

Coping with Disasters and Trauma Information Resources Following the 2010 Earthquake in Haiti

The following resources provide information on coping with trauma and natural disasters, many of which highlight the strengths of Haitians in dealing with disasters. Some articles highlight interventions for natural disasters in other populations, which might be especially relevant during these times.

World Health Organization

Culture and Mental Health in Haiti: A Literature Review (January, 2010):

http://www.who.int/mental_health/emergencies/culture_mental_health_haiti_eng.pdf

The American Psychological Association Task Force on PTSD Publications

Post-traumatic Stress Disorder and Trauma in Children and Adolescents:

<http://www.apa.org/pi/families/resources/task-force/child-trauma.aspx>

The National Child Traumatic Stress Network

The National Child Traumatic Stress Network Website:

<http://www.nctsn.org/trauma-types/natural-disasters/earthquakes>

Parent Guidelines for Helping Children after an Earthquake (English):

http://www.nctsn.org/sites/default/files/assets/pdfs/Parents_Talk_to_Children_about_Earthquake.pdf

Parent Guidelines for Helping Children after an Earthquake (Kreyol):

http://www.nctsn.org/sites/default/files/assets/pdfs/Konsey_pou_paran.pdf

Guidance for Caregivers: Children or Teens who had a Loved One Die in the Earthquake:

http://www.nctsn.org/sites/default/files/assets/pdfs/Earthquake_Caregiver_071008_Formatted.pdf

Tips for Parents on Media Coverage of the Earthquake:

http://www.nctsn.org/sites/default/files/assets/pdfs/Earthquakes_Media_final.pdf

Teaching Guidelines for Helping Children after an Earthquake (English):

http://www.nctsn.org/sites/default/files/assets/pdfs/Teachers_Talk_to_Students_about_Earthquake.pdf

Teaching Guidelines for Helping Children after an Earthquake (Kreyol):

http://www.nctsn.org/sites/default/files/assets/pdfs/Konsey_pur_pwofese.pdf

http://www.nctsn.org/sites/default/files/assets/pdfs/Gid_Pou_pwofese.pdf

Guidance for School Personnel: Students who had a Loved One Die in the Earthquake:

http://www.nctsn.org/sites/default/files/assets/pdfs/Earthquake_School_Personnel_071008_Formatted.pdf

Red Cross: Emotional Self-care After a Disaster

Emotional Self-Care (English):

<http://www.redcross.org/wwwfiles/Documents/pdf/Preparedness/checklists/EmotionalHealth.pdf>

Emotional Self-Care (Kreyòl):

http://www.redcross.org/www-files/Documents/pdf/foreignmat/Haitian/HT_EmoionalHealth_final.pdf

Interagency Standing Committee (IASC) Mental Health and Psychosocial Support

Guidance Note: Haiti Earthquake Emergency Response - January 2010:

<http://www.apa.org/international/resources/haiti-guidelines.pdf>

Select Publications

If you are unable to attain copies of these articles, please contact umcrecer@gmail.com for assistance.

Baggerly, J. & Exum, H.A. (2008). Counseling children after natural disasters: Guidance for family therapists. *The American Journal of Family Therapy*, 36, 79-93.

Benight, C., Swift, E., Sanger, J., Smith, A., & Zeppelin, D. (1999). Coping self-efficacy as a mediator of distress following a natural disaster. *Journal of Applied Social Psychology*, 29, 2443-2464.

Chatters, et al (2008). Religious coping among African Americans, Caribbean Blacks, and non-Hispanic Whites. *Journal of Community Psychology*, 36, 371-386.

Douyon, R., Marcelin, L., Jean-Gilles, M., & Page, J. (2005). Response to trauma in Haitian youth at risk. *Journal of Ethnicity in Substance Abuse*, 4, 115-138.

Fawzi, M.C.S., Betancourt, T.S., Marcelin, L., Klopner, M., Munir, K., Muriel, A.C., Oswald, C., & Mukherjee, J.S. (2009). Depression and post-traumatic stress disorder among Haitian immigrant students: Implications for access to mental health services and educational programming. *BMC Public Health*, 9, 482-493.

Greenstone, J.L.(1993). *Critical incident stress debriefing and crisis management*. Austin, Texas: Texas Department of Health.

- Greenstone, J.L. (2008). *The elements of disaster psychology: Managing psychosocial trauma – An integrated approach to force protection and acute care*. Springfield, Illinois: Charles C. Thomas, Publishers.
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- Nicolas, G., et al (2007). Expression of depression by Haitian women in the United States: Clinical observations. *American Journal of Psychotherapy*, 61, 83-98.
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- Nicolas, G., DeSilva, A., Marc, L., & St Louis, G. (in press). *Social ties, social support and mental health of Haitian immigrants*. Coconut Creek: FL: Caribbean Studies Press.
- Nicolas, G., Hirsch, B., & Beltrame, C. (unpublished manuscript). Sociopolitical, gender, and cultural factors in the conceptualization and treatment of depression among Haitian women.

- Nicolas, G., S., Hirsch, B., & Fleury, C. (in press). Culture and Depression among Haitian and Bahamian Women. In D. Jack, & A. Ali (Eds.), *Cultural perspectives on women's depression: Self-silencing, psychological distress, and recovery*. New York: NY: Oxford University Press.
- Nicolas, G., Schwartz, B., & Pierre, E. (2009). Weathering the storm like Bamboo: the Strengths of Haitians in Coping with Natural Disasters. In A. Kalayjian, D. Eugene, & G. Reyes (Ed.), *International handbook of emotional healing: Ritual and practices for resilience after mass trauma*. Westport, CT: Greenwood Publishing Group, Inc.
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