**

- Date: Tuesday, July 12th
- Time: 8:00 P.M. – 9:00 P.M.
- **IN-PERSON Venue: The Aletier, 455 Roger Williams Avenue**

Zoom Access: Join Zoom Meeting

[https://us02web.zoom.us/\[REDACTED\]](https://us02web.zoom.us/[REDACTED])

[REDACTED]
Meeting ID: [REDACTED]

Passcode: [REDACTED]

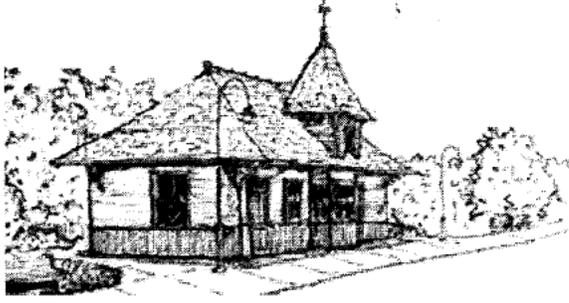
One tap mobile
+ [REDACTED] S (Chicago)

- Agenda: Attached
- Minutes from June Meeting: Attached

Be well and best regards, Doug

Doug Purington, Publicity & Membership Director
Ravinia Neighbors Association
P.O. Box 1123, Highland Park, IL 60035
Cell: [REDACTED]

Email1: [REDACTED]
Email2: rna@ravinianeighbors.org
Web: www.ravinianeighbors.org



All About Ravinia!



P.O. Box 1123
Highland Park, IL
60035-1123
email: RNA@ravinianeighbors.org
www.ravinianeighbors.org

A G E N D A

Ravinia Neighbors Association IN-PERSON Board Meeting as well as Virtual Access

@The Atelier, 455 Roger Williams Avenue (Masks Required)

Tuesday, July 12, 2022, 8:00 – 9:00 p.m.

Join Zoom Meeting

<https://us02web.zoom.us/j/83442597850?pwd=2ekG9GJ01mTRHHsluWqx1v4LqFGx6a.1>

Meeting ID: 834 4259 7850

Passcode: [REDACTED]

One tap mobile

+13126266799,,83442597850#,,,*[REDACTED]# US (Chicago)

-
- I. Call to Order, Roll Call & Approval of June Minutes (Noah Plotkin)
 - II. President's Report (Noah Plotkin)
 - III. Residents Time: Open for discussion
 - IV. Treasurer's Report (Michael Babian)
 - V. Publicity/Membership/Ravinia District Report (Doug Purington)
 - Membership Renewal Campaign Update
 - Ravinia District Update
 - 2 new merchants on the horizon, 1 new merchant opened in June
 - VI. Previous Action Items:
 - Renewal of Survey Monkey or acquire an equivalent? (Jeff Levin)
 - Progress on Ravinia Station kiosk public notice section? (Jeff Stern)
 - Lights for Brown Park tennis/pickleball courts?
 - VII. New Business:
 - Consideration of support for the July 4th shooting victims
 - Consideration of an HP Police Officer to attend and speak on their PBC program
 - Consideration/Discussion to support "Ravinia Carnival" 9/30- 10/2
 - Update on the Ravinia District TIF (Mike Stroz)
 - VIII. Other Business/Additional Comments or Concerns from Board Members
- Adjournment (*Next Board Meeting: August 9th, 2022*)



P.O. Box 1123
Highland Park, IL
60035-1123
email: RNA@ravinianeighbors.org
www.ravinianeighbors.org

MINUTES

Ravinia Neighbors Association IN-PERSON Board Meeting as well as Virtual Access

@The Atelier, 455 Roger Williams Avenue

Tuesday, June 7, 2022, 8:00 p.m.

Zoom Meeting

<https://us02web.zoom.us/j/83717926426?pwd=L1c0ajNXb2Q2Rkl6bTd6SWlYXFLQT09>

Meeting ID: 837 1792 6426 Passcode: [REDACTED] One tap mobile
+13126266799,,83717926426#,,,,* [REDACTED] # US (Chicago)

I. Call to Order 7:05pm, Roll Call & Approval of May Minutes (Noah Plotkin Standing in for Brett Tolpin)

Attendance:

Governing Board Attendees

Noah Plotkin, Vice President PR; Beth Grey, Secretary

Members at Large Attendees

Ed Kugler, Jeff Levin, Shruthi Potocek, Jeff Stern

Absent Board Members

Brett Tolpin, Mike Babian, Mike Stroz, Amanda McBee, Doug Purington

Guest Attendees

Jonathan Plotkin

Anne Connors

May minutes approved by unanimous voice vote.

II. President's Report (Noah Plotkin Standing in for Brett Tolpin): no report

III. Residents Time: Open for discussion. Anne Connors: Twigs and Cotton, Twigs and Cotton sells resale upscale home décor furniture and clothing on consignment in the old uke store. The store also donates to various charities once per month. Open Wed – Sun. June 15 4-8pm is the grand opening. Ed said that he can reserve a community tent for a day as long as Twigs and Cotton reserves ahead. Anne also owns a personal training studio at 742 Judson and her husband owns the Inspire Studio at 746 Judson.

Beth Grey regarding lights for Brown Park tennis/pickleball courts: Jeff L. said he's all for it, but it's possible neighbors could complain about the pickle ball click sounds and light pollution. Dan Boss at PDHP is the contact. We need to get enough backing from people who want lights, perhaps by polling neighbors and others to determine what kind of support there is for lights. Shruthi: A neighbor said lighting on Roger Williams is so welcoming and asked if we could do something like that year around. Noah says the city is doing whole seasonal décor with lights in trees. Beth: Lighting tennis courts could help with safety. Maybe we can use our RNA email list to survey members. Noah: We need more lights on the Green Bay Trail. Whole Burton street south of Roger Williams is dark. There was a vote and the neighbors voted against it. There's a timer in Jens Jensen.

IV. Treasurer's Report (Michael Babian) (by email. Mike B. not present).

RNA Treasurers Report as of 06/07/2022

Checking Balance \$3256.13

CD Balance \$5536.50

PayPal Transfer today \$401.95

Total Balance \$9,194.58

Payments issued over \$50: \$715 BWB Wings, \$715 Ravinia Brewing (checks cleared from gift cards purchased for public works), \$384 Survey Monkey annual renewal, \$395.75 State Graphics 75 copies Newsletters, \$225 Kimberly Stroz Spring Newsletter help.

V. Publicity/Membership/Ravinia District Report (Doug is in England).

VI. Previous Action Items:

- City of HP July 4th Parade: RNA Participation ? Second banner? Car/Driver?
- Renewal of Survey Monkey or acquire an equivalent? (Jeff Levin). Google forms are free unlike Survey Monkey. Mike Stroz is concerned that with Google forms people should not know how others answered if we want confidentiality. ACTION ITEM: NEXT MEETING VOTE ON WHETHER TO CANCEL SURVEY MONKEY.
- 2022 Budget (Jeff Levin) In 2020 we were up \$4k, but in 2021 we were down \$4k due to website conversion (old platform was discontinued) and gift certificates purchased to thank the Public Works staff for their efforts to control the gas main fire last winter which was a one-time donation to PDHP. This year we are close to even. Our main annual expense other than administrative outlays are the newsletters. For the annual event we want to apply for a grant. We do not have a lot of reserves for spending and therefore we are managing our funds conservatively
- Election slate for next fiscal year beginning July 1, 2022? ACTION ITEM: VOTE AT NEXT MEETING AND SEND EMAIL REGARDING VOTING.
- Progress on Ravinia Station kiosk public notice section. (Jeff Stern). HP Public works suggested that Jeff S. check with a Highwood company to see what material can be attached to the kiosk that will withstand year-round extreme weather conditions and allow for the use of thumb tacks to post notices without damaging the backing. Jeff S. went to IC Signs and Graphics in Highwood. Ed suggested that the kiosk include information for the public about what may be posted on the kiosk.

VII. New Business:

- Ravinia Farmers Market kicked off the 2022 Season on 6/1/22. The first day was not as crowded as expected. The streets were filled with seven farmers: flower vendor, honey vendor, and five vegetable vendors. RFM billed as a produce market like California farmers markets, to differentiate RFM from other markets around here that feature different merchandise. Ed is launching a farmers market membership for \$40-50. Half will be a token usable at any of the vendors. Vendors then come to Ed to receive the cash. On a monthly basis there will be members-only tours of the market. Also, they'll get tote bag. Starting in July. Also, there will be a gold sponsor packet and first sponsor is from Coldwell Banker. He approached Ghida at FTT and asked why their billboard signs permanently affixed around town but market only day of market. Ftt city is involved and market is special event. Ed asked what if city took over farmers market and Ghida said put in writing. If city promotes it and wants Ed to run it or Ed train

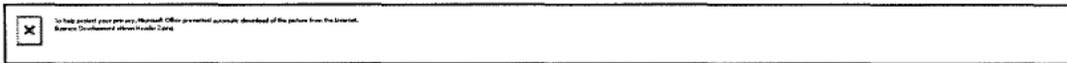
someone, market will keep going. RNA won't pick up pieces if Ed quits so Ed wants to partner with city or PDHP. PDHP is major sponsor w/marketing. They are media sponsor. Ravinia Festival is free drawing experience sponsor bc they allow Ed to give away 2 tickets. Only farmers market in entire nation that gives away free tix to music festival. Pickle guy very excited and is bring waffles and French toast. City of Glencoe is sponsor of Glencoe market. Glencoe is Ed's baby. Ed was a sprout farmer from 1978 - 1981 on Roger Williams until the fire dept needed Roger Williams for a thoroughfare.

- Food Truck Thursdays kicks off the 2022 Season on 6/2/22. It was a huge hit-way better than previous years. The first of fifteen FTTs this week will feature a Honkey Tonk band from Berwyn. The event probably will be extremely crowded. Noah wants a police presence for security. Last week no one listened to the mayor and others telling parents to keep their kids away from water in the pond and kids to stay away from the pond, and parents were separated from one child.

VIII. Other Business/Additional Comments or Concerns from Board Members
Adjournment (Next Board Meeting: July 12th, 2022)

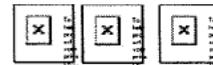
From: City of Highland Park <cityhp@cityhpil.com>
Sent: Thursday, July 07, 2022 2:50 PM
To: ejason@cityhpil.com
Subject: Business Development Special eNews: City of Highland Park

[EXTERNAL EMAIL]



[View as Webpage](#)

July 7, 2022



Los servicios de traducción también están disponibles a través de la Biblioteca Pública de Highwood.

The City of Highland Park is heartbroken by the tragic shooting at the Independence Day Parade on July 4, 2022. As a community, we all share in grieving those who were killed or injured, and our hearts are with their loved ones. Since this unimaginable attack, Highland Park's businesses have stood in solidarity with the victims, survivors, their loved ones, and our community as a whole.

The City understands that the past few days have been especially challenging for business owners and employees, particularly those within the investigation area. While we can all acknowledge that the nature of this incident necessitates a thorough investigation that requires the preservation, as much as possible, of the crime scene, we also know that this has caused additional hardships in addition to the trauma we all experienced just a few days ago. We have prepared the below FAQ to share as much information as we can about this situation, help you to set timeline expectations for your employees, suppliers, and customers, and connect you with resources and assistance to best serve your customers and support your teams.

When can businesses within the investigation perimeter reopen for business?

We know this situation is difficult for our local businesses and we appreciate your patience.

The FBI and Lake County Major Crimes Unit are investigating a major crime. They must be thorough. The area will reopen as soon as we receive clearance from them. They anticipate allowing businesses within the perimeter to access

their place of business by Saturday, July 9 at 6 PM, but this is tentative. Access to your business does not mean you can open for business. As the scene is processed and evaluated, we will provide more information. The City will provide another update to businesses no later than Friday, July 8. The perimeter map follows below.



Why are some businesses within the investigation perimeter operating during the required closure?

Businesses within the perimeter are required to remain closed. Those that were operating have been notified that they must cease operation.

How do healthcare professionals contact their patients to let them know their office is closed until further notice?

While the FBI and Lake County Major Crimes Unit are investigating a major crime, you cannot enter any building within the investigation perimeter. If you cannot access your patient/client list remotely, please consider changing your voicemail message to inform callers that you are closed due to a local emergency and to leave their names and phone numbers so that you can call them back to reschedule. You can also provide an alternate phone number for them to call you or your staff.

How do businesses within the investigation perimeter get their mail during the closure?

Due to the recent events, the Postal service cannot deliver to the closed area due to the ongoing investigation. The Post Office currently has these deliveries on hold at the office. If any business affected by the investigation chooses to pick their mail up at the post office, they can do so during regular business hours. The post office will resume delivery once the authorities allow the Postal service access. Once this occurs, the postal service will deliver any mail currently on hold.

Will businesses within the investigation perimeter receive any government funding to help them recoup lost revenue during the time they are unable to open? Will employees be compensated for lost wages?

No state or federal aid is available at this time. The City is researching opportunities for business assistance.

Are there counseling services available for the community beyond the next few days?

For a list of counseling services, please visit the City's [website](#).

What can businesses do to support those that are working and the Highland Park community? Can we drop off food?

We are truly humbled by the incredible outpouring of support and generosity of

the community.

We urge those who wish to show their financial support to send donations to the Highland Park Community Foundation; a longtime local organization deeply embedded in the community which is in the best position to help our neighbors in need. They have set up a fund to directly assist victims, survivors, and those that support them. Visit hpcf.org to submit donations.

If you or your business are interested in donating food or items to first responders, please contact hr@cityhpil.com with your contact information. We are keeping a list and will reach out should ongoing needs arise.

At this point in time please do not send food directly to any City locations in order to minimize duplicate donations.

Whom do we contact to volunteer to help those in need?

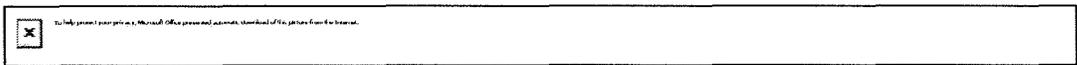
Immediate needs are being met through local, state, and national resources. The Volunteer Pool of Highland Park is maintaining a list of volunteers as a resource should there be a need for volunteers in the future. Individuals interested in having their contact information on file with the Volunteer Pool of Highland Park may email info@volunteerpoolhp.org with their name, contact information, and any specific areas of expertise.

Organizations with a need for volunteers may reach out to the Volunteer Pool which will assist them in connecting with volunteers.

Should additional information become available or volunteer needs arise we will share any relevant information on the City's website at cityhpil.com.

Where should businesses take belongings that were left along the parade route?

Please do not remove personal property left along the parade route as this is still an active investigation. A secure perimeter around the crime scene has been established:



Retrieving items outside the secure perimeter:

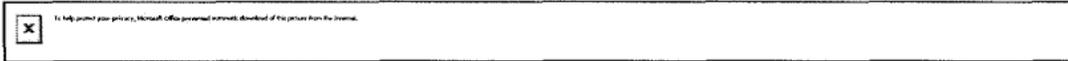
Public Works has picked up items left along the parade route outside the secure area and placed them on the north lawn of City Hall, 1707 St. Johns Avenue. Items will be added as they are collected.

Retrieving items within the secure perimeter

Property within the secure area is being processed by the FBI to ensure that all relevant evidence is gathered. Items that are not being retained for evidence will be released as they are processed and may be picked up at the Family Assistance Center at Highland Park High School, 433 Vine Ave, Highland Park

from 9:00 AM through 9:00 PM until Friday. Future dates and hours for item pick-up will be shared as it becomes available.

Items recovered from zones 1 and 5, items from the north side of zone 3, and limited items from zones 4 and 6 on the map below are available for pick-up at this time. There were no personal items recovered in area 2. Items at the intersection of Second and Central are not available for pick-up.



We thank all affected individuals for their patience during this lengthy process as this may take a significant amount of time. Additional information regarding the return of personal effects at the scene will be shared as it becomes available.

What should restaurants within the investigation perimeter do with their spoiled food?

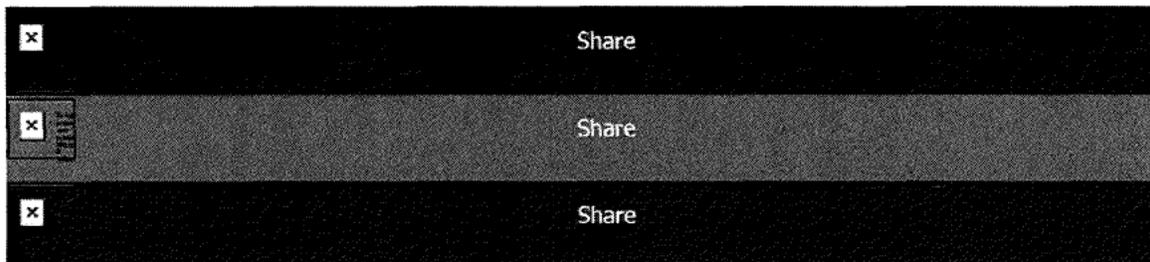
Lakeshore Recycling Systems is prepared to do a pickup of trash and dumpsters the day after businesses regain access to clear any rotting food from the business district. We will work with businesses on any additional assistance needed at that time.

Are there any vigils being organized?

Many compassionate individuals and organizations have organized vigils to honor the memory of those who were killed and offer support and healing in this challenging time. The City is publicizing information about vigils on its website.

What is the status of City-sponsored events?

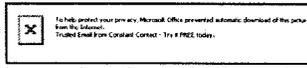
We have temporarily paused City-sponsored community events for this week and next and anticipate resuming regular programming the week of July 17. We appreciate your understanding as our resources are heavily focused on the investigation. We are not canceling due to fear; we are focusing our resources on the investigation.



[Unsubscribe acivitello@cityhpil.com](mailto:Unsubscribe_acivitello@cityhpil.com)

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From: LFrey@cityhpil.com
Sent: Thursday, July 7, 2022 2:52 PM
To: acivitello@cityhpil.com
Cc: ejason@cityhpil.com
Subject: FW: eNews: Investigation Update, Community Resources, Info Meeting in Spanish, Retrieving Belongings and more
Attachments: image003.png

Thank you. At this time the Blood Drive is filled with 70 appointments.

The ARC will add appointments, if additional staff becomes available.

They are working with the HPSC to add another drive in the near future.

Laura Frey, CPRP

Manager of Senior Services

847.432.4110

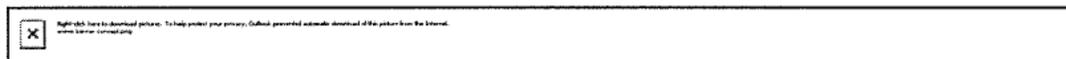
www.cityhpil.com

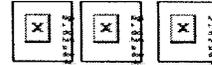
Highland Park Senior Center
1201 Park Avenue West – Highland Park



From: City of Highland Park [mailto:cityhp@cityhpil.com]
Sent: Thursday, July 7, 2022 1:30 PM
To: Frey, Laura <LFrey@cityhpil.com>
Subject: eNews: Investigation Update, Community Resources, Info Meeting in Spanish, Retrieving Belongings and more

[EXTERNAL EMAIL]





Investigation Update

Highland Park Police are continuing to investigate the shooting at the Fourth of July Parade in partnership with the FBI, the Lake County Major Crimes Task Force, and law enforcement partners throughout the state. With the suspect now in custody in Lake County, law enforcement continues to focus on processing the crime scene within the secure perimeter in downtown Highland Park. Investigators are working to gather evidence as quickly and thoroughly as possible. The City is very grateful for the partnership of all responding agencies in supporting our team at this difficult time. Please know that your strong support for all of our first responders and law enforcement partners is greatly appreciated. Visit hpstrong.info for news updates, vigil information, resources, and more.

Para leer este correo electrónico en Español, [haga clic aquí](#) y luego presione el botón azul en la parte superior de la página.

In Memoriam

The City grieves the loss of seven victims of this tragic shooting. Our hearts are broken for their loved ones, and we extend our deepest condolences to their family and friends:

Katherine Goldstein (64) of Highland Park
Irina McCarthy (35) of Highland Park
Kevin McCarthy (37) of Highland Park
Jacquelyn Sundheim (63) of Highland Park
Stephen Straus (88) of Highland Park
Nicolas Toledo-Zaragoza (78) of Morelos, Mexico
Eduardo Uvaldo (69) of Waukegan

May their memories forever be a blessing.

FBI Victim Assistance Center at Highland Park High School

The FBI has opened a Family Assistance Center (FAC) at Highland Park High School, offering support services and crisis assistance including counseling and mental health services, spiritual care, and financial assistance, if needed.

FAC services are available to anyone directly impacted by the events at the Highland Park 4th of July Parade. Victims are not just those who are physically injured, but also those who were present and may be experiencing emotional distress. All affected individuals and families should feel safe accessing services at the FAC, regardless of immigration status.

Current hours are:

- Thursday, June 7: 9 AM - 9 PM
- Friday, June 8: 9 AM - 9 PM
- Saturday, June 9: TBD

Note: The entrance to receive services at Highland Park High School has moved from the main entrance on Vine Street to the H-Entrance. The H-Entrance is on the north side of the school, near St. Johns Avenue and Woodpath Lane. Only the H-Entrance will be open. All visitors will check in at the H-Entrance and per school standard operating procedures, anyone who is not a current District 113 student or staff member who wishes to take advantage of counseling services will need to provide a valid form of identification to be cleared to enter the school.

Learn more about [available support](#) in English & Spanish. The City greatly appreciates the partnership of the FBI and School District 113 in providing these essential services to our community.

Community Information Meeting in Spanish

The City will host a community information meeting in Spanish today, Thursday, July 7, 7:00 PM at the Highland Park Public Library (494 Laurel Ave.) Following remarks from Mayor Rotering and Chief of Police Lou Jogmen, the City will share resources from community partners. Councilmember Andrés Tapia will provide Spanish-language interpretation.

Retrieving Personal Belongings

Please do not remove personal property left along the parade route as this is still an active investigation. A secure perimeter around the crime scene has been established:



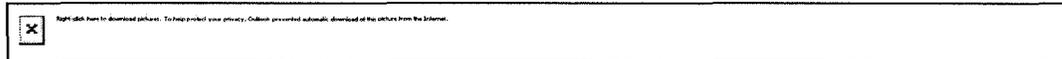
Retrieving items outside the secure perimeter:

Public Works has picked up items left along the parade route outside the secure area and placed them on the north lawn of City Hall, 1707 St. Johns Avenue. Items will be added as they are collected.

Retrieving items within the secure perimeter

Property within the secure area is being processed by the FBI to ensure that all relevant evidence is gathered. Items that are not being retained for evidence will be released as they are processed and may be picked up at the Family Assistance Center at Highland Park High School, 433 Vine Ave, Highland Park from 9:00 AM through 9:00 PM until Friday. Future dates and hours for item pick-up will be shared as it becomes available.

Items recovered from zones 1 and 5, items from the north side of zone 3, and limited items from zones 4 and 6 on the map below are available for pick-up at this time. There were no personal items recovered in area 2. Items at the intersection of Second and Central are not available for pick-up.



July 11 City Council Meeting Canceled

The City Council meeting scheduled for Monday, July 11 has been canceled. The next City Council meeting will be held on Monday, July 25.

On Wednesday, July 13 at 7:00 PM, the City will host a vigil at City Hall for the community to gather and honor the memory of the victims. More information will be shared when available.

Community Counseling

In addition to counseling services offered at the Family Assistance Center at Highland Park High School, Family Service of Lake County is offering free counseling sessions with expanded hours (9 AM - 7 PM) to community members in need. Family Service of Lake County is located at 777 Central Avenue. Appointments are not needed and walk-ins are welcome.

July 12: Blood Drive at the City of Highland Park Senior Center

The City is partnering with the American Red Cross to host a Blood Drive on Tuesday, July 12, from 12 - 5 PM at the Highland Park Country Club, 1201 Park Avenue West.

Due to high interest, appointments are required. Please call 1.800.REDCROSS (1.800.733.2767) or visit [RedCrossBlood.org](https://www.RedCrossBlood.org) and enter sponsor code: **HPSC** to schedule your appointment.

City-Sponsored Community Events

The City has temporarily paused City-sponsored community events for this week and next, including Food Truck Thursdays (July 7 and July 14), Takeout Tuesday at The Lot (July 12), and World Music Fest at The Lot (July 16.) We anticipate resuming regular programming the week of July 17.

Donations

To help those impacted by Monday's mass shooting, the Highland Park Community Foundation has established a July 4th Highland Park Shooting Response Fund. The Highland Park Community Foundation is deeply embedded in our community and is best positioned to provide aid to those in

need.

Here is also a [direct link to the donation form](#). If you prefer, you may send a check, payable to the Highland Park Community Foundation, to P.O. Box 398, Highland Park, IL 60035.

The City urges individuals interested in donating to support those impacted by Monday's mass shooting to carefully consider all online and email requests for donations. 211 Lake County offers a [fact sheet](#) to assist in evaluating requests for donations.

Safeguarding Victim Privacy

Our community is deeply generous, and we understand that many individuals are working to support impacted families. Please be careful to protect the privacy of victims' families when sharing posts on social media. Avoid sharing addresses or other information.

211 Lake County

The trained navigators at [211 Lake County](#) can help you and your family understand the many services and assistance available in the wake of Monday's tragedy. You may not be aware of the services that can support your family in recovering from this traumatic event. 211 offers support in English, Spanish, and many other languages. Support is available 24/7 online, by phone, and via text.

Resilience Resources

The [National Mass Violence Victimization Resource Center](#) has prepared a wealth of [resources](#) for individuals impacted by Monday's tragedy. Events like this can affect everyone's sense of safety and may be a trauma cue for people who have previously experienced similar events or other types of victimization.

In addition, NMVRC offers a free [self-help](#) app that victims and survivors

may find helpful as they begin their difficult journey toward recovery and resilience. A [special guide for talking to kids](#) is available for parents.

The National Mass Violence Victimization Resource Center is at the Medical University of South Carolina, Department of Psychiatry & Behavioral Sciences, and receives funding from the U.S. Department of Justice, Office for Victims of Crime.

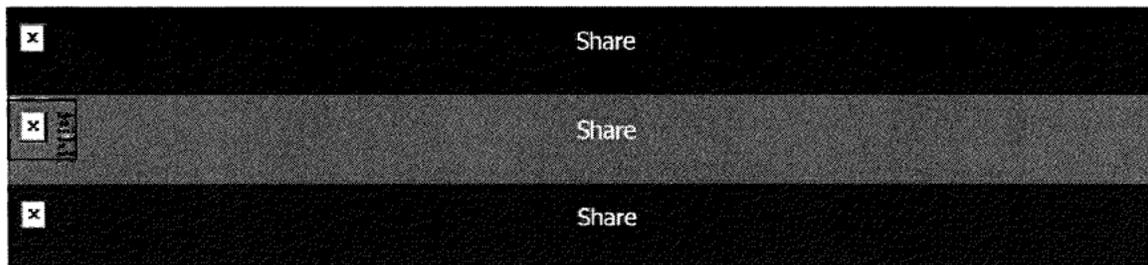
Partner Updates

Chicago Botanic Garden

In a time of crisis, nature can be healing, a respite. To support our community, admission and parking to the Garden will be **free for all** from 3 to 8 PM starting through Sunday, July 10.

Ravinia Festival

In light of Monday's tragedy, and out of a deep respect for our community, Ravinia announced the **cancellation or postponement** of all concerts and events through Sunday, July 10.

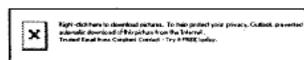


City of Highland Park | 1707 St. Johns Avenue, Highland Park, IL 60035

[Unsubscribe lfrey@cityhpil.com](mailto:lfrey@cityhpil.com)

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From: ejason@cityhpil.com
Sent: Thursday, July 07, 2022 2:54 PM
To: ldelaney@cityhpil.com
Subject: RE: Media request for interview

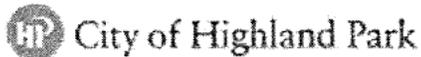
Leigh –

All media requests should be going to communications@cityhpil.com please forward to that email.

Thank you!

Erin

Erin K. Jason (she/her)
Assistant City Manager



1707 St Johns Avenue
Highland Park, Illinois 60035
Direct: 847.926.1004
ejason@cityhpil.com
cityhpil.com



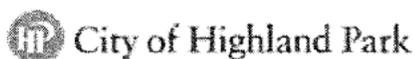
From: Delaney, Leigh <ldelaney@cityhpil.com>
Sent: Thursday, July 7, 2022 1:03 PM
To: Civitello, Amanda <acivitello@cityhpil.com>; Jason, Erin <ejason@cityhpil.com>
Subject: Media request for interview

Emily D – journalist with PT magazine. Would like to do a tech piece on the Process used to identify the shooter. Thought it would be an interesting piece.
952-270-2352

Thanks,

Leigh

Leigh Delaney
Executive Assistant



Police Department
1677 Old Deerfield Road
Highland Park, Illinois 60035

847-432-7730
Office phone: 847-926-1084
Fax: 847-433-9488

ldelaney@cityhpil.com
cityhpil.com



From: HR@cityhpil.com
Sent: Thursday, July 07, 2022 2:58 PM
To: [REDACTED]
Subject: RE: Soup Fairy Food Donation

Good afternoon Lia,

Thank you so much for your kind offer. We currently have an overwhelming amount of food donations for our first responders and front line staff. Because of this, at this time, we kindly ask for you to hold off on any food donations. I have, however, added you to our list of offers for food donations.

If you are looking for other ways to donate, please consider the July 4th Highland Park Shooting Response Fund. All contributions to the Response Fund will go directly to victims and survivors or the organizations that support them.

I have included a link if you choose to go this route: <https://www.hpcfil.org/july-4th-highland-park-shooting-response-fund/>

Thank you and be safe,

Aaron C. Smith
Human Resources Specialist
He / Him / His

1707 St Johns Avenue
Highland Park, Illinois 60035
847.926.1007 direct
847.433.2940 fax
asmith@cityhpil.com
cityhpil.com

-----Original Message-----

From: Lia Landis [mailto:[REDACTED]]
Sent: Thursday, July 7, 2022 1:26 PM
To: HR <HR@cityhpil.com>
Subject: Soup Fairy Food Donation

[EXTERNAL EMAIL]

Hi. My name is Lia Landis and I own a shop in Highwood called Soup Fairy. I would like to donate Food for HP Police Department. Maybe next week or the week after? Let me know if I can help.

Thank you

