



CEDARS-SINAI MEDICAL TIP SHEET: Sept. 2001

IN AN EFFORT TO HELP ADDRESS ONGOING ANXIETIES AND CONCERNS IN THE AFTERMATH OF LAST WEEK'S EVENTS IN NEW YORK CITY, WASHINGTON D.C. AND PENNSYLVANIA, CEDARS-SINAI MEDICAL CENTER'S TIP SHEET FOR SEPTEMBER FOCUSES ON SERVICES, PROGRAMS AND EXPERTS THAT MAY PROVE HELPFUL TO INDIVIDUALS WHO MAY HAVE BEEN DIRECTLY OR INDIRECTLY AFFECTED BY THOSE EVENTS. TO ARRANGE AN INTERVIEW WITH ANY OF THESE INDIVIDUALS, PLEASE CALL TOSHIA JOHNSON AT 310-423-4062.

TEEN HOTLINE HELPS YOUNG PEOPLE COPE WITH RECENT TRAGEDY

Teen Line, a confidential toll-free (within California) telephone helpline and online service for teenage callers, offers help and a willing ear to listen to teens that need assistance in coping with the recent terrorist attacks on our nation. Now more than ever, the volunteer hotline based at Cedars-Sinai Medical Center reminds young people that they are not alone and that they have a resource to turn to when grappling with disturbing images, or possible loss of loved ones. Teen Line is open every evening between 6 and 10 p.m. From within California, teens can call 1-800-TLC-TEEN (1-800-852-8336). Outside of California, teens can call collect 310-855-HOPE (310-855-4673). Teens who prefer "virtual communication" can go online at www.teenlineonline.org. Information about trauma is available on this site for teens and their parents. In addition, by visiting this site, teens can e-mail the teen volunteers at Teen Line. E-mails are responded to each evening. **Elaine Leader, Ph.D., Executive Director of Teen Line, is available for interviews.**

PSYCHOLOGICAL TRAUMA CENTER AT CEDARS-SINAI OFFERS "TIPS FOR PARENTS" TO HELP CHILDREN COPE WITH RECENT TRAUMATIC EVENTS

To better help children cope with the trauma of last week's events, experts at the Psychological Trauma Center at Cedars-Sinai encourage parents to:

- Remain calm and in control when talking with children about the terrorist attacks in New York and Washington. Children look to parents and adult role models for strength and to see how they should react.
- Ask open-ended questions that will give your child permission to express his/her feelings.
- Let your child know that you love them and care about them and want to know how they are feeling.
- Let your child know that you are taking his/her concerns seriously.

The Psychological Trauma Center can be reached at 310-423-3506.

RITA AND TAFT SCHREIBER BLOOD DONOR FACILITY ACCEPTING DONATIONS

The Rita and Taft Schreiber Blood Donor Facility at Cedars-Sinai Medical Center is accepting blood donations. Due to overwhelming response after last week's events, appointments are needed. Please call in advance, 310-423-5346.

(more)

LOSS AND GRIEF SUPPORT PROGRAM AT CEDARS-SINAI OPEN TO THOSE WHO HAVE LOST A LOVED ONE

Cedars-Sinai Hospice Program offers the expert supportive services of the Bereavement Program to any individuals who have experienced the loss of a loved one, including those affected by the Sept. 11 events. This support includes consultation, sharing information and making community referrals, as well as arranging for group support to anyone grieving the loss of a loved one. For information, please call 310-423-9534. **Paula Hinz, MSW, MSG, LCSW, Bereavement Coordinator at Cedars-Sinai Hospice Program, is an expert in grief recovery and is available for interviews. To arrange an interview with her, please call 310-423-4062 or 310-423-4767.**

EXPERT ON POST-TRAUMATIC STRESS DISORDER AVAILABLE FOR MEDIA INTERVIEWS

Post-Traumatic Stress Disorder (PTSD) is an anxiety disorder which, effects up to 10% of men and 18% of women in the US. Most classically associated with traumatic events such as rape or physical assault, PTSD can occur from a variety of traumatic experiences, even exposure to trauma via newscasts. The symptom triad of PTSD include: (1) a re-experiencing of the traumatic event in the form of dreams or flashbacks; (2) avoidance of thoughts, or situations associated with the traumatic event, and (3) other anxiety symptoms. Without treatment, PTSD often becomes chronic and produces significant social and vocational impairment. **Alan L. Schneider, M.D., Medical Director and Associate Director of Research for the Department of Psychiatry at Cedars-Sinai Medical Center, is an expert on this topic and is available for interviews.**

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To pursue any of these story ideas, please call 310-423-4767. For other Cedars-Sinai stories, please go to <http://www.cedars-sinai.edu/newsmedia/xmldefault.asp?Page=5.5>