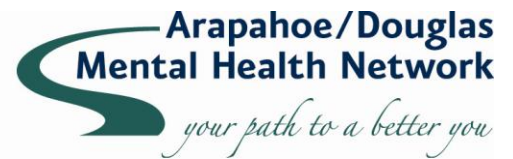


Press Release

FOR IMMEDIATE RELEASE



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Help Available for Coping with Reactions to Deer Creek Middle School Shooting

How Adults Can Help Children and Youth Through Difficult Times

Englewood, Colo: (February 24, 2010) — Some people may experience physical and emotional reactions to the recent shooting at Deer Creek Middle School yesterday. To help people through this difficult time, counseling, referrals, and education are available through Arapahoe/Douglas Mental Health Network, the nonprofit mental health center serving our local community for more than 50 years.

During difficult times such as this, it is important to remember to take care of yourself and those close to you. Children are particularly vulnerable to exposure to traumatic events and they have different ways of expressing their reaction and may need some special help to cope.

Adults Can Help Children and Youth Through Difficult Times

Be open to your children's questions, keeping in mind their age and level of understanding. Share some of your own feelings about it. It is not necessary to go into too many details. Children and teens need to feel informed when they see their parents and other adults reacting to a crisis.

- Encourage children and teens to talk about their concerns and to express their feelings. Some children may be hesitant to initiate such conversation, so you may want to ask what your child has heard and how they feel about it.
- Limit television viewing of news reports, particularly for younger children.
- Let children know that tragic incidents are not common and that, day-to-day, schools are safe places.
- Spend extra time with your children and your family. Hugs help!
- If you are concerned about your reaction or that of someone you know, talk to someone you trust...a friend, family member, school counselor, clergy, physician, local mental health center or your own mental health professional.

For more information on how to talk to your children, visit www.admhn.org and select *Deer Creek Shooting: Responding to a School Tragedy – Talking to Your Kids*.

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About Arapahoe/Douglas Mental Health Network (ADMHN)

ADMHN is a private, nonprofit 501(c)(3) corporation providing professional, comprehensive behavioral health care and substance abuse treatment primarily, but not exclusively, serving the communities of Arapahoe and Douglas Counties. We offer programs for adults, seniors, families, couples and children. Services include counseling, psychiatry, crisis services, case management, substance abuse treatment, victim services, an adult acute treatment unit, adult supported and residential housing, services for the criminal justice system, vocational and social rehabilitation, a day treatment therapeutic school, school-based services and an on-site pharmacy. For more information and an initial appointment, call 303 730 8848. Community education, wellness programs and a Speakers Bureau are available upon request at 303 793 6602. To learn more, visit www.admhn.org.