

Important Things to Know About Disaster Events

If you were involved in a disaster, you may be affected personally regardless of whether you were hurt or lost a loved one.

You can be affected just by witnessing a disaster

It is common to show signs of stress after exposure to a disaster, and it is important to monitor your physical and emotional health.

Try to identify early warning signs of stress, which usually show up in four areas: emotional, physical, behavioral, and thinking.

Remember that connecting with others builds resilience and promotes recovery.



***Information in brochure adapted from SAMHSA**

Helpful Resources in Sonoma County

CCP Partners:



CAHopeSonoma@councilonaging.com
CAHopeSonoma@petalumapeople.org
CAHopeSonoma@westcountyservices.org
CAHopeSonoma@gire.org

Fire Recovery Support

Free Therapy:

Lomi Psychotherapy Clinic—707.579.0465 x227
NAMI: Wildfire Mental Health Collaborative—
707.527.6655

Support Groups:

Buckelew Programs Sonoma County—
707.571.5581
Jewish Family Children's Services—707.303.1521
RECAMFT—707.583.1607
Social Advocates for Youth—707.544.3299 x213
St. Joseph Hospice—707.568.1094

Substance Use Services:

Center Point DAAC (Drug Abuse Alternatives Center)— 707. 544.3295
Orenda Center—707.565.7460

Hotlines:

24 Hour Crisis Line—707.576.8181/800.746.8181
24 Hour Access Line—707.565.6900/800.870.8786
North Bay Suicide Prevention—855.587.6373

California



Helping
Outreach
Possibilities
Empowerment

Providing Sonoma-Complex Fire survivors with crisis counseling and disaster education. Services available in Spanish.



**Eat Well,
Move Daily,
Hydrate Often,
Sleep More,
Love, Laugh, and Connect**

Project Manager: 707.565.4868
Adults age 50 or better: 707.608.8804
Santa Rosa: 707.608.8805
North County: 707.608.8807
Sonoma Valley: 707. 608.8806
South County: 707.608.8806
West County: 707.608.8807

Mission

The California HOPE team provides Sonoma-Complex Fire crisis counseling and disaster recovery education to Sonoma County residents through community based outreach.

California Hope Crisis Counselors will:

Meet you where you are

- In a restaurant, home, school, business, church, park, neighborhood, etc.

To provide

- Crisis counseling
- Resource navigation
- Disaster recovery education

To help you with

- Understanding your current reactions
- Reducing stress
- Providing emotional support
- Prioritizing needs and solving problems
- Choosing coping strategies
- Connecting with other people and agencies who can help



Reactions to a Disaster

Emotional:

- Anxious or fearful
- Overwhelmed by sadness
- Angry
- Guilty, even when you had no control over the event
- Heroic, like you can do anything
- Too much energy or no energy at all
- Disconnected, not caring about anything or anyone
- Numb, unable to feel either joy or sadness

Physical:

- Stomachaches or diarrhea
- Headaches or other physical pain for no clear reason
- Eating too much or too little
- Sweating or chills
- Tremors (shaking) or muscle twitches
- Being jumpy or easily startled

Behavioral:

- Trouble falling asleep, staying asleep, sleeping too much, or trouble relaxing
- Increase or decrease in energy and activity levels
- Feeling sad or crying frequently
- Using alcohol, tobacco, illegal drugs or even prescription medication in an attempt to reduce distressing feelings or to forget
- Outbursts of anger, feeling irritated and blaming others for everything
- Difficulty accepting help or helping others
- Wanting to be alone and isolating yourself

Thinking:

- Trouble remembering things
- Trouble thinking clearly and concentrating
- Feeling confused
- Worrying a lot
- Difficulty making decisions
- Difficulty talking about what happened or listening to others



Tips for Survivors

Talk with Others:

- Talk to those who understand and accept how you feel
- Connect with other survivors of the disaster

Body Movement:

- Helps to get rid of the buildup of extra stress hormones
- Exercise once daily or in smaller amounts throughout the day
- Consider taking walks, stretching, or meditating

Exhale Slowly:

- Deep breathing can move stress out of your body and help you to calm yourself

Listen to Music:

- Music is a way to help your body relax naturally
- Play music timed to the breath or to your heartbeat

Pay Attention to Your Physical Self:

- Make sure to get enough sleep and rest each day
- Eat healthy meals and drink plenty of water

Use Known Coping Skills:

- How did you handle past traumatic events?
- What helped then (e.g., spent time with family, went to a support group)?