

Community/School Gun Violence, Collective Trauma and Resiliency November 2022 Resiliency Roundtable – Resources

Please note, this list of resources is not exhaustive but rather a compilation of materials shared by speakers, facilitators, and community members at the November 2022 Resiliency Roundtable and other materials related to the topic that BeWell compiled as of 11/28/22.

[View Our Splashpage to See Our November Time Together](#)

[Recording of November 7th, 2022 Speaker Session](#)

RECOMMENDED PRE-SESSION LEARNING MATERIALS

- Oct 2022 Article - [These School Shooting Survivors Are Building Remarkable Networks](#)
 - Sept 2022 Article - [Stress of mass shootings causing cascade of collective traumas](#)
 - Aug 2022 Podcast - [The Parkland Students, Four Years Later](#)
 - June 2022 Article - [How school shootings impact survivors in the long term](#)
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SHARED BY NOVEMBER 7TH SPEAKERS

Julie Kaplow, [Meadows Mental Health Policy Institute](#) and The [Trauma and Grief \(TAG\) Center at The Hackett Center for Mental Health](#)

The primary purpose of the Trauma and Grief (TAG) Center at The Hackett Center for Mental Health is to raise the standard of care and increase access to best-practice care among traumatized and bereaved children, adolescents, and their families.

- *Dr. Kaplow shared research on grief and trauma and how they affect the developing brain; her team's hands-on work with communities in the wake of traumatic events; and learnings and best practices in shared resources.*
 - [Trauma and Grief \(TAG\) Center Best Practices June 2022](#)
 - [TAG Center Guidelines for Caregivers](#)
 - [TAG Virtual Learning Library - MMHPI - Meadows Mental Health Policy Institute](#)
 - [Helping Children After Uvalde School Shooting](#)

Rabbi Melissa Zalkin Stollman

Rabbi Stollman shared her experience within the Parkland Jewish community during and after the tragic event, and how the trauma continues and shifts. She shared considerations for safety protocols and Jewish ritual for gathering to support the community.

- Melissa's blog posts about healing after Parkland
 - [After Parkland, Can We Ever Forgive?](#) March 2018
 - [How a Parkland-Area Rabbi Found Space to Heal and Reflect](#) July 2018
 - [Two Years Later: Remembering Parkland, Continuing to Heal](#) February 2020
- Melissa's training for Jewish educators: [The Educator's Emotional, Spiritual, and Psychological Toolkit](#)
- [Song 'Shine' by Parkland students](#)

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Maggie Feinstein, [10.27 Healing Partnership](#)

10.27 Healing Partnership's mission is to foster a sense of community well-being by providing support, connection and opportunities for reflection for individuals and their loved ones impacted by the October 2018 attack and others who experience hate-induced trauma.

- *Maggie shared about 10.27 Healing Partnership's immediate response in Pittsburgh, their development as a resiliency center, and their ongoing resources, services, and healing offerings for the community.*
 - [Resource page on 10.27 website](#)
 - [The National Mass Violence Victimization Resource Center \(NMVVRC\)](#)
 - [What community leaders can do to prepare](#)
 - [Trauma-focused clinical training](#)

Genève Hein, [JCFS Chicago](#)

JCFS Chicago's mission is to provide help, healing, and caring services infused with Jewish values to strengthen lives in our community.

- *Genève shared how JCFS Chicago responded to the immediate tragedy in Highland Park and their ongoing work to create a resiliency center. She shared their training with Israel Trauma Coalition for on-the-ground staff to support community members.*
 - [JCFS Support for Highland Park](#)
 - [Israel Trauma Coalition](#)

SHARED BY NOVEMBER 14TH FACILITATORS

Rabbi Jen Gubitz, [Modern Jewish Couples](#)

With wit and wisdom, Modern Jewish Couples empowers couples to design Judaism into their lives on their own terms, flipping the playbook of Jewish engagement by shifting from “text meets life” to “life meets text.” Our inclusive approach centers on couples' interests, curiosities, needs, and life stages (engagement, wedding planning, marriage, loss) and offers Judaism as the framework for exploration and connection.

- *Rabbi Jen shared insights, rituals and Jewish wisdom from her work supporting young adults and their families navigate private grief, grief in large groups, and pre and postvention death education.*
 - Jen's writing on grief and tragedy
 - [Healing for our Nation](#)
 - [Kaddish for Pittsburgh](#)
 - [Grief, Weddings: Open First](#)
 - [Why Did\(n't\) the Funeral Procession Cross the Road](#)

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Mark Young, [JResponse](#)

JResponse® is a readiness, relief, recovery, and resilience initiative that trains JCC professionals to provide non-emergency support to other JCCs and the communities they serve following natural and man-made disasters.

- *Mark highlighted how JCC professionals -- through tools of readiness, relief, recovery, and resilience -- can be reinforcements for the staff on the ground helping to navigate trauma and post-trauma for their community and be a direct resource and supportive presence to these staff as well.*
 - Two summary sheets from JResponse training
 - [Module One](#) summarizes the WHY of JResponse, along with our foundational Jewish values, the 4 R's and what JResponders do.
 - [Module Three](#) summary sheet reviews the Resilience training module - including foundational Jewish texts, defining Resilience, and both our 4 I's model and JCC Model of Resilience - to build resilience in our JCC professionals so they can be prepared to support others and to share these strategies with those navigating trauma / post-trauma situations.

Carly Coons, [Blue Dove Foundation](#)

Blue Dove Foundation is transforming the way the Jewish community understands and responds to mental health.

- *Carly previewed two distinct resources, one for individuals and one for professionals, which will launch in Spring 2023. Thanks to a grant from UpStart, the Blue Dove Foundation and [Shomer Collective](#) have been working together on resource guides, workshops, and thought leadership about how to support individuals and communities through traumatic death.*
 - [Early Interest Form](#)

RESOURCES FOR AFTER NOVEMBER 2022 COLORADO SPRINGS SHOOTING

Our hearts are heavy with the recent mass shooting in Colorado Springs. See below for resources specific to supporting Colorado Springs and the broader LGBTQ+ and ally community reeling from this attack on the same day as Trans Day of Remembrance.

- The National Mass Violence Victimization Resource Center (NMVVC) offers the resources below, which may provide some guidance for the community in the coming days and months: [NMVVC Colorado Springs Club Q Response Nov 2022](#).
- [Keshet](#) hosted a vigil for LGBTQ+ Jewish teens and young adults in the immediate aftermath of the tragedy and shared this [Support and Resource List for LGBTQ Teens and Allies](#), which includes crisis service options for the network. Please feel free to share and encourage others to share.
- [JQ](#) provides individual and group support services to Jewish LGBTQ+ youth and young adults, allies, and families.

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- [JQ Helpline](#) - Contact us today by emailing Helpline@JQinternational.org or calling or texting 855.JQI.HLPS (855.574.4577) and a supportive mental health professional will be available to respond to you within the next 24 hours.
 - [JQ Support Groups](#) - JQ offers free virtual monthly and drop-in support groups for LGBTQ+ Jews and allies.
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ADDITIONAL RESOURCES FROM THE COMMUNITY

- **Trauma Response**
 - [National Child Traumatic Stress Network](#) (NCTSN)
 - *NCTSN's mission is to raise the standard of care and improve access to services for traumatized children, their families and communities throughout the United States.*
 - [Mass Violence Resources](#)
- **Leadership Through Traumatic Events/Crises**
 - [Grief Leadership: Leadership in the Wake of Tragedy](#)
 - *Leaders play critical roles in the recovery of communities and individuals after disasters.*
 - [TEND Academy](#)
 - *Education and resources for helping professionals, including navigating vicarious trauma, secondary trauma, and compassion fatigue*
- **Violence Prevention**
 - [Sandy Hook Promise](#)
 - *Sandy Hook Promise is a national nonprofit organization founded and led by several family members whose loved ones were killed at Sandy Hook Elementary School on December 14, 2012. Based in Newtown, Connecticut, our intent is to honor all victims of gun violence by turning our tragedy into a moment of transformation.*
 - [16 Facts About Gun Violence and School Shootings](#)
 - [10 Warning Signs and PSA](#)
 - [Learning Center](#)
 - *The Learning Center is where educators, students, and parents can access trainings, resources, and curriculum for the following Sandy Hook Promise programs at no cost*
 - [Children's Hospital of Philadelphia Center for Violence Prevention](#)
 - *The mission of the Center for Violence Prevention (CVP) at CHOP is to reduce the exposure to and impact of violence among children, teens, and families. We conduct community-focused research and design innovative, evidence-based programs that are implemented, disseminated and sustained across clinical, school and neighborhood settings. Our work is trauma-informed and rooted in racial equity and social justice.*

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- **Grief and Loss**
 - [Reboot Ideas and JW3 Present *The Modern Loss Handbook*](#)
 - *Recorded conversation on the global movement to destigmatize the universal experience of grief. [The Modern Loss Handbook](#) is the resource that author and Modern Loss co-founder Rebecca Soffer wished she had after her parents died, and offers a welcoming space in which to grow thoughts and feelings as they evolve while creating a personal roadmap toward resilience*
 - [Death Over Dinner: Jewish Edition](#)
 - *Talking about death is not easy and we're not used to it, but we believe that this conversation ultimately helps us appreciate the fullness of life.*
 - [what's your grief?](#)
 - *To put it simply, this website is about grief. That probably sounds oversimplified, but grief is a complex topic. Grief is an emotional, logistical, and existential nightmare. It requires us to navigate life without someone important, deal with overwhelming thoughts and feelings, and find ways to function in a world turned on its head.*
 - [How is today?](#)
 - *Helpful conversation starters on grief. The movement was founded by two people in their late twenties who connected over losing a parent when young. So, how do you start? Simple. Break the silence. Open the conversation and dust grief off. Help us make speaking about all things grief feel normal. Not taboo.*
 - [Refuge in Grief](#)
 - *An online community with resources to help people survive some of the hardest experiences of their lives.*
 - [Writing Your Grief Community](#)
 - [Speaking Grief](#)
 - *Speaking Grief is a public media initiative, including a PBS Documentary, aimed at creating a more grief-aware society by validating the experience of grievers and helping to guide those who wish to support them.*
- **Crisis Response**
 - [JReady](#)
 - *International, web-based Resource Center for Community Resilience, including trainings and expert consultation. JReady was created by The Jewish Agency for Israel as a response to the COVID-19 pandemic and the challenging consequences that continue to impact Jewish communities around the world. JReady is a "by the community, for the community" initiative, designed to assist with emergency preparedness, response, and rehabilitation.*
 - [Free Webinar Recordings](#) - [Best Practices](#) - [Contact](#)
- **Political Action**
 - [Everytown for Gun Safety](#) – *the largest gun violence prevention organization in America*
 - [Moms Demand Action](#)
 - [Students Demand Action](#)
 - [Survivor Network](#)
 - [The Promises and Pitfalls of the New Gun Law](#) – *July 2022 Article*

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- Misc.
 - [‘A Tree of Life’](#) song by Idina Menzel
 - [A Tree of Life: The Pittsburgh Synagogue Shooting](#)
 - *‘A Tree of Life: The Pittsburgh Synagogue Shooting’ is an HBO documentary, detailing a deeply personal portrait of the survivors, victims and family members, who share their harrowing first-hand accounts of the impact of the shooting on the community.*
 - [Social, Emotional & Spiritual Learning](#)
 - *Jewish educators are asking how they may help their students develop social relationships that are embedded with Jewish values. They are seeking to create Jewish learning that nurtures the soul, honors spiritual curiosity and is relevant to their lives. The conceptual overlap with Jewish education is clear – blueprints for moral and ethical behavior are embedded within Jewish values and mitzvot.*
 - [Resources for Educators](#)
 - [Love and Caring in the Time of Corona](#)