



Turning Tragedy Into TRANSFORMATION





Turning Tragedy Into Transformation



Imagine
an organization committed
to creating new ways to cope, day-to-day
after the unthinkable happens.

Helping to empower children, families and communities in the aftermath of trauma and loss.

To be there, providing long-term support for a lifetime of healing.



How we do it

“Tuesday’s Children has been there for me and because of them, I am a better person. They are always just a phone call away. I have learned to trust again and with their help my children, and especially my son, can learn to trust again, too.”

– Tuesday's Children
Family Member

LONG-TERM HEALING MODEL

Our time-tested, long-term approach enables families and communities torn apart by tragedy to heal, recover and thrive. We offer hands-on support and consulting-based guidance to policymakers, service providers, individuals and volunteers seeking to provide assistance in communities recovering from recent tragedies. We apply our experience and knowledge in building trust and community while delivering a proven platform of evidence-based programs that strengthen resilience, foster post-traumatic growth and build common bonds.

For nearly two decades, Tuesday’s Children has worked to research, validate and codify our enduring approach to long-term and collective healing.

9 out of 10

Mass shootings occur every 9 out of 10 days in the U.S.

200,000

Over 200,000 people have died as a result of more than 90,000 global terrorist incidents since 2002

We have compiled our lessons learned over two decades as a trusted service provider to individuals, families and communities impacted by terrorism, military conflict and mass violence. We continue to provide customized guidance, share resources and deliver collaborative programs with U.S. communities recovering from mass violence, military survivor groups, and international communities, including over 30 countries engaged in Project COMMON BOND.

We measure our success by our ability to help others and share our lessons learned with more individuals and communities. Our model offers a training curriculum and toolkit of resources drawing from our organization's deep experience and expertise.

Our five training modules provide guidance on implementing effective community outreach, employing an adaptive approach, nurturing resilience in children and families, and working together with families, survivors and other groups in the community to do the most good.

Adapting our Long-Term Healing Model has the potential to transform the lives of people affected by terrorism, military conflict and mass violence.

Together





Trust

“No matter who I was with or where we were, I felt I was part of a family and community. It was such a relief to meet people who understood my experience and were struggling with the same pains.”

– Project COMMON BOND Participant

99% of participants recognized the value of learning from different cultures; 96% felt better able to identify and respond to prejudices.

PROJECT COMMON BOND

Project COMMON BOND unites youth from around the world who have lost an immediate family member due to terrorism, violent extremism or military conflict.

It’s about bringing people together—helping them find strength in each other and creating a bond beyond tragic events. Healing begins by talking about what happened with people you trust—people who support you.

This unique international symposium also convenes leading professionals working with victims and survivors from participant countries to discuss best practices and share cross-cultural perspectives to promote long-term collective healing.

Participants engage in a dialogue of healing and community building, collaborate to promote the dignity of all and learn conflict negotiation and peacebuilding skills, all to create positive change in their lives and global communities.

The aim of Project COMMON BOND is to build understanding and tolerance between cultures, promote shared humanity and channel the adverse effects of terrorism into meaningful action.

Global Impact

TUESDAY'S CHILDREN PROVIDES
SUPPORT TO THOSE IN NEED
AROUND THE WORLD.





Learn more about Tuesday's Children today

tuesdayschildren.org
info@tuesdayschildren.org
212.332.2980

OUR MISSION

Tuesday's Children provides a lifetime of healing for families who have been forever changed by terrorism, military conflict or mass violence.

FEATURED IN

The New York Times



WSJ



People



10 Rockefeller Plaza, Suite 910
New York, NY 10020
(212) 332-2980 or (516) 562-9000
www.tuesdayschildren.org



MENTAL HEALTH RESOURCES

Trauma and grief are multifaceted concepts with complex origins and symptomatology. The varying types and degrees of trauma-related effects require specific processes and interventions on the part of service providers and professionals.



ADULTS

Common Feelings:

The sudden and violent nature of loss resulting from a mass tragedy is unique and can be a defining characteristic of grief and cause traumatic reactions for some. The emotional and physical wounds can take longer and be more complicated to heal.

- Loss of safety/fear
- Financial Uncertainty
- Physiological Impact
- Fear of being forgotten
- Stress/Anxiety
- Social isolation
- Disrupted family dynamics
- Psychological impact
- Profound Grief

Increasing Preparedness:

Feeling unprepared can lead to a sense of helplessness, and internalizing the stories of the victims and survivors can lead to profound sadness and vicarious trauma/loss. A series of steps can be taken to help ease the shock if and when a mass tragedy strikes.

- Build a strong community and maintain social supports
- Connect to a nurturing community of support and build common bonds with others who can relate to the experience
- For parents, facilitate discussions about mass tragedies with children (see other side)

Indications for Need of Professional Help:

Anyone witnessing a traumatic incident, even those not directly impacted and those absorbing media coverage of mass tragedies, can suffer from the emotional impact.

- Extreme fear or loss of safety
- Withdrawal or isolation from peers and usual social supports
- Severe reactions to trauma triggers or reminders
- Excessive or prolonged longing or yearning post-loss
- Indications of depression or anxiety

Coping in the Aftermath:

To counter fears and anxieties associated with trauma and grief, even vicarious trauma and sadness, it is important to establish personal safety both on an individual level and in group settings.

- Identify and address triggers, reminders and feelings of loss or abandonment
- Self-care and attending to personal needs: maintain a healthy routine of exercise, sleep and relaxation
- Connection to a nurturing community, and if possible, connection with peers or others who have been through similar experiences

MENTAL HEALTH RESOURCES

Trauma and grief are multifaceted concepts with complex origins and symptomatology. The varying types and degrees of trauma-related effects require specific processes and interventions on the part of service providers and professionals.



Children

Helping Children Understand:

In helping children understand mass tragedies, adults should be mindful of the developmental stage of the child/children and their ability to process the finality of death and loss, as well as the complexities of traumatic experiences.

- Directly communicate what happened in a clear and concise way; it is best to avoid the use of metaphors or stories that might encourage fantasies, both positive or negative
- Give them the opportunity to ask questions and state how they are feeling
- Reinforce creative license to express their feelings through play, drawing, stories or other activities

Maintaining a Sense of Safety:

Children often internalize parental emotional reactions. It is important to establish that they are in a safe environment and that the child or their family members and friends are not in any immediate danger now or in the near future.

- Provide reassuring answers to any questions and concerns children have about the news or the event
- Inform children that mass-scale tragedies and traumatic events are rare and that people are working hard to determine why the event happened and put protections in place to safeguard against this happening in the future
- Facilitate age-appropriate discussions about parental emotional experiences to build comfort, safety and security; convey hope and show them how to build resilience in overcoming and learning from negative experiences

When a Child is Affected by Tragedy:

For children who experienced a traumatic event first-hand, it is even more important to establish safety, build their resilience, and alleviate fears that they may find themselves in a similar situation again.

- Be mindful of cues from children directly impacted by tragedies, such as acting out; these are indicators of how they need to express what happened
- Help prepare for what they should do if the event does happen again; give specific instructions that they can practice in order to gain confidence and reduce anxiety
- Establish connection to a community of other survivors and individuals who understand their experience can help them build resilience and foster post-traumatic growth

Indications for Need of Professional Help:

Common reactions include extreme fear or loss of safety, withdrawal or isolation from peers and usual social supports, severe reactions to trauma triggers or reminders, excessive or prolonged longing or yearning post-loss, or indications of depression or anxiety.

- If traumatic reminders and trauma triggers are overwhelmingly present or linger in a disruptive way after the experience
- The presence of hypervigilance, reactivity and passivity
- Regression to earlier behaviors, such as bedwetting, temper tantrums or clingy behavior is normal, but may indicate need for additional support if they persist for more than a month

MENTAL HEALTH RESOURCES

Trauma and grief are multifaceted concepts with complex origins and symptomatology. The varying types and degrees of trauma-related effects require specific processes and interventions on the part of service providers and professionals.



Types of Trauma

Post-Traumatic Stress Disorder (PTSD)

- May result from direct exposure to a traumatic event

Intergenerational Trauma

- Personal and collective trauma experiences can be transmitted generationally

Vicarious Trauma

- Second-hand exposure; common among caregivers/responders working with those directly exposed

Trauma Triggers

- Reminders that may result in hyperarousal, avoidance, etc.

Interventions for Effects of Trauma

Fear/Loss of Safety

- Establish safe environment, individual and group agreements, inclusion, non-judgment

Dissociation

- Mindfulness/body awareness

Hyperarousal

- Identifying triggers; individual and group regulation

Isolation

- Connecting with others with similar experiences; normalizing and foundation for healing

Types of Grief

Traumatic Loss

- Sudden loss often of violent or graphic nature

Complicated Grief

- Prolonged or complex grieving process associated with traumatic and sudden loss

Ambiguous Loss

- Often the result of lack of closure that delays the grieving process

Varied Timelines & Developmental Perspectives

- Everyone metabolizes grief differently; children's responses change with development

Interventions for Grief Reactions

Longing/Yearning

- Find positive ways to incorporate memories of loved ones into one's life

Withdrawal

- Establishing trusted social supports; connecting with common bonds

Depression

- Address whether this is specific to grief and if further intervention is needed

Anxiety

- Identify/address fears of loss/abandonment; establish safe environment

Lessons Learned in Community Resilience and Long-Term Healing



We continue to work with particular community providers across communities impacted by mass violence to share any strategies and lessons learned. We are also making peer connections for those providers to other communities and individuals that can share best practices and lessons learned.

Our work has validated key lessons that are universal across communities impacted by mass violence. Our Long-Term Healing Model states that these communities can benefit from:

- Long-term commitment and response
- Evidence-based, resilience-building services
- Broad, community-based outreach
- Carefully selected partnerships
- Needs-based, adaptive approach
- Family/community involvement and feedback

Needs evidenced in communities recovering from traumatic loss and mass tragedy:

- Lack of long-term programs and lack of funding to support them
- Lack of protocol for coordinated services, debriefings, family support, trauma training for providers
- Varying levels of mental health benefits state by state, location by location
- Lack of trust in providers, government, media, leading to difficulty in engaging populations in need of assistance and in delivering support services
- Isolation and need for safe place—community supports are key in re-establishing a sense of safety
- Traditional mental health services often go unutilized or underutilized because of stigma
- Underserved communities—many ripple communities get overlooked, e.g. responders, employees
- Media mistrust—need for advocacy/mediation (complaints of inaccurate reporting, no privacy)
- Turf issues and competition among providers and local agencies, governing bodies, etc.
- Red tape and legal issues – long investigations, complicated victims' compensation processes, excessive paperwork
- Ongoing trauma triggers from anniversaries, reminders, circumstances, related incidents, theories, etc. that compound the trauma and loss
- Warning signs and need for prevention/intervention



CONNECTIONS in RESILIENCE

June 20-24, 2020

Collaborative Feedback on Challenges and Solutions to Long-Term Healing

Challenges to Long-Term Healing

- Lack of funding
- Insufficient professional training
- Other traumas: e.g. domestic violence, ongoing conflict, etc.
- Political factors impacting victim support (e.g. inconsistent policies and funding)
- Negative or dismissive public opinion on grieving and memorialization
- Public fatigue (also affects funding)
- Socio-economic factors - other basic needs must be met before long-term healing is possible
- Social awareness and continuous threats
- Provider burnout / need for self care

Common Themes

- Reparations/ Justice
- Social unrest
- Isolation
- Media
- Family dynamics
- Memorialization
- Advocacy
- Victims' voices
- Trauma & grief
- Long-term needs
- Resilience
- Connections
- Self-care

Solutions to promote Long-Term Healing

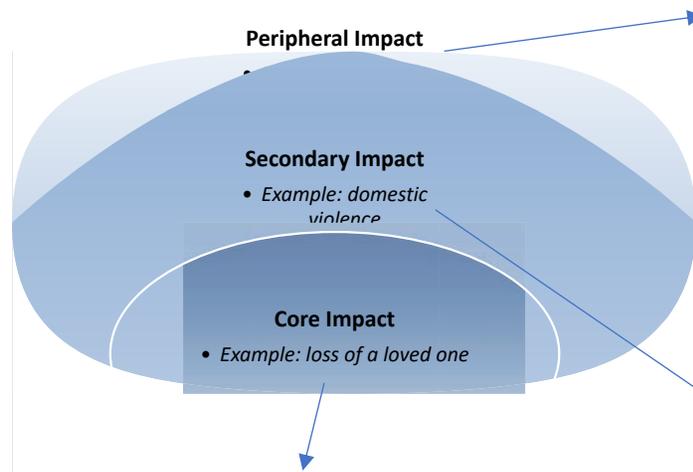
- Sharing best practices
- Convening professionals with common bonds
- Practicing dignity and self-care
- Leveraging peacebuilding and conflict in positive ways
- Collaborate with institutions, governments, etc. to promote understanding of victims' needs (e.g. Norway working the National Board of Psychiatry to study long-term effects of terror and PTSD)
- Forums and events to share knowledge on global efforts around terror and mass violence
- Empowerment of survivors and professionals (encouraging taking risks - e.g. public speaking, advocacy, showing vulnerability, etc.)
- Focus on specific challenges to enact change
- Ability to work closely with law enforcement
- Elevate credible counter-narrative voices (empowerment of victims/ survivors to tell their own stories, proven to be a powerful deterrent to violence and extremism)
- Raising awareness of needs of communities, solutions and best practices
- Establish a "Network of Resilience"

Challenges due to Global Pandemic

- Underlying societal issues are amplified, such as racism, gender-based violence
- Concern that all current funding opportunities are for the pandemic, leaving limited resources for terrorism/mass violence victim and survivor communities
- Fear among victims' families and survivors that they will be forgotten
- Increase in economic insecurities (housing, employment, etc.) compounding usual struggles
- Isolation across the board: in work, in personal life
- Shortcomings of the virtual world in connecting people and meeting individual and community needs
- Fear of vulnerable populations "falling through the cracks"
- Finding and discerning TRUTH and FACTS surrounding the pandemic
- Long-term impact of COVID-19, fear of uncertainty and what comes next after the pandemic
- Lack of preparedness for this pandemic, despite previous resilience and lessons learned
- Increase in anxiety, depression, and frustrations, resulting in increased interpersonal conflict
- Increase in amount of time spent behind a screen
- Specific developmental concerns for children
- Could our mental health be greatly affected long-term?

RIPPLE EFFECT EXERCISE

How has COVID-19 impacted the populations we serve?



Peripheral Impact: (Thursday session)

- Deniers will historically impact families who did lose loved ones of Covid-19; more public conspiracy theorists/magnified and accepted online and otherwise
- Stress/ Anxiety to return to “normal”
- Permanent impacts of pandemic on our way of life, will there be a new normal?
- Uncertainty surrounding education, long-term impact on children, young people; “lost generation”
- Impact on teachers, reinventing how to provide education our youngest populations
- Work/Life Balance
- Longer-term societal issues and tension
- Epidemic of unmet needs, mental health fallout

Peripheral Impact: (Friday session)

- Increased racism, strained civil relations
- Increased need for self-care, healthy coping mechanisms, centering
- Preparedness for future events like this
- Lessons learned
- Accountability/Reparations
- Historical trauma
- Public understanding of trauma/grief
- Need for broader bereavement care
- Policy changes/systems change (e.g. movement and gov. office of bereavement care)
- Remembrance and recognition,
- Active/public memorials and rituals
- Anxiety around re-opening and lifting pandemic restrictions

...ening mental health
... and anxieties
... tened
... employment / economic
... ilties
... tives to support
... unities have been put
... use
... ggering past traumas
... ct on education
... ptions), teachers
... of closure
... lity to comfort each
... in person; ceremonies
... is of loved ones
... of being forgotten
... of acknowledgement
... ed resources and how
... nage them
... sistencies surrounding
... nes and varying

... imas, more need for counseling
... cation (lack of motivation for virtual
... home-based Learning)
... ntal health needs are at critical mass
... th needing supplies and financial
... port, basic needs met
... ller people missing connections
... n-COVID illness not being attended to
... geries postponed)
... nomic issues, loss of economic security
... k of resources; lack of education; lack of
... er public facilities
... zma - inability to properly respond to
... /ID-19 due to fear
... riggering feelings of anxiety and
... elessness; agoraphobia
... k of connection
... iticization/divisiveness
... osure and proliferation (factors include
... arities, supply chains, border crossings,
... ily exposure/gatherings, inability to

Secondary Impact: (Thursday)

- Stress on family unit
- Loss of jobs / economic impact / financial instability
- Increase in substance abuse
- Unhealthy habits; lack of exercise, poor eating
- Missing physical connections
- Burnout amongst support workers, vicarious trauma in service providers
- Cumulative stress
- Educators/teachers have a sense of devastation (almost survivor’s guilt) around disconnected youth, heightened suicidality
- Increase in suicide rates
- Underserved populations, those who are already forgotten, falling through the cracks
- Additional traumas compounded by COVID
- Pervasive hopelessness, inability to find coping mechanisms/ healing
- Lack of access to healthcare and mental health services
- Difficulty getting engagement via online

Secondary Impact: (Friday)

- Lower confidence among young people
- Pervasive anxiety, stress, isolation, overwhelm
- Food insecurity
- Postponement of surgeries previously scheduled
- Increase in suicides
- Proliferation of COVID due to inability to “shut down”
- Improper education of COVID sometimes due to cultural norms
- Lack of consistent and uniform preparedness protocols
- Frustration around pandemic response and prevention
- Family dynamics disrupted – growing tension, division/Judgement within family units, friendships, increasing isolation
- Lack of rituals surrounding loss; no closure of losses
- Loss of celebrations; graduations, weddings, etc.
- Civil unrest, breakdown in international

CHARTING NEEDS

What are some of the emerging needs from the pandemic?



Long-Term Needs:

Secondary Needs:

Example: Access to technology

Urgent Needs:

Example: Food insecurity

Long-Term Needs: *(Thursday session)*

- Protection of ALL frontline workers
- Closure
- Commemoration of loss; permanent memorials
- Building of community for recovery and peer support – more difficult for COVID than for communities brought together by specific events where anniversaries can be commemorated
- Recognition of frontline workers
- Access to healthcare, shortages of health care workers, longer-term PTSD
- Education of long-term impacts; substance abuse, mental health
- Recruitment of healthcare/ mental health professionals
- Addressing ongoing stigmas of mental health
- Bereavement care
- Better preparedness protocols

Long-Term Needs: *(Friday session)*

- Memorialization of loss
- Continued support for those who suffered losses, longer-term considerations - complicated grief/ambiguous loss
- Creativity of mental health supports
- Developmental concerns of children; as needs evolve
- Longer-term needs of underserved groups, disparities
- Permanent workplace reconfiguration
- Displacement, reimagining of communities, urban spaces, neighborhoods
- Children’s developmental needs warrant long-term support
- Public education around general mental health needs, stigma, trauma

- Protection of frontline workers (expanded definition)
- Vaccine distribution and timelines (varied widely within particular countries, states)
- Disparities due to ethnicity, wealth, social status
- Systems coordination/ collaboration
- Access to healthcare and support services
- Individual and group mental health services and service providers
- Disconnection from education, virtual learning
- Acknowledgement/ recognition

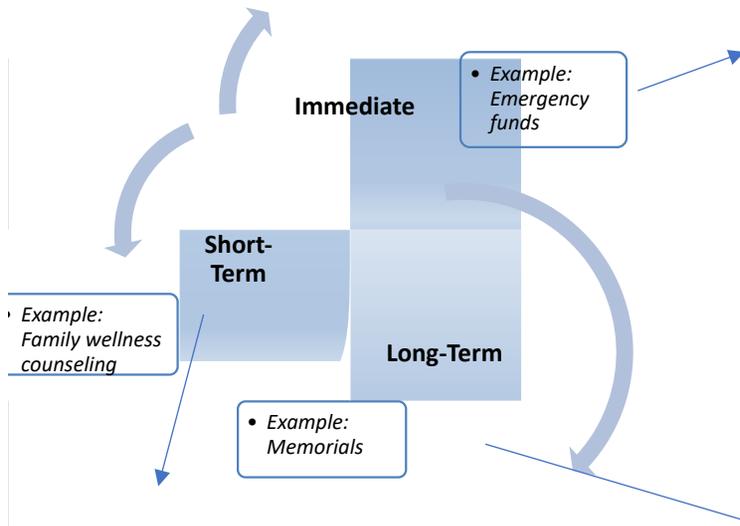
- Vaccine distribution, timelines (disparities, equity)
- Access to healthcare – monitoring/management of other illnesses, chronic conditions
- Addressing mental health; providing supports and interventions
- Revitalization of economy
- Employment/ Financial opportunities
- Education on issues surrounding mental health
- Mental health burden on children, youth, depression, anxiety
- Continuity of welfare and supports (financial, educational)
- Stigma and grief – acute needs

- Politicizing vaccine distribution
- Lack of technology, not enough devices in one household for virtual learning
- Privacy in households (problematic for counseling, education and other programs delivered in virtual settings)
- Lack of training for service providers in grief, trauma, disaster response
- Stigma regarding trauma reactions
- Prevention messaging, public education around mental health needs and pandemic impact
- Acknowledgement – ceremonies, memorials, recognition

- Reimagining of rituals/celebrations/happy moments
- Healthy conflict resolution
- Self-care, healthy eating, exercise, outlets
- Exploring new ways to reach those who were “unreachable” and disconnected
- Addressing dependency/complacency of some groups
- Financial supports, regenerating the economy
- New work configurations
- Understanding disparities and disproportionate impacts
- Acute trauma and grief needs, ongoing emotional needs
- Stigma around mental healthcare needs to be addressed
- Needs will change over time and supports and programs need to continually and creatively evolve and adapt, address developmental concerns
- Fully selected terminology
- Unresolved grief, lack of closure, delayed grieving
- Ongoing conflict over mask wearing, political divisions

CIRCLES OF SUPPORT

What kinds of supports and programs can we offer?



Immediate: (Thursday session)

- Training for clinicians on trauma, capacity building
- Listening, acknowledging, offering verbal support (proactively as individuals to eliminate isolation)
- Outreach and check ins to families, friends, clients
- Volunteer recruitment, peer support
- Promotion of healthy coping mechanisms
- Building resilience, eliminating isolation
- Food insecurity – food pantries, distribution, healthy eating
- Education about vaccine/access to vaccine
- Addressing disparities (e.g. language, transportation, ease of access)
- Virtual group activities, links, resources

Immediate: (Friday session)

- Counseling of acute distress supports – alternatives to traditionally used methods
- Service engagement models that reduce stigma, build trust and community
- Pain management for safety, nightmares and other issues in children, realization of screen and other concerns
- Acknowledgement of immediate losses in our communities

Immediate (Thursday)

- Coordinated community activities, board meetings, etc.
- Care packages, supplies and activities
- Community meetings, phone calls, information distribution

Short-Term (Friday)

- Virtual programs to support/engage families
- Tools for explaining the COVID environment to children of varying ages – education around developmental stages
- Examining and considering our terminology (social distancing vs. safe distancing-social connectedness), identifying and addressing dangers of trigger words
- Advocacy for memorialization and acknowledgement

Long-Term (Thursday)

- Peer support trainings
- Memorials
- Community building
- Applying lessons learned in protocols
- Carry over of other activities mentioned

Long-Term (Friday)

- Cultural/hybrid style programs
- Institutionalization of terminology to promote positive messaging, reclaiming negative terms to render them harmless, education around language
- Engaging public and service providers
- Memorials and other forms of permanent acknowledgement
- Addressing historical, transgenerational trauma

COMMON THEMES IN LONG-TERM HEALING

Can you help identify other common themes?

IMMEDIATE:

- Isolation/Loneliness
- Stress/anxiety/depression
- Individual/family needs
- Trauma, exposure
- Inadequate disaster response
- Basic needs/life disrupted

SHORT-TERM:

- Connection/Peer support
- Unhealthy habits, self-care
- Relationships, conflict
- Vicarious trauma, burnout
- Underserved groups, disparities
- Economic crisis/stimulus/reconfiguration

LONG-TERM:

- Community
- Public education
- Societal issues, divisions
- Historical/Transgenerational trauma
- Policy change, preparedness protocols
- Systems change/new normal