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**TO:** Child Care Providers

**FROM:** The Office of Child and Family Services

**SUBJECT:** Resources on Response and Recovery from the Violence in Lewiston

**DATE:** October 30, 2023

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The mass casualty incident that occurred on Wednesday in Lewiston has deeply shaken many throughout Maine and we share in the profound heartbreak. If you, a coworker, or a friend need assistance, we encourage you to utilize the resources available for adults, posted [here](#), or if urgent call 988. The Office of Child and Family Services (OCFS) recognizes that child care providers throughout the state are in a unique position as they join with parents and caregivers of Maine's youngest children to help them understand and cope with this tragic event and its aftermath. We appreciate that you and those you work with will want to support children and help them to feel safe, all in a developmentally appropriate and evidence-based manner. To that end, Early Care and Education staff and Children's Behavioral Health staff have partnered together with the Medical Director of OCFS and other experts to develop the below list of resources.

Below are some links to websites, tip sheets and documents that are available to help you as you care for young children and families.

["Healing Together" Online Resource to Help Support to Lewiston Victims and Families](#)

[Offering Comfort in Scary Times - from Sesame Street workshop](#) (offers simple ways for caring grown-ups to offer children and families help, hope, and healing)

[Teachers' Guide for Helping Students After a Disaster - Center for the Study of Traumatic Stress](#)

[Restoring a Sense of Safety in the Aftermath of a Mass Shooting: Tips for Parents and Professionals — Center for the Study of Traumatic Stress \(cstsonline.org\)](#)

[Multilingual Trauma Resources - Child Mind Institute](#)

[Helping Children and Adolescents Cope with Traumatic Events - National Institute of Mental Health](#)

The Office of Child and Family services has several programs available to help children and families of Maine, especially in challenging times. Information can be found below:

[Help Me Grow](#) is a free information line linking families and professionals to information about child development, pregnancy, and community resources for children all over Maine up to the age of eight years old. If you know a family who may need support, please refer with their permission by using the online referral form, dialing (207) 624-7969 or completing a referral form and faxing to (207) 624-7994.

[The Maine Early Childhood Consultation Program](#) is a mental health consultation program that provides strategies, support, and training to improve the capacity of early childhood education and child care providers. To contact a provider in your community, go to the website.

For a tip sheet to help support children and guiding them through grief. [Maine Early Childhood Consultation Partnership \(ECCP\) | Department of Health and Human Services](#)

- [Tips for Tots Series #3: Caregiver Support](#)
- [Tips for Tots Series #2: Supporting Young Children Through Grief](#)