



**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

IMPORTANT INFORMATION



**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 _____

► Notes _____

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



TIPNW – Trauma Intervention Program NW



TIPNW



TIPNW

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



TRAUMA INTERVENTION
PROGRAM NORTHWEST

4800 NE 122nd Avenue
Portland, OR 97230
Office 503.823.3937

**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)
oregonal-anon.org/district-12

Alcoholics Anonymous
(District 14 - Columbia Gorge)
Vancouver 360-694-3870

Stevenson, The Dalles, White Salmon,
Carson, Goldendale, Hood River,
Moro 800-999-9210 / 833-423-3863
aaoregon-district14.org or www.aa.org

Celebrate Recovery (Meetings at
Hood River Alliance Church) 541-806-4415
celebraterecovery.com

Lifeline Connections for Clark County
Substance use and mental
health treatment..... 360-397-8246
Lifelineconnections.org

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

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

ANIMAL CONTROL

Goldendale Animal Control..... 509-773-3067

Hood River Adopt-A-Dog &
Hukari Animal Shelter..... 541-354-1083
hoodriveradoptadog.org/

Hood River County
Animal Control 541-387-7037

Second Chance Companions Humane,
no-kill animal organization..... 360-687-4569
sccpets.com

Stevenson Animal Control 509-427-9490

SW Washington
Humane Society..... 360-693-4746
southwesthumane.org

Home At Last Animal Shelter
(Wasco & Sherman Counties)..... 541-296-5189
*Serves a five county area for unwanted, stray, and
injured animals.*
https://homeatlasths.org

West Columbia Gorge Humane Society
(Washougal) 360-835-3464
wcghs.org/

White Salmon Animal Control ... 509-493-2660

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.
haydenshelpinghands.com

Heart of Hospice - Inspiring Hospice
(Hood River)..... 541-386-1942
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
sesamestreet.org/grief

Stepping Stones/Hope
Bereavement Services 360-696-5100

BOARD UP/RESTORATION

F.I.R.E - Fire Industry
Restoration Experts 503-305-7285
firexperts.net

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/Eye Donation) 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 Dougy Center 503-775-5683
*Bereavement resources and support for children, teens,
young adults, and families.*
dougy.org

Hood River County
Juvenile Department 541-386-1030

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

National Runaway Safeline 800-786-2929
1800runaway.org

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

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

Safe Kids Columbia Gorge..... 541-980-1019
Carseat, bike helmet, life safety vests for children.

Stepping Stones/Hope
Bereavement Services
(Support & Counseling)..... 360-696-5100

Teen Line 800-852-8336
(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) 541-705-4777
*Providing youth in crisis a place of physical and
emotional safety.*
yeshelter.org

Youthline (Lines for Life) 877-YOUTH-911
(or text "teen2teen" at 839863)
Free teen-to-teen crisis support and help line.
oregonyouthline.org/

CLEAN UP/BIOHAZARD

BioManagement NW 877-524-6411
bionw.org

COMMUNITY RESOURCES & SUPPORT

211info211 OR 866-698-6155
*Helping people identify, navigate and connect
 with the local resources they need (in Oregon and
 SW Washington).*
 211info.org

Caring Bridge
 Online tool for sharing health updates.
 caringbridge.org

Household Item Pick Up
 pickupplease.org

Lotsa Helping Hands
 lotsahelpinghands.com/about-us/

Meal Train
 mealtrain.com

Mid-Columbia Community
 Action Council541-298-5131
*Community partnerships and equity-centered programs
 that prevent and eliminate poverty and homelessness.*
 mcccac.com/

Skamania County Community Health
 (at Hegewald Center) 509- 427-3850
*Improving the health of individuals, families and
 communities.*
 www.skamaniacounty.org/departments-offices/
 community-health

Spoonful of Comfort - Get Well Packages
 spoonfulofcomfort.com

The Next Door
 Hood River 541-386-6665
 The Dalles541-296-8118
*Over two dozen programs that support and empower
 people in the community.*
 nextdoorinc.org

Washington Gorge Action
 Programs (WAGAP)509-493-2662
*A multipurpose organization helping individuals, families,
 and communities with basic human needs.*
 wagap.org

When Tragedy Strikes
 whentragedystrikes.org

CRIME VICTIM, DOMESTIC VIOLENCE & SEXUAL ASSAULT RESOURCES

Crime Victim's Assistance
 Hood River County541-386-3103
 bit.ly/hoodrivercountyvictimassistance

Crime Victim's Assistance
 Klickitat County509-773-5838

Crime Victim's Assistance
 Wasco County541-506-2680
 bit.ly/wascovictimassistance

Domestic Violence and Crime
 Victims - 24 Hour Crisis Line 844-493-1709
 thehotline.org/help/

Goldendale Domestic
 Violence Task Force509-250-0315

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 NW360-694-5624
 lcsnw.org/office/vancouver/

National Domestic
 Violence Hotline800-799-SAFE
 thehotline.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 Assault509-427-4210
*Serving victims and survivors of domestic violence and/
 or sexual assault.*
 Skamaniadvsa.webs.com

WCA Vancouver360-696-0167
*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 Life800-273-8255
 Suicide, military, and youth helpline.
 linesforlife.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.mccfl.org/

National Suicide
 Prevention Lifeline800-273-8255
Free and confidential support for people in distress.
 suicidepreventionlifeline.org

Providence Gorge Counseling & Treatment
 Center Crisis Line541-387-6138

Suicide Crisis Line360-626-8137

Trauma Informed Oregon503-725-9618
 traumainformedoregon.org

Therapy in the Gorge541-400-0186
 therapyinthegorge.com/

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
 Goldendale509-773-3757
 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/

EMERGENCY NUMBERS LAW ENFORCEMENT/EMS/FIRE

Arlington Police Department360-403-3400

Bingen-White Salmon
 Police Department509-493-1177

Columbia River Inter-Tribal
 Police Department (CRITFC)541-386-6363

Goldendale Police
 Department509-773-3780

Hood River County
 Emergency Management541-386-2098

Hood River County
 Sheriff's Office541-386-2098
 hoodriversheriff.com/

Klickitat County Department
 of Emergency Management509-773-0582

Klickitat County Sheriff509-773-4545

Northern Oregon Correctional Facility
 (NORCOR)541-298-1576

Oregon State Police541-296-2161

Skamania County
 Sheriff's Office509-427-9490
 skamaniasheriff.com

The Dalles Police Department ...541-296-2233

Wasco County Sheriff541-506-2580
 www.co.wasco.or.us/departments/sheriff/index.php

Washington State Patrol360-596-4000

Washougal Police360-835-8701

White Salmon Sheriff's
 Office (Pioneer Center)509-493-1811

COMMUNITY SERVICES

EMERGENCY NUMBERS EMS/FIRE

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

EMERGENCY SUPPLIES & INFO

American Red Cross - Central and Eastern Oregon	541-382-2142
Toll-free	888-680-1455
American Red Cross - SW Washington	360-553-3619
Toll-free	888-680-1455

Get Ready Gorge! getreadygorge.com

*Information regarding emergencies
and preparation in The Gorge.*

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
ccsww.org/get-help/

Columbia River Mental
Health Services..... 360-993-3000
crmhs.org

Emotional Empowerment
Women..... 971-285-5679
*Behavioral Health, Mindfulness, Help for Self-Injury &
Suicide Attempts, Drug & Alcohol*
Hoodriverdbt.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
Hood River County..... 541-386-2620
Sherman & Wasco Counties..... 541-296-5453
*Recovery-oriented, trauma-informed service provider for .
persons with mental health and substance abuse issues.*

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 Agency 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

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

VETERANS/MILITARY

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

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

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



CRISIS LINES 24/7 SUPPORT/HELP WHEN YOU NEED IT

CLARK COUNTY CRISIS SERVICES

800-626-8137

*Behavioral health crisis services are available 24/7
bit.ly/clarkcountycrisservices*

CLARK, KLICKITAT & SKAMANIA COUNTY CRISIS LINE

800-626-8137

*Crisis Connections (24/7/365 Regional Crisis Line)
crisisconnections.org/24-hour-crisis-line*

LINES FOR LIFE

800-273-8255

*Suicide, military, and youth helpline.
linesforlife.org*

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.
mccfl.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

SKAMANIA COUNTY

509-427-3850

*Mental Health and Public Health / 24 Hour Crisis Line
bit.ly/skamaniacommunityhealth*

SUBSTANCE ABUSE AND MENTAL HEALTH HELPLINE (SAMHSA)

800-662-4357

*Free treatment referral and information service for
individuals and families facing mental and/or substance
use disorders.
samhsa.gov*

The right place when nothing feels right.

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.

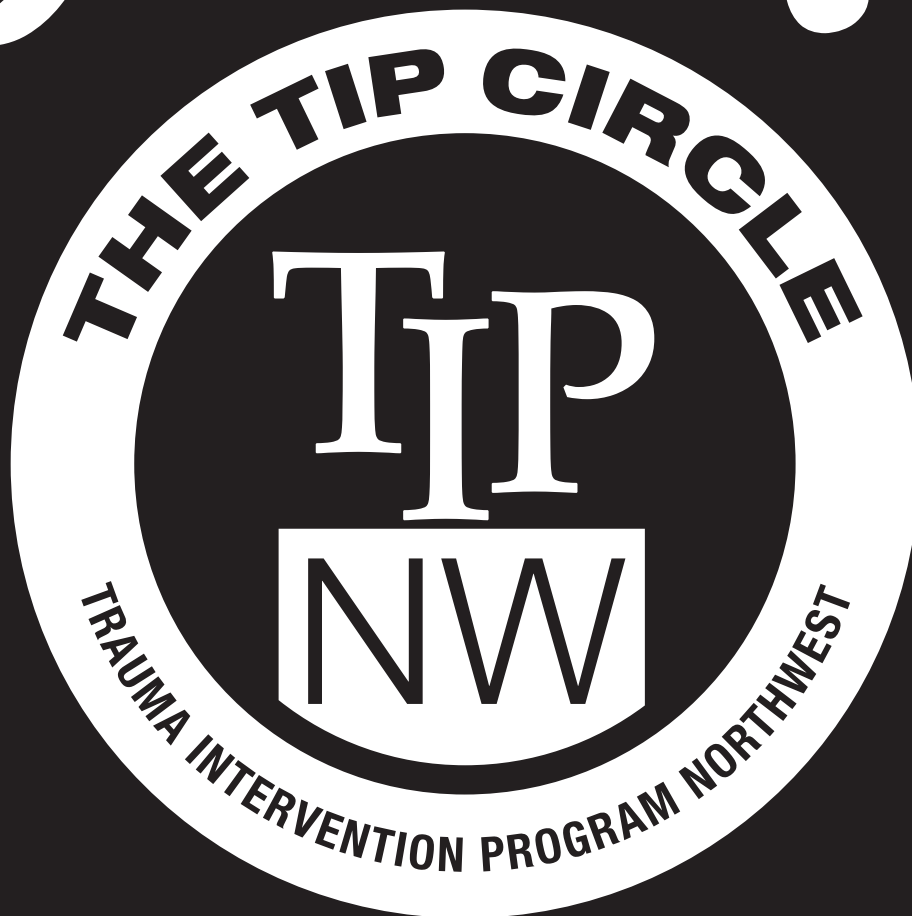
Dougy Center's services are completely free for families. We rely on the generosity of individuals, businesses, and foundations to support our programs.



Dougy Center | 503.775.5683 | dougy.org | help@dougy.org

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

Join Us



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.

DEALING WITH STRESS

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:

Physical*

chills
thirst
fatigue
nausea
fainting
twitches
vomiting
dizziness
weakness
chest pain
headaches
elevated bp
rapid heart rate
muscle tremors
shock symptoms
grinding of teeth
visual difficulties
profuse sweating
difficulty breathing
etc...

Cognitive

confusion
nightmares
uncertainty
hyper-vigilance
suspiciousness
intrusive images
blaming someone
poor problem solving
poor abstract thinking
poor attention/decisions
poor concentration/
memory
disorientation of time,
place or person
difficulty identifying
objects or people
heightened or
lowered alertness
increased or
decreased awareness
of surroundings
etc...

Emotional

fear
guilt
grief
panic
denial
anxiety
agitation
irritability
depression
intense anger
apprehension
emotional shock
emotional outbursts
feeling overwhelmed
loss of emotional
control
inappropriate emotional
response
etc...

Behavioral

withdrawal
antisocial acts
inability to rest
intensified pacing
erratic movements
change in social
activity
change in speech
patterns
loss or increase of
appetite
hyper-alert to
environment
increased alcohol
consumption
change in usual
communications
etc...

***Any of these symptoms may indicate the need for medical evaluation.
When in doubt, contact a physician.**

Critical Incident Stress Management (CISM): Group Crisis Intervention, 4th Edition,
June 2006, International Critical Incident Stress Foundation, Inc.

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: 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.

EFFECTIVE WAYS OF COPING continued...

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 "grievors" 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

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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 Company, Cambridge, Massachusetts.



DEVELOPMENTAL STAGES OF TRAUMATIZED CHILDREN

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

AGE	TRAUMA RESPONSES
Infant to 2 years	<ul style="list-style-type: none">▪ Sleeping/eating disturbance▪ Fussiness, whining▪ Clinginess▪ Sense of change
2 to 5 years	<ul style="list-style-type: none">▪ Sleeping/eating disturbance▪ Regressive behaviors▪ Death/traumatic experience seen as reversible, not permanent▪ Brief, intense responses▪ Fearful▪ Clinginess
5 to 8 years	<ul style="list-style-type: none">▪ 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	<ul style="list-style-type: none">▪ 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	<ul style="list-style-type: none">▪ 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..."

Be straightforward. Use correct words: "Died" instead of "passed away": Killed in a car accident. Died from Cancer.

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?"*)



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“

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”

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

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 if 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
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
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 County509.427.3720
Wasco County541.506.2510

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: _____
M/F

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

DEATH CERTIFICATE

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: _____

Viewing: Yes: _____ No: _____ Viewing at Service: _____ Private Viewing Only: _____

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

INFORMATION

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



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



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



**TRAUMA INTERVENTION
PROGRAM NORTHWEST**

**4800 NE 122nd Avenue
Portland, OR 97230
503.823.3937**

Citizens Helping Citizens in Crisis



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