

## DISASTER PREPAREDNESS AND RESPONSE FOR OUR NATION'S MILITARY AND THEIR FAMILIES

Our nation's service members and their families have a proud tradition of understanding and responding to high-risk situations and environments. These situations encompass war on foreign soil, global peacekeeping missions and duty in the face of national security risks and disasters on the home front.

The special knowledge, skills and behaviors involved in disaster preparedness and response are essential for meeting the military mission. Preparedness allows our active duty, reserve and National Guard soldiers, sailors, airmen and marines to continue to function, despite the disruptions that disasters may bring. Preparedness also builds resilience within the military families and communities in which service members live.

The Center for the Study of Traumatic Stress (CSTS) of the Uniformed Services University of the Health Sciences develops and disseminates knowledge about planning for, responding to and recovering from the health and mental health consequences of exposure to a range of disasters. Disasters range to include natural disasters, terrorism and bioterrorism, pandemic threat and war. These resources are unique in content and form. Many materials have been developed in real time through consultation with military and civilian responders to major disasters, and reflect the issues and special needs indigenous to each disaster type. All resources reflect the expertise of military medical specialists including military and disaster psychiatrists, psychologists, researchers and clinicians as well as experts in health communication and public education. These resources are in the form of electronic fact sheets, newsletters, CDs and briefings and reports that can be easily disseminated or linked to the websites of other organizations.

### Web Links

The links below provide information on a wide range of disasters with directives for military health leadership, military members and their families to advance individual and family coping and resilience. All resources are in the public domain and available at the CSTS website: [www.CSTSonline.org](http://www.CSTSonline.org)

The following are links to the CSTS Courage to Care (CTC) health campaign CSTS Fact Sheets:

- <http://www.centerforthestudyoftraumaticstress.org/downloads/PlanningforDisaster.pdf>  
CTC — Family Planning for Disasters
- <http://www.centerforthestudyoftraumaticstress.org/downloads/911%20Anniv%20Families.pdf>  
CTC — Safety, Health and Preparedness a 9/11 Anniversary Message for Military Families
- <http://www.centerforthestudyoftraumaticstress.org/downloads/CTCPsychologicalFirstAid.pdf>  
CTC — Psychological First Aid Helping Victims in the Immediate Aftermath of Disasters
- [http://www.centerforthestudyoftraumaticstress.org/downloads/CSTS\\_Disaster\\_movies.pdf](http://www.centerforthestudyoftraumaticstress.org/downloads/CSTS_Disaster_movies.pdf)  
Fact Sheet — Powerful Movies — Powerful Memories of Disaster
- [http://www.centerforthestudyoftraumaticstress.org/downloads/CSTS\\_Psych1stAid.pdf](http://www.centerforthestudyoftraumaticstress.org/downloads/CSTS_Psych1stAid.pdf)  
Fact Sheet — Psychological First Aid — How You Can Support Well-Being in Disaster Victims
- [http://www.centerforthestudyoftraumaticstress.org/downloads/CSTS\\_StressMgtParents.pdf](http://www.centerforthestudyoftraumaticstress.org/downloads/CSTS_StressMgtParents.pdf)  
Fact Sheet — Stress Management for Parents
- <http://www.centerforthestudyoftraumaticstress.org/downloads/CSTSEvacuees.pdf>  
Fact Sheet — Hurricane Katrina Evacuee Mental Health and Care
- <http://www.centerforthestudyoftraumaticstress.org/downloads/InitialPrimaryCare.pdf>  
Fact Sheet — Initial Primary Care Screening for Severe Psychiatric Illness
- <http://www.centerforthestudyoftraumaticstress.org/downloads/Funerals+memorials.pdf>  
Fact Sheet — Funerals and Memorials A Part of Recovery
- [http://www.centerforthestudyoftraumaticstress.org/downloads/CSTS\\_Wkpl\\_Viol\\_for\\_Workers.pdf](http://www.centerforthestudyoftraumaticstress.org/downloads/CSTS_Wkpl_Viol_for_Workers.pdf)

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Fact Sheet — Recovery in the Aftermath of Workplace Violence Guidance for Workers

- [http://www.centerforthestudyoftraumaticstress.org/downloads/CSTS\\_Pandemic\\_flu.pdf](http://www.centerforthestudyoftraumaticstress.org/downloads/CSTS_Pandemic_flu.pdf)  
Fact Sheet — Mental Health and Behavioral Guidelines for Response to a Pandemic Flu Outbreak
- <http://www.centerforthestudyoftraumaticstress.org/downloads/CSTS%20Pandemic%20Planning.pdf>  
Fact Sheet — Pandemic Planning and Response
- [http://www.centerforthestudyoftraumaticstress.org/downloads/Haz\\_mat\\_cleanup.pdf](http://www.centerforthestudyoftraumaticstress.org/downloads/Haz_mat_cleanup.pdf)  
Fact Sheet — Hazardous Material Clean up and Continuous Operations

- <http://www.centerforthestudyoftraumaticstress.org/downloads/TeachersHelpStudents.pdf>  
Fact Sheet — Teachers Helping Students
- [http://www.centerforthestudyoftraumaticstress.org/downloads/CSTS\\_LE\\_NaturalDisasters.pdf](http://www.centerforthestudyoftraumaticstress.org/downloads/CSTS_LE_NaturalDisasters.pdf)  
Fact Sheet — Natural Disasters Optimizing Officer and Team Performance

Useful disaster preparedness and response information for individuals, families and communities can also be found at other government sites:

- [www.ready.gov](http://www.ready.gov)
- [www.fema.gov](http://www.fema.gov)

**Note: Click on a link in blue and you will be taken to a website or pdf.**