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FOR IMMEDIATE RELEASE

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PARENT TIPS FOR HELPING CHILDREN THROUGH A DISASTER

Carson City—Nevada Department of Health and Human Services (DHHS) Director Mike Willden announced today that Division of Mental Health and Developmental Services (MHDS) staff will attend the Fernley Town Hall meeting tomorrow morning, which is aimed at assisting families who were displaced by the flooding that occurred after a levee break on January 5, 2008.

MHDS staff will be on hand to help parents learn some ideas about how to discuss the tragedy and its aftermath with their children. MHDS will provide two handouts for parents: "The 2008 Fernley Flood, A Parents Guide for Kids," and "The Fernley Flood, A Coloring Book for Kids." The Parent Guide includes information about the emotional consequences of a flood, common stress reactions, and helpful hints to recovery. The two publications will be also available on the MHDS website (<http://mhds.state.nv.us>), beginning January 10th.

MHDS Administrator Dr. Carlos Brandenburg said, "It is normal for children, and even adults, to be sad, fearful, upset or even afraid to be alone for months after a disaster. Teaching responsibility while helping everyone express their thoughts and feelings is one of the most positive things you can do."

For more information about the Division of Mental Health and Developmental Services, go to <http://mhds.state.nv.us>.

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