

Resource Matrix Community Leaders

Emerging
Minds.

Disaster preparedness

Topic/title	Target Demographic	Media	Author	Description	Access
Emergency Planner (RediPlan)	Families	Downloadable planner	Australian Red Cross: Australia	Step-by-step planner for families to use in preparing for an emergency.	RediPlan https://redcross.org.au/globalassets/cms-migration/documents/emergency-services/rediplan-lite-interactive.pdf
General emergency	Deaf, Deafblind and hard of hearing people	Resource summary	National Auslan Communications for Emergencies	Information produced in Auslan for Deaf, Deafblind and hard of hearing people relating to the most common natural hazard emergencies within Australia.	General emergency http://auslanemergency.com.au/index.php/deaf-deafblind/natural-hazard-emergencies/general-emergency/
Emergency Planner (Get ready!)	Children	Downloadable planner	Australian Red Cross: Australia	Children's activity book to assist with planning for a disaster.	Get ready! https://redcross.org.au/globalassets/corporatecms-migration/downloads/pdfs/disaster-plan/2018-01-01-get-ready-kids-new-screen.pdf
'Get Prepared' App	Families	App (iPhone and Android)	Australian Red Cross: Australia	Mobile app to build a plan and connect with key support people online.	'Get Prepared' app https://www.redcross.org.au/prepare/
Community trauma preparedness tips	Families	Tip sheet	Australian Child & Adolescent Trauma, Loss & Grief Network, Australian National University (ANU) and Emerging Minds: National Workforce Centre for Child Mental Health: Australia	Practical and psychosocial strategies for parents and caregivers.	How parents and caregivers can prepare for a natural disaster https://emergingminds.com.au/resources/how-parents-and-caregivers-can-prepare-for-a-natural-disaster/
Psychological preparation (AIMS model)	General	Downloadable tip sheet	Australian Psychological Society: Australia	A 3-step model of preparation for natural disasters.	Psychological preparation for natural disasters https://psychology.org.au/getmedia/c24bf1ba-a5fc-45d5-a982-835873148b9a/Psychological-preparation-for-natural-disasters.pdf
Psychological preparedness	Families	Video	Australian Psychological Society: Australia	Easy ways for parents to help their children prepare psychologically for the threat of disasters.	Preparing children for disaster https://www.psychology.org.au/for-the-public/Psychology-topics/Disasters/Preparing-for-disasters/Preparing-children-psychologically-for-disasters
Disaster risk reduction awareness	Children aged 10-14 years	Activity book	Children in a Changing Climate Coalition (ChildFund Alliance, Plan International, Save the Children, UNICEF and World Vision): International	Child-friendly, awareness raising activity book, developed in consultation with children.	Child-friendly Sendai framework for disaster risk reduction https://plan-international.org/publications/child-friendly-sendai-framework-disaster-risk-reduction

Bushfire preparedness	Families	Downloadable tip sheet	Australian Child & Adolescent Trauma, Loss & Grief Network, Australian National University (ANU): Australia	Bushfire preparedness advice and tips for talking to children.	Bushfire preparedness for your family http://tgn.anu.edu.au/wp-content/uploads/2014/10/Bushfire-preparedness-for-your-family.pdf
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Disaster recovery/resilience

Topic/title	Target Demographic	Media	Author	Description	Access
Birdie's Tree	Babies, young children, parents/carers	Online games/storybooks	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Therapeutic online games and storybooks to help young children's recovery following a natural disaster.	Birdie's Tree therapeutic games https://www.childrens.health.qld.gov.au/natural-disaster-recovery/
Recovering from disaster while pregnant or with young children	Families who are pregnant/in early parenthood	Information sheet	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Brief information sheet with information and advice on reactions, recovery and assistance.	Recovering together after a natural disaster: Supporting families in pregnancy and early parenthood https://childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-after-disaster-pregnancy.pdf
Recovering from disaster while pregnant or with young children	Families who are pregnant/in early parenthood	Booklet	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Information booklet with information and advice on reactions, recovery and assistance.	Recovering together after a natural disaster: Supporting families in pregnancy and early parenthood https://childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-after-natural-disaster-booklet-pregnancy.pdf
Red Cross disaster recovery	Children, adolescents and young adults (12-25 years)	Pages on Red Cross website + podcast	Australian Red Cross, triple j and smiling mind: Australia	Basic information for children, adolescents and young adults post-disaster, including support services.	Emergencies and disasters https://www.redcross.org.au/emergencies/
Disaster anniversaries	Families & children	Tip sheet	Emerging Minds: National Workforce Centre for Child Mental Health: Australia	Provides information on how to support and manage children's reactions during the anniversary period.	Traumatic events: Anniversaries and other triggers https://emergingminds.com.au/resources/traumatic-events-anniversaries-and-other-triggers/
Recovery after a bushfire	Families	Resource guide	VicEmergency	General information to help families recover from bushfires.	Recovering from a bushfire https://emergency.vic.gov.au/relief-and-recovery/661
Bushfires	Families and early childhood professionals working with infants and young children	YouTube	Australian Child & Adolescent Trauma, Loss & Grief Network, Australian National University (ANU): Australia	Short animated video for young children.	The Bushfire https://www.youtube.com/watch?time_continue=27&v=nZRUBCC-_GM

Recovery after a cyclone	Families	Information sheet	Department of Fire & Emergency Services	Information on what to expect after the cyclone has passed and what action to take to recover.	Recovering from a cyclone https://www.dfes.wa.gov.au/site/cyclone/recovery.html
Recovery after a drought	Families with babies and/or young children	Information sheet	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Information and activity sheet for families with babies and/or young children.	Recovering together after a natural disaster – drought https://childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-drought.pdf
Recovery after an earthquake	Families with babies and/or young children	Information sheet	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Information and activity sheet for families with babies and/or young children.	Recovering together after a natural disaster – earthquake https://childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-earthquake.pdf
Recovery after a flood	Families with babies and/or young children	Information sheet	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Information and activity sheet for families with babies and/or young children.	Recovering together after a natural disaster – flood https://childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-flood.pdf
Recovery after a tsunami	Families with babies and/or young children	Information sheet	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Information and activity sheet for families with babies and/or young children.	Recovering together after a natural disaster – tsunami https://childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-tsunami.pdf
Recovery after disaster	Families with babies and/or young children	Booklet	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Comprehensive information, activities and referral information for families of children and babies recovering from a natural disaster.	Recovering together after a natural disaster: Supporting families with babies and young children https://childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-disaster-booklet-babies.pdf
Parent tips for recovery	Parents of infants and toddlers (0-3yrs)	Tip sheet (available in multiple languages)	National Child Traumatic Stress Network: USA	Practical information and strategies aligned to specific child difficulties following a disaster.	Parent tips for helping infants and toddlers after disasters https://www.nctsn.org/resources/pfa-parent-tips-helping-infants-and-toddlers-after-disasters
Parent tips for helping preschoolers after disaster	Parents of preschool-age children (0-5yrs)	Tip sheet (available in multiple languages)	National Child Traumatic Stress Network: USA	Practical information and strategies aligned to specific child difficulties following a disaster.	Parent tips for helping preschool age children after disasters https://www.nctsn.org/resources/pfa-parent-tips-helping-preschool-age-children-after-disasters
Grief and loss in disaster	Individuals and organisations working with children and adolescents	Booklet	Australian Child & Adolescent Trauma, Loss & Grief Network, Australian National University (ANU): Australia	Looks at common reactions that children and young people have during disasters and the path of recovery following a disaster.	Children, adolescents and families: Grief and loss in disaster http://earlytraumagriev.anu.edu.au/files/Disasters%20grief%20children%20and%20families_O.pdf

Media coverage	Families	Tip sheet	Emerging Minds: National Workforce Centre for Child Mental Health: Australia	Details the impacts of media exposure on children and how to manage it.	Traumatic events, the media and your child https://emergingminds.com.au/resources/traumatic-events-the-media-and-your-child/
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Psychological First Aid

Topic/title	Target Demographic	Media	Author	Description	Access
PFA for children	Individuals and organisations working with children	Information sheet	Australian Child & Adolescent Trauma, Loss & Grief Network, Australian National University (ANU): Australia	Brief guidelines on PFA for children.	Psychological First Aid for children and adolescents https://tgn.anu.edu.au/wp-content/uploads/2014/10/Psychological-first-aid-for-children-and-adolescents_01.pdf
Red Cross PFA Guide	General public, children and vulnerable populations	Resource guide	Australian Red Cross and Australian Psychological Society: Australia	Australian guide to supporting people affected by disaster using PFA. Contains child-specific section.	Psychological First Aid: Supporting people affected by disaster in Australia https://redcross.org.au/globalassets/cms-migration/documents/stories/psychological-first-aid-an-australian-guide.pdf

Trauma

Topic/title	Target Demographic	Media	Author	Description	Access
Trauma management – before, during and after disaster	Parents and caregivers, GPs, educators, first responders and health and social workforces working with children	Webpages including embedded videos	Emerging Minds: National Workforce Centre for Child Mental Health: Australia	Information for multiple community groups supporting children before, during and after a traumatic event.	Online community trauma toolkit https://emergingminds.com.au/resources/toolkits/community-trauma-toolkit/
Trauma and the child	Individuals who work with/care for children	Online training course (free)	Emerging Minds: National Workforce Centre for Child Mental Health: Australia	Introduces the key elements of understanding the prevalence of trauma, and its impact on children and families. Guides professionals to provide support.	Online trauma-related training https://emergingminds.com.au/resources/trauma-and-the-child-e-learning-course/
Managing Trauma	Families with young children	Downloadable PDF	KidsMatter: Australia	Webpage that converts to downloadable PDF. Describes trauma, traumatic events, stress responses, and how to assist children.	Managing trauma and ways to recover https://ihcsupportagency.org.au/wp-content/uploads/2019/05/03_Managing-trauma-and-ways-to-recover.pdf
Early Childhood trauma resources	Individuals who work with/care for children	Downloadable PDF	National Child Traumatic Stress Network: USA	Explores early childhood trauma and details protective factors for building resilience.	Early Childhood trauma https://www.nctsn.org/resources/early-childhood-trauma

Childhood trauma reactions	Individuals who work with/care for children	Tip sheet	Australian Child & Adolescent Trauma, Loss & Grief Network, Australian National University (ANU): Australia	Lists possible signs of trauma and recovery in children and adolescents.	Signs of possible trauma in children and adolescents https://earlytraumagrief.anu.edu.au/files/Signs-of-possible-trauma-in-children-and-adolescents.pdf
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Grief & loss in disaster

Topic/title	Target Demographic	Media	Author	Description	Access
Grief and loss resources	Children and youth	Resources	Australian Child & Adolescent Trauma, Loss & Grief Network, Australian National University (ANU): Australia	Information about grief at different ages and developmental stages in children. Also provides guidance on how to assist grieving children.	Children, adolescents and families: Grief and loss in disaster https://earlytraumagrief.anu.edu.au/files/Disasters%20grief%20children%20and%20families_O.pdf