

## Recovering

Recovering from a traumatic event will take a long time and will not be easy. Everyone responds differently to trauma. No one is reacting in a right or wrong way - just differently. It will help your recovery process if you don't expect too much of yourself and of others.

### Reactions to a Traumatic Disorder:

- Shock and numbness
- Intense emotion
- Fear
- Guilt
- Anger and resentment
- Depression and loneliness
- Isolation
- Physical symptoms of distress
- Panic
- Inability to resume normal activity
- Delayed reactions

### Practical Coping Ideas:

- Remember to breathe.
- Delay making major decisions.
- Simplify your life for a while.
- Take care of your mind and body.
- Avoid using alcohol and other drugs.
- Keep the phone number of a good friend near by to call when you feel overwhelmed.
- Ask for help.
- Think about things that give you hope.
- Re-establish old routines as much as possible.
- Rely on and talk to people you trust.

## County of Orange Health Care Agency



### Resources

#### OC Links

(855) OC-Links or (855) 625-4657

TDD Number: (714) 834-2332

[www.ochealthinfo.com/bhs/about/pi/oclinks/](http://www.ochealthinfo.com/bhs/about/pi/oclinks/)

Monday - Friday, 8:00 a.m. to 6:00 p.m.

#### Centralized Assessment Team

(Emergency Psychiatric Evaluation)

(866) 830-6011

7 days a week, 24 hours a day

#### 24 Hour Suicide Prevention

(877) 7 CRISIS or (877) 727-4747

[www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/)

#### NAMI WarmLine

Non-crisis support

(877) 910 WARM or (877) 910-9276

[www.namiosc.org](http://www.namiosc.org)

Monday - Friday, 9:00 a.m. to 3:00 a.m.

Saturday - Sunday 10:00 a.m. to 3:00 a.m.

### County of Orange Health Care Agency Behavioral Health Services Disaster Response

405 W. 5th Street, Suite 550  
Santa Ana, CA 92701

<http://ochealthinfo.com/bhs>

## County of Orange Health Care Agency



### Active Shooter Event



### Behavioral Health Services Disaster Response

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### Mission Statement

*Making Orange County a safe, healthy, and fulfilling place to live, work and play, today and for generations to come, by providing outstanding, cost-effective regional public services.*

### Active Shooter Events

**An active shooter is an individual actively engaged in killing or attempting to kill people in a populated area.**

- Victims are selected at random.
- Event is unpredictable and evolves quickly.
- Knowing what to do can save lives.

#### Information to Provide 911 Operators:

- Location of the active shooter.
- Number of shooters.
- Physical description of shooters.
- Number and type of weapons shooter has.
- Number of potential victims at location.

#### Recognizing Potential Workplace Violence:

An active shooter in your workplace may be a current or former employee or an acquaintance of a current or former employee. Intuitive managers and coworkers may notice characteristics of potentially violent behavior in an employee. Alert your Human Resources Department if you believe an employee or coworker exhibits potentially violent behavior.

[www.fbi.gov/stats-services/victim\\_assistance/brochures-handouts/cope\\_terror.pdf](http://www.fbi.gov/stats-services/victim_assistance/brochures-handouts/cope_terror.pdf)

[www.dhs.gov/sites/default/files/publications/active-shooter-how-to-respond-508.pdf](http://www.dhs.gov/sites/default/files/publications/active-shooter-how-to-respond-508.pdf)

### RUN. HIDE. FIGHT.

**When an Active Shooter is in your vicinity, you must be prepared both mentally and physically to deal with the situation.**

**You have three options:**

#### (1) RUN.

- Have an escape route plan in mind.
- Leave your belongings behind.
- Evacuate regardless of whether others agree to follow.
- Help others escape, if possible.
- Do not attempt to move the wounded.
- Prevent others from entering an area where active shooters may be.
- Keep your hands visible.
- Call 911 when you are safe.

#### (2) HIDE.

- Hide in an area out of the shooter’s view.
- Lock the door or block entry to your hiding place.
- Silence your cell phone (including vibrate mode) and remain quiet.

#### (3) FIGHT.

- Fight as a last resort and only when your life is in imminent danger.
- Attempt to incapacitate the shooter.
- Act with as much physical aggression as possible.
- Improvise weapons or throw items at an active shooter.
- Commit to your actions...your life depends on it.

[www.fbi.gov/about-us/office-of-partner-engagement/active-shooter-incidents/active-shooter-event-quick-reference-guide-04-29-14/view](http://www.fbi.gov/about-us/office-of-partner-engagement/active-shooter-incidents/active-shooter-event-quick-reference-guide-04-29-14/view)

### Active Shooter Events

**When law enforcement arrives:**

- Remain calm and follow instructions.
- Drop items in your hands (ex: bags, phones).
- Raise hands and spread fingers.
- Keep hands visible at all times.
- Avoid quick movements towards officers, such as holding on to them for safety.
- Avoid pointing, screaming and yelling.
- Do not ask questions when evacuating.
- Know that help for the injured is on its way.

**The first officers to arrive on scene will not stop to help the injured. Expect rescue teams to follow initial officers. These rescue teams will treat and remove the injured.**

**Once you have reached a safe location, you likely will be held in that area by law enforcement until the situation is under control and all witnesses have been identified and questioned. Do not leave the area until law enforcement authorities have instructed you to do so.**

**Good practices for coping with an active shooter situation:**

- Be aware of your environment and any possible dangers.
- Take note of the two nearest exits in any facility you visit.
- Call 911 when it is safe to do so.

**For more information on active shooter events and coping please go to the following websites:**

[www.dhs.com](http://www.dhs.com)  
[www.fbi.gov](http://www.fbi.gov)  
[www.samhsa.com](http://www.samhsa.com)