Citizen Resource Guide

Citizens Helping Citizens in Crisis

503.940.7997
24-Hour Number

Citizen Resource Guide

Columbia River Gorge
Volume 1

4800 NE 122nd Avenue
Portland, OR 97230
Office 503.823.3937

www.tipnw.org
What is TIP?

Trauma Intervention Program (TIP) is a group of specially trained- and thoroughly-screened citizen volunteers who provide emotional and practical support to survivors of traumatic events and their families in the first few hours following a tragedy. TIP Volunteers are called through the emergency response system — by police, firefighters and hospital personnel.

TIP is a national non-profit, tax-exempt organization. Services are provided to survivors and their families free of charge and are made possible by donations from local government, businesses and individuals.

Trauma Intervention Program of Portland/Vancouver, Inc. was founded in 1992. 180 local volunteers are available to respond immediately to crisis situations on a 24-hour, 365 days-a-year basis.

You Matter to Us

We’d like to hear from you. Please visit us online to give feedback, ask questions or get more resources.

www.tipnw.org

24-Hour Number
503.940.7997

Key in your return phone number or leave a voice message for an immediate call back.

► TIP Volunteer(s)___________________________________________________________

► Agencies Involved ______________________________________________________________

► Important Phone Numbers _________________________________ _________________________________

__________________________________________________________

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► Notes________________________________________________________________________________________

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________________________________________________________________________________________

________________________________________________________________________________________
# TABLE OF CONTENTS

## RESOURCES AND ARTICLES

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is TIP</td>
<td>1</td>
</tr>
<tr>
<td>Contact TIP</td>
<td>1</td>
</tr>
<tr>
<td>Memorial Contributions</td>
<td>2</td>
</tr>
<tr>
<td>Community Services</td>
<td>3, 4, 5, 6</td>
</tr>
<tr>
<td>Crisis Lines</td>
<td>7</td>
</tr>
<tr>
<td>Dealing with Stress, Common Signs</td>
<td>9</td>
</tr>
<tr>
<td>Things to Try After a Death</td>
<td>10</td>
</tr>
<tr>
<td>Children &amp; Trauma Suggestions for Parents</td>
<td>11</td>
</tr>
<tr>
<td>Effective Ways of Coping</td>
<td>12</td>
</tr>
<tr>
<td>10 Things to Do and Not Do</td>
<td>13</td>
</tr>
<tr>
<td>Coping with Suicide</td>
<td>15</td>
</tr>
<tr>
<td>Cliches - What Not to Say</td>
<td>15</td>
</tr>
<tr>
<td>Understanding &amp; Coping with Grief</td>
<td>16</td>
</tr>
<tr>
<td>Developmental Stages of Traumatized Children</td>
<td>17</td>
</tr>
<tr>
<td>Talking with Traumatized Children</td>
<td>18</td>
</tr>
<tr>
<td>Checklist Following a Death</td>
<td>19</td>
</tr>
<tr>
<td>Dealing with Tragedy in Workplace Checklist</td>
<td>20</td>
</tr>
<tr>
<td>General Information in Oregon &amp; Washington</td>
<td>22</td>
</tr>
<tr>
<td>Required Information for Death Certificate</td>
<td>23, 24</td>
</tr>
<tr>
<td>ABC’s of Disposition</td>
<td>25</td>
</tr>
</tbody>
</table>

## SPONSORS

<table>
<thead>
<tr>
<th>Sponsor</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>F.I.R.E. Restoration</td>
<td>14</td>
</tr>
<tr>
<td>BioManagement NW</td>
<td>21</td>
</tr>
<tr>
<td>GreatGoodbyes</td>
<td>21</td>
</tr>
<tr>
<td>ServPro of East Clackamas, Hood River and Wasco Counties</td>
<td>21</td>
</tr>
<tr>
<td>Skamania County Council on Domestic Violence and Sexual Assault</td>
<td>25</td>
</tr>
<tr>
<td>Beacon Health/SW Washington Crisis Line</td>
<td>26</td>
</tr>
</tbody>
</table>

---

**Donations in Memory of a Loved One may be sent to:**

TIP  
NW  
4800 NE 122nd Avenue  
Portland, OR 97230  
Office 503.823.3937

To Donate Online, Visit us at www.tipnw.org and Click “Donate”.

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**To Donate Online, Visit us at**

www.tipnw.org and Click “Donate”.
COMMUNITY SERVICES

ALCOHOL/DRUGS

Al-Anon Information (Camas, Carson, Stevenson)........ 360-693-5781 al-anon.org/

Al-Anon Meetings (District 12 - Wasco & Hood River Counties) oregon-alan.org/district-12

Alcoholics Anonymous (District 14 - Columbia Gorge) southwesthumane.org

Lines for Life - Alcohol and Drug Help.................. 800-923-4357 Linesforlife.org

Narcotics Anonymous (Pacific Cascade Region)......... 818-700-0700 pcna.org/main/

BEREAVEMENT

Brief Encounters........................................ 360-696-5120 Pregnancy and infant loss support group. briefencounters.org

Community Health and Hospice (Vancouver)........ 360-749-2429 Chhh.org

Compassionate Friends.............................. 877-969-0010 For parents who have lost a child of any age. compassionatefriends.org

First Candle........................................ 800-221-7437 Support for parents who have lost a child to SIDS. firstcandle.org

Hayden’s Helping Hands Support for stillborn baby hospital bills. haydensexistinghands.com

Heart of Hospice - Inspiring Hospice (Hood River)........ 503-386-1942 inspiringhospice.com/home/

Pathways Adult Grief and Bereavement Group.......... 360-696-5120 Providence Hospice of the Gorge........................ 503.215.2273 oregonhospice.org/program/providence-hospice-of-the-gorge/

Sesame Street Bereavement website sesamestreet.org/grief

Stepping Stones/Hope Bereavement Services........... 360-696-5100

BOARD UP/RESTORATION


ServPro of East Clackamas, Hood River and Wasco counties........ 360-254-0049 servpro.com

BODY & ANATOMICAL DONATION

OHSU Body Donation Program....................... 503-494-8302 ohsu.edu/body-donation

Donate Life Northwest............................... 503-494-7888 donatelifenw.org

Lions Vision Gift (Cornea/Donation Eyes).............. 800-843-7793 visiongift.org

CHILDREN/YOUTH RESOURCES

Child Abuse Hotline.................................. 800-4A-CHILD

Child Abuse Hotline (Oregon)...................... 855-503-7233

Child Abuse Hotline (Washington)....................... 855-420-5888

Children’s Home Society of Washington/Vancouver Family Resource Center........ 360-695-1325 Creating a solid foundation for today’s children that will lead to prosperity.

Clark County Juvenile Department................... 360-397-2201

The Dougla Center................................ 503-775-5683 Bereavement resources and support for children, teens, young adults, and families. dougla.org

Hood River County Juvenile Department........... 541-386-1030

Klickitat County Juvenile Department................. 509-773-335

National Runaway Safeline......................... 800-343-7025 1800runaway.org

Oregon Youth Authority: Part of Oregon’s Juvenile Justice System............ 503-373-7205 oregon.gov/osa/Pages/default.aspx

Programs for Peaceful Living 24-hour Crisis Line - Klickitat and Skamania....... 844-493-1709 wagap.org/programs-for-peaceful-living


Stepping Stones/Hope Bereavement Services (Support & Counseling)........ 360-696-5100 (or text "TEEN" to 839863) Teen line providing emotional support to youth.

Teen Talk (Clark County)......................... 360-397-2428 Nonjudgmental peer-to-peer support for a variety of topics. ccteentalk.clark.wa.gov

The Trevor Project (Teen Crisis/Suicide Prevention for LGBTQ Youth)........ 866-488-7386 thetrevorproject.org

Wasco County Juvenile Department................ 541-506-3715

YOUTH EMPowerment Shelter (YES)............... 541-709-4777 Providing youth in crisis a place of physical and emotional safety. yeshelter.org

Youthline (Lines for Life)......................... 877-YOUTH-911 Free teen-to-teen crisis support and help line. oregonyouthline.org/

CLEAN UP/BIOHAZARD

BioManagement NW.................. 877-524-6411 bionw.org
COMMUNITY SERVICES

COMMUNITY RESOURCES & SUPPORT

Victims - 24 Hour Crisis Line
Domestic Violence and Crime
Wasco County
Klickitat County
Crime Victim’s Assistance
Hood River County

When Tragedy Strikes
Washington Gorge Action
people in the community.

EMERGENCY NUMBERS

LAW ENFORCEMENT/EMS/FIRE

Arlington Police Department ......... 360-403-3400
Bingen-White Salmon
Police Department .................... 509-493-1177
Columbia River Inter-Tribal
Police Department (CRITFC) ........ 541-386-6363
Goldendale Police
Department ............................ 509-773-3780
Hood River County
Emergency Management .............. 541-386-2098
Hood River County
Sheriff’s Office ........................ 541-386-2098
hoodriversheriff.com/
Klickitat County Department
of Emergency Management ........... 509-773-0582
Klickitat County Sheriff ............... 509-773-4545
Northern Oregon Correctional Facility
(NORCOR) ............................. 541-298-1576
Oregon State Police .................... 541-296-2161
Skamania County
Sheriff’s Office ......................... 509-427-9490
skamaniasheriff.com
The Dalles Police Department ..... 541-296-2233
Wasco County Sheriff ................. 541-506-2580
www.co.wasco.or.us/departments/sheriff/index.php
Washington State Patrol .............. 360-596-4000
Washougal Police ...................... 360-835-8701
White Salmon Sheriff’s
Office (Pioneer Center) ............... 509-493-1811

FOOD SECURITY

FISH Food Bank (Hood River,
Cascade Locks & Parkdale) ......(541) 386-3474
fish-food-bank.com
Meals on Wheels ...................... 541-386-2060
hrvac.org/meals-on-wheels
Congregate Meal Program - Klickitat County
White Salmon ......................... 509-493-3068
Goldendale .......................... 509-773-3757
klickitatcounty.org/347/Nutrition-Program
Salvation Army (The Dalles)
Food pantry. Call for hours. ...... 541-296-6417
thedalles.salvationarmy.org/the_dalles/
St. Vincent De Paul (The Dalles)
Food bank. Call for hours. ........ 541-296-9567
svdpthedalles.org/

CRIME VICTIM, DOMESTIC VIOLENCE
& SEXUAL ASSAULT RESOURCES

Crime Victim’s Assistance
Hood River County ................. 541-386-3103
bit.ly/hoodrivercountyvictimassistance
Crime Victim’s Assistance
Klickitat County ..................... 509-773-5838
Crime Victim’s Assistance
Wasco County ....................... 541-506-2680
bit.ly/wascohomesafety
Domestic Violence and Crime
Victims - 24 Hour Crisis Line .... 844-493-1709
thedhotline.org/help/

Goldendale Domestic
Violence Task Force ............... 509-250-0315
Haven From Domestic and Sexual Violence
(Gilliam, Sherman, Wasco
& Wheeler Counties) .............. 541-296-1662
haventhedalles.org/

Helping Hands
Against Violence ..................... 541-386-6603
helpinghandsoregon.org
Lutheran Community
Services NW ......................... 360-694-5624
lcsnw.org/office/vancouver/
National Domestic
Violence Hotline ..................... 800-799-SAFE
thed hotline.org

Programs for Peaceful
Living (Klickitat County) ......... 800-755-1192
Provides residents with Domestic Violence Prevention, ..... Sexual Assault Prevention, and General Crime Victim services.
wagap.org/programs-for-peaceful-living
Skamania County Council on Domestic
Violence and Sexual Assault ..... 509-427-4210
Serving victims and survivors of domestic violence and/ or sexual assault.
skamania.dsva webs.com

WCA Vancouver .................... 360-696-0167
Committed to racial justice and serving those escaping
domestic violence, sexual assault, child abuse and neglect.
ywcaclarkcounty.org

CRISIS & SUICIDE HELP SERVICES

Emergency ............................ 911
Clark, Klickitat & Skamania County Crisis Line: Crisis Connections (24/7/365
Regional Crisis Line) ............... 800-626-8137
Lines for Life ......................... 800-273-8255
Suicide, military, and youth helpline.
linesfortlife.org

Substance Abuse and Mental
Health Helpline (SAMHSA) ..... 1-800-662-4357
Free treatment referral and information service for
individuals and families facing mental and/or substance
use disorders.

Mid-Columbia Center
For Living Crisis Hotline
(The Dalles & Hood River) ....... 888-877-9147
24/7 crisis support provided for adults and children
at risk to harm themselves and/or others, and/or
an inability to care for oneself due to mental
health problems.
www.mcfl.org/

National Suicide
Prevention Lifeline .................... 800-273-8255
Free and confidential support for people in distress.
suicidepreventionlifeline.org

Providence Gorge Counseling & Treatment
Center Crisis Line .................... 541-387-6138
Suicide Crisis Line ................... 360-626-8137

Trauma Informed Oregon .......... 503-725-9618
traumainformedoregon.org
Therapy in the Gorge ............. 541-400-0186
therapyninthegorge.com/

TIPNW COLUMBIA RIVER GORGE: CITIZEN RESOURCE GUIDE 4
COMMUNITY SERVICES

EMERGENCY NUMBERS
EMS/FIRE

<table>
<thead>
<tr>
<th>Emergency Services</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>EMERGENCY! Police, Fire &amp; Medical</td>
<td>911</td>
</tr>
<tr>
<td>Bingen Fire Department</td>
<td>509-493-2100</td>
</tr>
<tr>
<td>Camas/Washougal Fire Dept. (Washougal - Station 43)</td>
<td>360-835-2211</td>
</tr>
<tr>
<td>Hood River Fire &amp; EMS</td>
<td>541-386-3939</td>
</tr>
<tr>
<td>Klickitat County Fire District #1 (Trout Lake)</td>
<td>509-395-2043</td>
</tr>
<tr>
<td>Klickitat County Fire District #2 (Bickleton)</td>
<td>509-896-5445</td>
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<tr>
<td>Klickitat County Fire District #3 (Husum)</td>
<td>509-493-2996</td>
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<tr>
<td>Klickitat County Fire District #4 (Lyle)</td>
<td>509-365-2500</td>
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<td>Klickitat County Fire District #5 (Centerville)</td>
<td>509-773-1919</td>
</tr>
<tr>
<td>Klickitat County Fire District #6 (Dalesport)</td>
<td>509-767-1252</td>
</tr>
<tr>
<td>Klickitat County Fire District #7 (Goldendale/Rural)</td>
<td>509-773-4246</td>
</tr>
<tr>
<td>Mid-Columbia Fire &amp; Rescue (The Dalles)</td>
<td>541-296-9445</td>
</tr>
<tr>
<td>North Bonneville Fire &amp; Rescue Department</td>
<td>509-427-8182</td>
</tr>
<tr>
<td>Skamania County Fire District #1 (Carson)</td>
<td>509-427-8698</td>
</tr>
<tr>
<td>Skamania County Fire District #2 (Stevenson)</td>
<td>509-427-5970</td>
</tr>
<tr>
<td>Skamania County Fire District #3 (Underwood)</td>
<td>509-493-1700</td>
</tr>
<tr>
<td>Skamania County Fire District #4 (Washougal)</td>
<td>360-837-3420</td>
</tr>
<tr>
<td>Skamania County Fire District #5 (Skamania)</td>
<td>509-427-8187</td>
</tr>
<tr>
<td>Skamania County Fire District #6 (Northwoods)</td>
<td>360-253-8433</td>
</tr>
<tr>
<td>Skamania County EMS</td>
<td>509-427-5065</td>
</tr>
<tr>
<td>White Salmon Fire Department</td>
<td>509-493-1133</td>
</tr>
</tbody>
</table>

EMERGENCY SERVICES

Get Ready Gorge! getreadygorge.com

Salvation Army (Hood River & Wasco Counties) 541-296-6417
St. Vincent De Paul (The Dalles) 541-296-9567
Assistance. Shelter. Hope. svdpthedalles.org/

HIV/AIDS TESTING & RESOURCES

Clark County Public Health (HIV/AIDS) 360-397-8060 clark.wa.gov/public-health/hiv
Hood River County Health Department 541-386-1115
Skamania County Community Health 509-427-3850

HOSPITALS

Klickitat Valley Health (Hospital) 310 S Roosevelt Ave, Goldendale, WA 98620 Call 509-773-4022 kvhealth.net
Legacy Salmon Creek Vancouver, WA 360-487-1000
Mid-Columbia Medical Center (The Dalles) 1700 E 19th St, The Dalles, OR 97058 Call 541-296-1111 www.mcmc.net
Peacehealth SW Washington Medical Center 400 NE Mother Joseph Pl, Vancouver, WA 98664 Call 360-256-2000
Providence Hood River Memorial Hospital 810 12th St, Hood River, OR 97031 Call 541-386-3911
Skyline Health Hospital - White Salmon 211 NE Skyline Dr, White Salmon, WA 98672 Call 509-427-3850 myskylinehealth.org

LEGAL

Clark County Volunteer Lawyer Program 360-695-5313 ccvlp.org
Evergreen Legal Clinic 509-575-5593
Northwest Justice Project Legal Aid 888-201-1014 nwjustice.org
Oregon Legal Aid (Portland Regional Office) 503-224-4086
Six Rivers Mediation Services (Columbia Gorge Region) 541-386-1283

LGBTQIA+

Gay, Lesbian, Bisexual, Transgender National Hotline 888-843-4564 pflag.org
PFLAG (Parents & Families of Lesbians & Gays) 202-467-8180 pflag.org
The Trevor Project thetrevorproject.org

MENTAL HEALTH & COUNSELING

Catholic Community Services 360-567-2211 cccw.org/get-help/
Columbia River Mental Health Services 360-993-3000 cmhhs.org
Emotional Empowerment
Women 971-285-5679
Behavioral Health, Mindfulness, Help for Self-Injury & Suicide Attempts, Drug & Alcohol
Hodriverdbt.com
Goldendale Comprehensive Health 509-773-5801
Human Services Council 360-694-6577 hsc.wa.org
Klickitat Valley Behavioral Health 509-773-4017
Mid-Columbia Center for Living (Hood River County) 541-386-2620
Sherman & Wasco Counties 541-296-5453
National Alliance on Mental Illness for SW Washington (NAMI) 360-695-2823 namiswwa.org
NAMI Gorge (Hood River/ The Dalles) 541-980-7264
One Community Health Hood River County 541-386-6380
Wasco County 541-296-4610
Medical, dental, behavioral health (mental health and substance use), education and outreach programs.
onecommunityhealth.org
Skamania County Community Health - Hegewald Center (24/7) 509-427-3850
counseling, crisis support, group therapy, psychiatric assessments & medication management, case management
White Salmon Comprehensive Health 509-493-3400
Better Help betterhelp.org
Online professional therapy - accessible, convenient and affordable.
COMMUNITY SERVICES

POPULATION SPECIFIC SERVICES

IRCO - Immigrant and Refugee Community Organization .......... 503-234-1541 irco.org

SENIORS & DISABILITIES

Alzheimer’s Association ........... 800-272-3900 alz.org
Area Agencies on Aging & Disabilities of SW Washington .......... 888-637-6060 helpingelders.org
Area Agencies on Aging & People with Disabilities (Community Action Program of East Central Oregon - CAPECO) Hood River and Wasco Counties .......... 541-276-1926 capeco-works.org/senior.html
Catholic Community Services - Seniors & People with Disabilities .......... 877-870-1582 eldercare.gov
Elder Care ................. 800-677-1116 eldercare.gov
Elderfriends - Vancouver, WA .... 360-896-9695
Senior Services - Klickitat County (Adaptive Equipment, Food, Care Management, Events, Caregiver Support, Medicaid Case Management, Transportation) White Salmon ............. 509-493-3068 Goldendale .......... 509-773-3757
Senior & Disabled Service (The Dalles) .......... 541-298-4114
SHIBA (Senior Health Insurance Benefits Assistance) (Medicare & Medicaid) .......... 800-722-4134
SW Washington Aging & Long-term Support .......... 360-735-5720 dshs.wa.gov/altsa

MENTAL HEALTH SERVICES

Mental Health Services/Vet Combat Call Center .......... 877-927-8387 vetcenter.va.gov
Mid-Columbia Community Action Council - Veteran’s Services Hood River .............. 541-386-4027 Sherman & Wasco Counties .......... 541-298-5131 mccac.com/veterans
Military Help Line ............ 888-457-4838 militaryhelpline.org
Veteran’s Affairs (The Dalles) .......... 541-296-3937
Veteran’s Affairs Portland Health Care System .......... 503-220-8262
Veteran’s Crisis Helpline .......... 800-273-8255

VETERANS/MILITARY

Veterans’ Affairs (The Dalles) .......... 541-296-3937
Veterans’ Affairs Portland Health Care System .......... 503-220-8262
Veteran’s Crisis Helpline .......... 800-273-8255

VETERANS/MILITARY

Gardner Funeral Home (White Salmon) 1270 N Main Avenue, White Salmon, WA 98672 Call ........................................ 509-493-1323 gardnerfh.com
Gardner Funeral Home - Goldendale & Columbia Hills Memorial Chapel 300 W Broadway, Goldendale, WA 98620 Call ........................................ 509-773-4646 gardnerfh.com
Herland Forest Natural Burial Cemetery (Natural Green Burial) 55 Windward Lane, Wahkiacus WA 98670 Call ........................................ 509-630-6848 herlandforest.org
Hood River County Medical Examiner .......... 541-386-1115
Klickitat County Coroner’s Office .......... 509-773-5838
Skamania County Coroner’s Office .......... 509-427-3790
Spencer, Libby & Powell Funeral Home 100 Kelly Ave, The Dalles, OR 97058 Call ........................................ 541-296-3234 spencerlibbyandpowell.com
Straub’s Funeral Home Columbia River Cremation (Camas) 325 NE 3rd Ave, Camas, WA 98607 Call ........................................ 360-834-4563 straubsfuneralhome.com
Wasco County Medical Examiner .......... 541-506-2600

FUNERAL HOMES & CORONER/MEDICAL EXAMINER’S OFFICE

Anderson’s Tribute Center (Hood River) 1401 Belmont Avenue, Hood River, OR, 97031 Call ........................................ 541-386-1000 andersontributecenter.com
Anderson’s Tribute Center (The Dalles) 204 E. 4th Street, The Dalles, OR, 97058 Call ........................................ 541-296-2600 andersontributecenter.com
Clark County Medical Examiner’s Office .......... 360-397-8405
Columbia Gorge Cremation (Hood River) 1401 Belmont Avenue, Hood River, OR, 97031 Call ........................................ 541-386-1000

TIPNW COLUMBIA RIVER GORGE: CITIZEN RESOUCRE GUIDE 6
In our community, 1 in 17 children will have a parent or sibling die before they turn 18. Dougy Center serves these children, teens, young adults, and their adult family members through peer grief support groups in the Portland Metro area, including through virtual groups during the pandemic.

Dougy Center also provides resources and training world-wide to schools, organizations, and individuals seeking to assist children in grief.

Dougy Center’s services are completely free for families. We rely on the generosity of individuals, businesses, and foundations to support our programs.
The TIP Circle is a group of dedicated citizens who support TIP’s Mission by promoting events and fundraisers, aiding in recruitment, encouraging active volunteers, participating in community events, and celebrating TIP’s achievements.

Being an active TIP Volunteer is just one way to be involved with TIP, and The TIP Circle is another avenue for those who cannot actively volunteer but want to support the TIP mission of “Citizens Helping Citizens in Crisis”.

There is no time commitment for members of The TIP Circle. To join the TIP Circle or learn more, please email tipstaff@tipnw.org.
CRITICAL INCIDENT STRESS INFORMATION
You have experienced a traumatic event or a critical incident (any event that causes unusually strong emotional reactions that have the potential to interfere with the ability to function normally). Even though the event may be over, you may now be experiencing or may experience later, some strong emotional or physical reactions. It is very common, in fact quite normal, for people to experience emotional aftershocks when they have passed through a horrible event.

Sometimes the emotional aftershocks (or stress reactions) appear immediately after the traumatic event. Sometimes they may appear a few hours or a few days later. And, in some cases, weeks or months may pass before the stress reactions appear.

The signs and symptoms of a stress reaction may last a few days, a few weeks, a few months, or longer, depending on the severity of the traumatic event. The understanding and the support of loved ones usually causes the stress reactions to pass more quickly. Occasionally, the traumatic event is so painful that professional assistance may be necessary. This does not imply craziness or weakness. It simply indicates that the particular event was just too powerful for the person to manage by himself/herself.

Here are some common signs and signals of a stress reaction:

<table>
<thead>
<tr>
<th>Physical*</th>
<th>Cognitive</th>
<th>Emotional</th>
<th>Behavioral</th>
</tr>
</thead>
<tbody>
<tr>
<td>chills</td>
<td>confusion</td>
<td>fear</td>
<td>withdrawal</td>
</tr>
<tr>
<td>thirst</td>
<td>nightmares</td>
<td>guilt</td>
<td>antisocial acts</td>
</tr>
<tr>
<td>fatigue</td>
<td>uncertainty</td>
<td>grief</td>
<td>inability to rest</td>
</tr>
<tr>
<td>nausea</td>
<td>hyper-vigilance</td>
<td>panic</td>
<td>intensified pacing</td>
</tr>
<tr>
<td>fainting</td>
<td>suspiciousness</td>
<td>denial</td>
<td>erratic movements</td>
</tr>
<tr>
<td>twitches</td>
<td>intrusive images</td>
<td>anxiety</td>
<td>change in social activity</td>
</tr>
<tr>
<td>vomiting</td>
<td>blaming someone</td>
<td>agitation</td>
<td>change in speech patterns</td>
</tr>
<tr>
<td>dizziness</td>
<td>poor problem solving</td>
<td>irritability</td>
<td>loss or increase of appetite</td>
</tr>
<tr>
<td>weakness</td>
<td>poor abstract thinking</td>
<td>depression</td>
<td>hyper-alert to environment</td>
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<td>chest pain</td>
<td>poor attention/decisions</td>
<td>intense anger</td>
<td>increased alcohol consumption</td>
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<tr>
<td>headaches</td>
<td>poor concentration/memory</td>
<td>apprehension</td>
<td>change in usual communications</td>
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<tr>
<td>elevated bp</td>
<td>disorientation of time, place or person</td>
<td>emotional shock</td>
<td>etc…</td>
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<tr>
<td>rapid heart rate</td>
<td>difficulty identifying objects or people</td>
<td>emotional outbursts</td>
<td>etc…</td>
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<tr>
<td>muscle tremors</td>
<td>heightened or lowered alertness</td>
<td>feeling overwhelmed</td>
<td>etc…</td>
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<tr>
<td>shock symptoms</td>
<td>increased or decreased awareness of surroundings</td>
<td>loss of emotional control</td>
<td>etc…</td>
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<tr>
<td>grinding of teeth</td>
<td>etc…</td>
<td>inappropriate emotional response</td>
<td>etc…</td>
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<tr>
<td>visual difficulties</td>
<td>etc…</td>
<td>etc…</td>
<td>etc…</td>
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<tr>
<td>profuse sweating</td>
<td>etc…</td>
<td>etc…</td>
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<tr>
<td>difficulty breathing</td>
<td>etc…</td>
<td>etc…</td>
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*Any of these symptoms may indicate the need for medical evaluation. When in doubt, contact a physician.*

THINGS TO TRY

■ WITHIN THE FIRST 24-48 HOURS — periods of appropriate physical exercise, alternated with relaxation will alleviate some of the physical reactions.
■ Structure your time; keep busy.
■ You’re normal and having normal reactions; don’t label yourself crazy.
■ Talk to people; talk is the most healing medicine.
■ Be aware of *numbing* the pain with overuse of drugs or alcohol, you don’t need to complicate this with a substance abuse problem.
■ Reach out; people do care.
■ Maintain as normal a schedule as possible.
■ Spend time with others.
■ Help your co-workers as much as possible by sharing feelings and checking out how they are doing.
■ Give yourself permission to feel rotten and share your feelings with others.
■ Keep a journal; write your way through those sleepless hours.
■ Do things that feel good to you.
■ Realize those around you are under stress.
■ Don’t make any big life changes.
■ Do make as many daily decisions as possible that will give you a feeling of control over your life, i.e., if someone asks you what you want to eat, answer them even if you’re not sure.
■ Get plenty of rest.
■ Don’t try to fight reoccurring thoughts, dreams or flashbacks — they are normal and will decrease over time and become less painful.
■ Eat well-balanced and regular meals (even if you don’t feel like it).

FOR FAMILY MEMBERS & FRIENDS

■ Listen carefully.
■ Spend time with the traumatized person.
■ Offer your assistance and a listening ear if they have not asked for help.
■ Reassure them that they are safe.
■ Help them with everyday tasks like cleaning, cooking, caring for the family, minding children.
■ Give them some private time.
■ Don’t take their anger or other feelings personally.
■ Don’t tell them that they are “lucky it wasn’t worse;” a traumatized person is not consoled by those statements. Instead, tell them that you are sorry such an event has occurred and you want to understand and assist them.
CHILDREN & TRAUMA

CHILDREN & TRAUMA: SUGGESTIONS FOR PARENTS
by Wayne Fortin, Founder and CEO, Trauma Intervention Programs, Inc.

CHILDREN ARE TRAUMATIZED BY A WIDE variety of events which include but are not limited to: natural disasters, crime, auto accidents, serious illness, community violence, hostage situations, violence in the home and the death of a parent or loved one.

Parents play a vital role in their child’s successful recovery from a traumatic event. Following are ways parents can help their child following a traumatic event:

- Reassure your child that he/she will be taken care of, loved and cherished just as they were before the traumatic event.
- Nurture your child. Children who have been traumatized need physical contact. Cuddling, rocking, massaging and reading quietly help relieve stress and anxiety.
- Pay special attention at bedtime. Nighttime is particularly difficult for traumatized children. It may help to read to your child, rub their back, play music and leave a light on.
- Encourage your child to tell his/her story. Your child may need to tell their story repeatedly. Listen attentively and allow your child to talk about the traumatic experience at his/her own pace.
- Provide physical outlets. Your child may have pent up anger/energy in their body. Provide appropriate, fun and physical activities for your child.
- Give your child choices and help him/her develop a sense of control.
- Provide consistent, predictable patterns for your child. If something new is about to happen, explain to your child before hand what they can expect.
- Be tolerant and patient. No set timetable exists for the recovery of children. Some recover quickly and others may take more time. Don’t compare your child to other children who have experienced the same event.

- Protect your child from repeated news coverage.
- Make it clear to your child that you are “in control”. It is very frightening and confusing for a child to sense that parents themselves are disorganized, confused and anxious. If your own response to the event interferes with your ability to care for your child, ask for help! Professionals who specialize in working with traumatized children can be very helpful.

For more assistance, please call 503-823-3937.

EFFECTIVE WAYS OF COPING AFTER A TRAUMATIC EVENT

1. Accept the fact that you have been a victim and accept the feelings that result. Remember: others may not validate your feelings. In fact, they may minimize your experience: “You were only a witness”, or “You were really lucky”, or “It has been two weeks! Why are you still bothered?”

2. Accept all the feelings you are having as normal reactions to an extraordinary event. You are not “crazy”. You are reacting normally to a “crazy” event. Be patient with yourself. It takes time to recover emotionally from a traumatic event.

3. Combat any guilt you might have by:
   - Accepting it as normal.
   - Talking to others about your role or their role in the event. You are probably not alone in your reaction to this event.
   - Realizing you were a victim and are not a trained rescuer.
   - Recognizing what you “did right”!
   - Recognizing the extenuating circumstances related to the event — the suddenness, the dangers, etc.

4. Don’t revert to “bad habits” (alcohol, drugs, overeating) to cope. They will only make matters worse.
5. Maintain normalcy. Go about your daily routines and “take care of business.”

6. Attempt to understand what happened by getting the facts.

7. Ventilate. TALK and write about the event.

8. Thank those who helped you and apologize to those you hurt during and since the tragic event.

9. Help each other.
   - Reach out to those who are particularly traumatized.
   - Respect each other’s ways of coping.
   - Don’t victimize each other by judging other’s individual coping style. Let the “grievers” grieve and allow the “doers” to do.

10. Decide as a group how you want to help:
   - The victim
   - The family
   - Each other

10. If a death has occurred:
   - Implement or participate in a “saying goodbye” ritual
   - Attend services
   - Contribute to a memorial fund
   - Establish a memorial on scene
   - Wear a symbol on clothing

**HELPFUL HINTS**
Some of the following ideas might help you or others alleviate some of the aftershocks of a traumatic event.

**FOR YOURSELF**
- Try to rest a bit more
- Contact a friend
- Have someone stay with you for at least a few hours or periods of time for a day or two.
- Recurring thoughts, nightmares and flashbacks are normal — don’t try and fight them. They will decrease over time and become less painful.
- Maintain as normal a schedule as possible.
- Eat well-balanced and regular meals. (Even if you don’t feel like it!)
- Try to keep a reasonable level of activity.
- Fight against boredom.
- Physical activity is often helpful.
- Reestablish a normal schedule as soon as possible.
- Express your feelings as they arise.
- Talk to people who love you.
- Find a good counselor if the feelings become prolonged or too intense.

**FOR FRIENDS AND FAMILY**
- Listen carefully!
- Spend time with the traumatized person.
- Offer your assistance and a listening ear even if they have not asked for your help.
- Reassure them that they are safe.
- Help with everyday tasks like cleaning, cooking, caring for the family and minding the children.
- Give them some private time.
- Don’t take their anger or other feelings personally.
- Don’t tell them that they are “lucky it wasn’t worse” — traumatized people are not consoled by those kinds of statements. Instead, tell them that you are so sorry this event has occurred and you would like to understand and assist them.

If you find that you are still suffering severe symptoms (sufficient to disrupt any of your normal functioning) after six weeks, professional counseling may be indicated.

Contact your employee assistance program, physician, or a mental health professional in your community for a referral to a therapist who specializes in this kind of work.

Additional Resources can be obtained at www.sesamestreet.org/grief
WHEN TRAGEDY STRIKES

10 THINGS TO DO AND NOT TO DO

All of us face dilemmas when something bad happens to someone we know. Many times we inadvertently say the wrong thing and increase the hurt they’re already feeling. Or, we don’t do or say anything for fear that we’ll be in the way. So here’s a practical list of 10 do’s and don’ts when it comes to helping someone who’s just experienced a death or trauma.

1. **DO** listen. As a rule, if you’re talking more than they are, you’re not being helpful.

2. **DON’T** tell your story. It’s not about you. “When my father died ...” language isn’t helpful. Don’t try and relate your pain — that’s essentially emotional theft. No matter how similar your story is, it’s not theirs. Their experience is different and happening right now. Let the focus be on them.

3. **DO** send a note. It may seem insignificant to you, but a thoughtful, short, handwritten note can mean the world to someone in a particular kind of hell. Even if it’s months after the death, that note will mean a lot.

4. **DON’T** use platitudes like, “It was God’s will,” or “She’s in God’s hands now,” or “At least he had a good life,” or “You can have other children,” Such loss is devastating and so are the mental wounds from such mindless platitudes. Discounting statements like “at least ...” hurt because nothing is going to make this situation okay. Instead, simply acknowledge the loss and express your sadness at the pain they are going through.

5. **DON’T** be vague. “Call me if there’s anything I can do” is practically useless. They’re not going to call; they’re too overwhelmed and too upset to even remember the offer. To someone in the immediacy of a trauma, the phone weighs 2,000 pounds and is simply too heavy to pick up for any reason, including asking for help.

6. **DO** be specific. Tell your friend; “I’m cooking dinner at your house on Thursday at 6 p.m.” The smells of cooking can be extremely comforting and calming. Offer to pick up friends or relatives from the airport. Take the kids to school or babysit after school. Vacuum their house. Take their trash to the curb on trash day. Imagine what you would least like to do in their situation — then volunteer to do it for them.

7. **DON’T** bring by a lasagna. People under extreme duress do not eat meals, they snack. Bring fresh fruit, vegetables, cheese and crackers — foods that you can eat with your fingers that don’t require cooking or clean up. Stress shuts down the digestive system. Heavy meals that require prep and clean up just add to the stress.

8. **DO** bring essentials. The three things that people most need immediately after a death or trauma are tissues, bottled water, and toilet paper. As family members, friends, and neighbors arrive they all need tissues and water. Water bottles eliminate the need for cups and clean up. More people means more bathroom visits so the need for more toilet paper becomes essential.

9. **DO** be human. If you see this person at the grocery store, don’t duck behind the soup display because you can’t think of anything to say. This just makes the person feel alienated and lonely. Acknowledge what happened by saying something like, “I’m so sorry this happened.” You don’t have to save them or provide a counseling session. They might want to talk, they might not. Your lack of comfort will only make them feel more alienated. A simple hug goes a long way.

10. **DON’T** judge. No matter what your feelings about the situation, use neutral language, “I remember Mike’s smile. He was also so helpful to us. I’m sorry. How are you doing?” In fact, a simple “How are you doing?” can go a long way. These situations are uncomfortable — for everyone. But with a little thought we can avoid increasing the hurt and even help when the worst happens to people we know.

For more information on how to help visit www.whentragedystrikes.org
### Your Restoration Experts

#### 24-HOUR EMERGENCY RESPONSE

<table>
<thead>
<tr>
<th>24-HOUR SERVICES</th>
<th>24-HOUR EMERGENCY CONTACTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Board Up</td>
<td>Greg Philo</td>
</tr>
<tr>
<td>• Shoring Stabilization</td>
<td>Office</td>
</tr>
<tr>
<td>• Tree Removal</td>
<td>Fax</td>
</tr>
<tr>
<td>• Temp Fence</td>
<td>FIREXPERTS.net</td>
</tr>
<tr>
<td>• Electrical Safe-Off</td>
<td></td>
</tr>
<tr>
<td>• Fire Scene Protection</td>
<td></td>
</tr>
</tbody>
</table>

Find us on Facebook · www.facebook.com/pages/fire-restoration

(Trauma Intervention Program NW cannot recommend nor endorse any business. Without their advertising support, this Citizen Resource Guide would not be possible.)
COPING WITH SUICIDE AS A FAMILY

It is important to sit down together to talk, cry, feel rage, guilt and even be silent.

Communication is the key to survival in the aftermath of suicide. At the same time, there should be respect for each person’s individual way of handling grief. Some family members will grieve privately, others openly, and others a combination of these two styles. In many ways, each family member must grieve alone. Here are some suggestions to help with family grief.

Pay attention to your family members when you are with them. Let them know that you love them. Be sensitive to how other family members feel. Listen to what is meant as well as what is being said. Accept the other person and what they say.

Don’t give each other the silent treatment. This has many negative effects. Sit back and listen. Let other family members have an opportunity to talk. Be sure to hug and touch each other at every opportunity. Recognize that anniversaries, birthdays, and holidays will be difficult for each member of the family.

Remember, you can’t help anyone if you’re falling apart. Do what you can do for yourself – and get help for what you can’t do. If depression, grief, or problems in your family are getting out of control, seek the advice of a counselor.

Studies show that a bereaved person’s self-esteem is extremely low. Survivors should work on their image of themselves, and to help each family member to think and feel good about them.

If there is a suicide note, discuss as a family what to do with it. If you think it will only bring you pain, then have a private burning and commit its contents to God or a higher power.

www.sbsnw.com

CLICHES – WHAT NOT TO SAY

Well-meaning people who don’t know what to say often use cliches. Sometimes they cause more aggravation than comfort. Here are a few that shouldn’t be said in time of grief:

- I know how you feel
- Calm down
- It will be better tomorrow
- It’s God’s will
- They are better off
- They’re happier in heaven
- You will get married again
- Time heals all wounds
- It was part of God’s plan
- I just don’t know how you are so strong
- I don’t know what I would have done if it had been me
- Don’t cry, it’s ok
- You don’t want to do that
- Don’t feel
- They will never hurt again
- Had they lived, they would never be the same
- You will/can have another child
- You have other children
- It’s time to get on with your life
- Life goes on
- It is divine to forgive
- Call me if you need me
UNDERSTANDING AND COPING WITH YOUR GRIEF

Most people find the loss of a loved one the most intense and difficult experience of their lives. To lose someone is a universal experience. To mourn is a universal emotion, yet many people, both members in the helping profession and the bereaved themselves, are confused about the nature of mourning. Many of those who grieve try to hide their sorrow. Many in our culture believe that mourning should be suppressed. We now know that to suppress our sorrow; to thwart the mourning process, further disorients us and makes us more at risk for both emotional and physical illness.

If you are newly bereaved, you may find it very difficult to concentrate on what you are reading, and that is perfectly normal. We will discuss specific topics in depth to be used when it’s not so difficult to think. Let me mention some errors many mourners make.

THE MOST COMMON ERRORS
The most common errors made by mourners usually begin with the people believing that mourning should be over in a short period. We know, on the basis of specific polls, for example, that a majority of the people believe mourning should be over in 48 hours to two weeks. THIS ASSUMPTION IS FALSE. Loss of your loved one will have a measurable and visible impact on you well beyond a year’s time.

A second common error is that many people believe that they can suppress their sorrows, at least to other people’s eyes. They try to use alcohol or tranquilizing drugs or magical thinking to suppress their emotions. They inevitably fail. Our emotions and their expressions are the only means we have to reorient ourselves after major change in our lives. It is important for your emotional, physical health to express emotions in non-destructive ways. One of the most effective ways of recovering from sorrow is to cry. Whether you are a man or a woman, to cry seems to be necessary for your health. To cry with others who grieve makes the task of reorientation easier.

A third common error of mourners is to try to make their sorrow a private matter. A famous poet, John Donne, was quite correct when he wrote, “No man is an island unto himself.” No matter how overwhelmed, lonely or impotent you feel, your loss is other’s loss also. It is very important that you include, not exclude, others in mourning your loss.

A fourth common error is an attempt to escape the pain of loss by making even more changes in their lives; selling the house, changing jobs, going on long trips. All of these may be appropriate in time; not when we mourn. Like our shadows, our feelings of sorrow cannot be run away from. Buying binges...radical changes in living habits...taking flight from our routines of care...these are but a few examples of how we can erroneously try to avoid sorrow. What is important for you is to make as few changes in your circumstances of living as possible. While there will be many changes you cannot avoid, postpone as many as you can.

A fifth common error of mourners is to ignore their own health. For some, it seems to be going to the extreme of feeling the best way of honoring the dead is to die with them. For others, it is to abandon self-esteem. Whatever your reason, you need to care for your own health.

Taken from video tapes by Dr. Glen Davidson, Ph.D., and produced by Twenty-Twenty media, a subsidiary of Dodge Chemical Compny, Cambridge, Massachusetts.
## DEVELOPMENTAL STAGES OF TRAUMATIZED CHILDREN

When talking to your child, please consider their age, maturity, personality and cognitive ability.

<table>
<thead>
<tr>
<th>AGE</th>
<th>TRAUMA RESPONSES</th>
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</table>
| Infant to 2 years | - Sleeping/eating disturbance  
- Fussiness, whining  
- Clinginess  
- Sense of change |
| 2 to 5 years   | - Sleeping/eating disturbance  
- Regressive behaviors  
- Death/traumatic experience seen as reversible, not permanent  
- Brief, intense responses  
- Fearful  
- Clinginess |
| 5 to 8 years   | - Magical thinking – child’s words or actions caused the traumatic event  
- Death seen as reversible, not permanent  
- Repetitive questioning  
- Nightmares  
- Aggressive behaviors  
- The child worries who will take care of him or her |
| 9 to 12 years  | - Understand the finality of death  
- Joking inappropriately about death/traumatic event  
- Want complete details – morbid curiosity  
- Aggressive behaviors  
- Problems in school – changes in grades and/or behaviors |
| 13 to 18 years | - Similar to adults, but fewer coping skills  
- Risk-taking behavior – behaves impulsively  
- Delayed grief work  
- May prefer to talk with people outside the family  
- Depression, anger, guilt  
- Problems in school – changes in grades and/or behaviors  
- May assume the role of the deceased |
TALKING WITH TRAUMATIZED CHILDREN
COMMON QUESTIONS

Children must be told the truth. Start by saying: “A very sad thing has happened…” “I have some very sad news I need to share with you…”


ANSWER CHILDREN’S QUESTIONS HONESTLY AND OPENLY

What does dead mean? Dead means your body has stopped working. It is not breathing, it doesn’t need to sleep or eat.

What is cremation? The dead body is placed in a room with a high temperature that turns the body into ashes (cremains). These ashes can be put in a special container called an urn. They can also be scattered in a favorite location.

Why is their body cold or hard? The body is warm when it is working correctly. The person has died so the body doesn’t need to stay warm anymore.

Why did my loved one die? That is a hard question to answer, just say honestly - “I don’t know.”

Will this happen to you? (addressed to parent/guardian) “I am hoping to live a long time; we just don’t know when we will die.

Who will take care of me if this happens to you too? Share with them a relative or friend will take care of them, but you are hoping to live a long time.

Children may ask questions regarding their safety. Listen to your child, reassure them, provide a daily routine, and let them express their fears.

BEHAVIORS THAT SUGGEST A CHILD IS ANXIOUS OR STRUGGLING

- Quiet and withdrawn
- Acting out
- Overachieving
- Refusing to go to school or child care
- Changes in eating and sleeping habits (depression)
- More active and restless
- Unrealistic fear for personal safety
- Any significant changes in personality

This information provided by Jodi Wicks, MS., Bereavement Manager Hospice SW/ “Stepping Stones”
CHECKLIST FOLLOWING A DEATH

☐ Decide on type of Service.
☐ Check Pricing. Make appointment to meet with a funeral director. Make funeral or memorial service arrangements.
☐ Decide on a time and place for the funeral and/or memorial service.
☐ Make a list of immediate family, close friends, and employer or business colleagues. Notify each by phone.
☐ If flowers are to be omitted, decide on appropriate memorial to which gifts may be given (a church, library, school, or charity).
☐ Write an obituary. Normally, the mortuary does this, but you may wish to consult with them. Include age, place of birth, occupation, college degrees, membership(s) held, military service, outstanding work, list of survivors in immediate family. Give time and place of services. Fax a copy to deceased’s hometown.
☐ Purchase a Guest Book.
☐ Notify insurance companies (including automobile insurance) of immediate cancellation and request any refund.
☐ Check carefully all life and casualty insurance and death benefits, including Social Security, credit union, trade union, fraternal, military, etc.
☐ Check also on income for survivors from these sources.
☐ Arrange for family members or close friends to take turns answering the door or phone, keeping careful record of calls.
☐ Arrange hospitality for visiting relatives and friends.
☐ Arrange appropriate childcare.
☐ Coordinate special needs of the household, e.g. cleaning, grocery shopping, etc., which might be done by friends.
☐ Select who will conduct the service, give the eulogy, speakers, music, and reception, if any.
☐ Select pall bearers and notify them (avoid men with heart or back difficulties, or make them honorary pall bearers).
☐ Notify the lawyer and Executor of the Will. Get several copies of the death certificate.
☐ Plan for disposition of flowers after the funeral (can be given to a hospital or rest home).
☐ Prepare a list of distant persons to be notified by letter and/or printed notice and decide which to send each.
☐ Prepare a list of persons to receive acknowledgements of flowers, calls, etc. Send appropriate acknowledgements (can be either written notes or printed acknowledgements).
☐ Check promptly on all debts and installment payments. Some may carry insurance clauses that will cancel them. If there is to be a delay in meeting payments, consult with creditors and ask for more time before payments are due.
☐ If the deceased was living alone, notify utilities and landlord and tell the post office where to send mail. Take precautions against thieves.
DEALING WITH TRAGEDY IN THE WORKPLACE
A Supervisor’s Checklist

☐ Have I identified everyone affected by the event?
  ☐ Co-workers
  ☐ Family members
  ☐ Witnesses
  ☐ Clean-up workers

☐ Have I sent supervisors to all the sites where the survivors are?

☐ Have I set-up and staffed a “safe room” where employees can support one another and receive the information they need?

  Is the “safe room” equipped with:
  ☐ Tissue
  ☐ Water
  ☐ Writing Materials

☐ Have I acknowledged to employees the difficulty of the event?

☐ Have I obtained accurate information about the incident and presented it to all employees?

☐ Have I ensured that employees will be protected from the media through the aftermath?

☐ Have I distributed “How to Cope” resources to employees and given them resources for follow up care?

☐ Have I given employees information on how other survivors are coping, i.e. “The family has lots of support.”?

☐ Have I given the family members information about how employees care?

☐ Have I taken concrete steps if necessary to make employees feel safe?
  (locks, lighting, etc.,)

☐ Have I given employees information about upcoming viewings and memorial services?

☐ Have I initiated a planning process for how employees will honor the victim(s)?

☐ Have I gotten the company back to “normal”? (Cleaned up, back to daily routines?)

☐ Have I followed up on an individual basis with those most affected?
  (“How are you doing _________?” It’s been _______weeks since the tragedy.
  I know it was very difficult for you. Are you ok?”)

☐ Have I identified everyone affected by the event?
  ☐ Co-workers
  ☐ Family members
  ☐ Witnesses
  ☐ Clean-up workers
Professional Cleanup for:
- Trauma Scenes
- Chemical Spill
- Infectious Disease
- Hoarding

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www.BioNW.com

The biggest funeral regret

“Mom’s funeral was generic and ordinary, not at all a true reflection of her life. We all felt empty afterwards.

Don’t let your goodbye be ordinary.
We get one chance to say goodbye to the ones we love. Greatgoodbyes.com will help you make your farewell extraordinary.

Learn more at https://greatgoodbyes.com

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GENERAL INFORMATION GUIDE

Includes information for Oregon and Washington State

Please note: The information listed below is being provided as a courtesy to you. All of the information may not apply to your individual situation.

DEATH CERTIFICATES
There is always a fee for the death certificate. Fees vary by state. Certified copies are suggested for insurance, insured loans, stocks and bonds, and any joint ownership, real property in joint ownership, etc. If copies are needed within 10 days of the date of death, please check with your funeral director. After 10 days please use the following:

IN PERSON
Identification such as a current driver’s license or I.D. card will be required for all record orders.

Oregon: Vital Records Office
800 NE Oregon Street, Room 205
971.673.1190

Washington: Vital Records Office
2000 Fort Vancouver Way
360.236.4313

US MAIL
Oregon
PO Box 14050
Portland, OR 97293-0050

Washington
2000 Fort Vancouver Way
Vancouver, WA 98661

FAX
Oregon only: You may send a fax directly to 503.234.8417. Please include complete record information, return address, credit card number, expiration date and your daytime telephone number.

INTERNET
For both Oregon and Washington: www.VitalCheck.com

TELEPHONE
Oregon
971.673.1190

Washington
360.236.4313

You will always need to provide the following information about the deceased:

- Full name of person on the record
- Spouse’s name (if applicable)
- Date of death, marriage or divorce (or the time period to search)
- Place of death, county which issued marriage license, or county granting divorce
- Your name and relationship to the person on the record, or
- Your reason for needing the record

SOCIAL SECURITY
Your funeral director will file for SSA-721 “Statement of Death.” You must also contact a local Social Security Office to file the lump sum death benefit, if applicable. You can reach them at 1.800.772.1213 or on the web at www.ssa.gov.

VETERANS ADMINISTRATION
Your funeral director will secure the flag for you at the time of death for an honorably discharged veteran. Additional benefits apply if the death occurred in a VA facility or of the veteran is under special VA care. The funeral home will assist you in the completion of the burial benefits claim. You will need a copy of the deceased’s “DD-214”. If you have further questions, contact the Veterans Administration at 1.800.827.1000.

INSURANCE
If the deceased is a Veteran, contact the Veterans Administration at 1.800.827.1000 for individual insurance coverage. Notify other personal insurance companies or local agents of same on those policies held by the deceased. Also, check for coverage, health and accident insurance, life insurance, savings and checking accounts, and department store and credit card accounts that may have death insurance coverage. If the deceased was a homeowner, check for the possibility of mortgage insurance. A certified copy of the death certificate is usually needed for each policy.

BANKS
Notify the bank of person’s death and inquire about checking accounts, government bonds, time saving certificate, etc. If joint account, consider transferring all money accounts to your name and adding additional names to bank accounts and safety deposit boxes for protection.

DEPARTMENT OF MOTOR VEHICLES
Certified copies of the death certificates are required to change a car title. Take one original certified copy of the death certificate and the DMV will make a photocopy. If you can’t get a copy of the death certificate, an obituary will suffice.

UNION BENEFITS
Employment could include benefits through a labor organization. Since membership benefits are so varied, it is advisable to check with the individual organizations. A certified copy of the death certificate may be needed for application of benefits.

DEPARTMENT OF REVENUE
For assistance on necessary forms:
Oregon
1.800.356.4222

WASHINGTON STATE
1.800.647.7706

INTERNAL REVENUE SERVICE
Contact the office of the IRS by calling 1.800.829.1040 or by going to their office.
Oregon
1220 SW Third, Suite 272
Portland, OR 97204

WASHINGTON STATE
500 SW 12th Street, Suite 200
Vancouver, WA 98660

YOUR HOME AND REAL PROPERTY
Contact the County Assessor’s office in the county where your home is located. Be sure to have a certified copy of the death certificate available if needed.
Hood River County.......541.386.4522
Klickitat County...........509.773.3715
Skamania County.........509.427.3720
Wasco County.............541.506.2510

PUBLIC EMPLOYEES RETIREMENT SYSTEM (PERS)
If the deceased is or was a member of PERS by being a public, county, state, or public school employee, notify PERS at 888.320.7377.

WASHINGTON STATE DEPARTMENT OF RETIREMENT SYSTEMS (DRS)
800.547.6657
DEATH CERTIFICATE

REQUIRED INFORMATION FOR A DEATH CERTIFICATE

Arrangements for:  

First Name  Middle Name  Last Name

Date of Birth:  Birthplace:  Sex:  

US Veteran:  Served in a Combat Zone?  Social Security #:  

Y/N  Y/N

Marital Status:  Spouse’s Name:  

Married, Divorced, Widowed, Never Married  If Married/Widowed, include Maiden Name

Race:  

White or Caucasian  Black or African American  American Indian/Alaska Native-Tribe  
Asian Indian  Chinese  Filipino  
Japanese  Korean  Vietnamese  
Other Asian (specify)  Native Hawaiian  Guamanian or Chamorro  
Samoan  Other Pacific Islander (specify)  Other (specify)

Hispanic Origin:  

Not Hispanic  Mexican, Mexican American, Chicano  Puerto Rican  
Cuban  Other Spanish/Hispanic/Latino (Specify)

Education:  

8th grade or less  9th-12th grade, no diploma  High School Graduate or GED  Some college credit, no degree  
Associate’s degree  Bachelor’s degree  Master’s degree  Doctorate degree

Usual Occupation:  Industry:  

Residence Address:  

Street Address

City  County  State  Zip Code  Inside City Limits?

Father’s Full Name:  

First  Middle  Last

Mother’s Full Name:  Mother’s Maiden Name:  

Next of Kin/Responsible Party Name:  

Address:  

Phone Number:  Relationship:  

Method of Disposition:  

Burial  Cremation  Whole Body Donation  Removal from State
Name and Relationship of Family Members:

Name:  Relationship:  Address & Phone:
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________

Names of Organizations/Lodges etc. to be contacted:
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________

Place and Type of Service:
Some families choose to have no service. Your funeral service provider should honor and respect all of your wishes. A service can be an important time for those who are left to grieve. A service doesn't have to be formal or expensive, but a time to commemorate a life well lived.

Service at:  □ Funeral Home  □ Church  □ Private Home  □ Lodge  □ Other

Memorial Service:  -----------------------------  Funeral Service:  -----------------------------  Celebration of Life:  -----------------------------


Details of service: (speaker, special music selections, musician(s), etc.)
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________

Memorial Contributions To:  __________________________________________________________

Obituary (List which papers in which obituary(s) is to be placed):
_________________________________________________________________________________________________

Note: Some papers will charge for this service. Your funeral service provider should advise you if there is a fee.

If available, would you like an obituary on the Funeral Home’s website for no fee?  □ Yes  □ No
DISPOSITION CHOICES AT THE TIME OF DEATH
ABC’s - Anatomical Donation, Burial and Cremation

At the time of death, a family has one of three disposition choices, either anatomical donation, burial or cremation.

There is no right or wrong to these choices, only what best suits the wishes of the deceased or the next of kin. It is important to note that the Power of Attorney (POA) ceases at the time of death. Thus, the POA does not have the authority to make decisions regarding human remains.

ANATOMICAL DONATION
Time sensitive decision at the time of death. A person may donate their body or the body of a loved one to an organization who accepts these gifts. Facilities and organizations accept human remains on a case by case basis and have specific procedures and an extensive questioning process to determine if a donation is possible. Depending on the institution, there may be costs to the family associated with an anatomical donation.

BURIAL
Burial usually takes place within a week of the death but in some cases later. (Refrigeration is required by law after 24 hours of the death). Embalming is not required by law but is determined by the type of funeral service the family chooses. It is required when a body is transported via airlines, or burial in an above ground mausoleum (or crypt). There are two types of burial – direct and traditional. Direct burial does not include any viewing, services or family present at the cemetery. The funeral home caskets the body and delivers it to the cemetery. Traditional burial usually includes the following: dressing, viewing, funeral or graveside service. Some funeral establishments are limited by their license as to what services they can provide.

CREMATION
Families or individuals choose cremation for various reasons, but there are still options that can be made within this choice. The most minimal is a direct cremation where there is no viewing or service involving the funeral home. A family can also choose a cremation with a funeral service which takes place at a funeral home. This may include a viewing, dressing, and casketing, either in a rental or cremation casket. Families may also choose a cremation with a memorial service, which may or may not use the funeral home facilities. The cremated remains may or may not be present at the service.

Skamania County Council on Domestic Violence & Sexual Assault
(509) 427-4210 or 877-427-4210 (Toll Free)
96 NW Columbia St. Stevenson, WA  http://skamaniadvsa.webs.com/

- Legal Advocacy
- Medical Advocacy
- Temporary Shelter
- Counseling Services
- Referrals for Services
- Community Education
- Support Groups

All services provided at no cost. Interpreters available.

SCCDVSA does not discriminate in delivery of services on the basis of race, color, ethnicity, religion, disability, sexual orientation, gender, gender identity or expression, age, income, pregnancy, national origin, veteran status, marital status.

(Trauma Intervention Program NW cannot recommend nor endorse any business. Without their advertising support, this Citizen Resource Guide would not be possible.)

25 TIPNW COLUMBIA RIVER GORGE: CITIZEN RESOURCE GUIDE
A crisis can happen at any time. The Southwest Washington Crisis Line can help.

The Southwest Washington Crisis Line can help when you, your child, or someone else is:

- Talking or thinking about harming oneself or others
- Acting recklessly or violently
- Having hallucinations, delusions, or is not able to care for oneself
- Having a substance use crisis

It’s free and confidential. Available 24/7.

(800) 626-8137 | TTY (866) 835-2755
wa.beaconhealthoptions.com
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Chief Executive Officer  
Great Goodbyes

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Police Chief – Vancouver  
Police Department

John Chapman  
Chief Criminal Deputy –  
Clark County Sheriff’s Office

John Nohr  
Fire Chief - Clark County Fire & Rescue

Jon Harrell  
Director – Lake Grove Fire District

Kathy Wentz-Phelps  
OMEGA Funeral and Cremation Services

Lindsay Fisher  
Evergreen Funeral & Memorial Gardens

Lorianne Fiedler  
Bank Compliance Officer

Marcus Mendoza  
Clackamas County Sheriff’s Office

Mike Reese  
Sheriff – Multnomah County Sheriff’s Office

Mitch Snyder  
Fire Chief – Gresham Fire Department

Nick Browne  
Fire Chief – Clackamas County Fire District

Nicole Morrissey  
Udersherrif – Multnomah County  
Sheriff’s Office

Rob Mathis  
Fire Chief – Port of Portland  
Fire Department

Ross Dunlap  
Manager – Les Schwab, Parkrose

Sara Boone  
Fire Chief – Portland Fire and Rescue

Jim Price  
Fire Chief – Hoodland Fire District #74

Travis Gullberg  
Police Chief – Gresham Police Department

Wendy Silverthorne  
SMART Team

TIP Advisory Committee

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Chuck Lovell  
Police Chief – Portland Police Department

Cory Chase  
Police Captain - Port of Portland

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