

A Quarterly Technical Assistance Journal on Disaster Behavioral Health
Produced by the SAMHSA Disaster Technical Assistance Center

the Dialogue

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The Role of Memorials



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The Dialogue is a quarterly technical assistance journal on disaster behavioral health which is produced by the Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Technical Assistance Center (DTAC). Through the pages of *The Dialogue*, disaster behavioral health professionals share information and resources while examining the disaster behavioral health preparedness and response issues that are important to the field. *The Dialogue* also provides a comprehensive look at the disaster training and technical assistance services SAMHSA DTAC provides to prepare states, territories, tribes, and local entities so they can deliver an effective behavioral health (mental health and substance misuse) response to disasters. To receive *The Dialogue*, please go to SAMHSA's home page (<http://www.samhsa.gov>), click the "Sign Up for SAMHSA Email Updates" button, enter your email address, and mark the checkbox for "SAMHSA's Disaster Technical Assistance newsletter, The Dialogue," which is listed in the Newsletters section.

SAMHSA DTAC provides disaster technical assistance, training, consultation, resources, information exchange, and knowledge brokering to help disaster behavioral health professionals plan for and respond effectively to mental health and substance misuse needs following a disaster.

To learn more, please call 1-800-308-3515, email DTAC@samhsa.hhs.gov, or visit the SAMHSA DTAC website at <http://www.samhsa.gov/dtac>.

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In This Issue



Photo: U.S. Navy

Memorial means a structure or event designed to remind people of a person or event. First used in the 14th century, the word “memorial” comes from the Latin *memoriale* meaning a record, memory, or monument.¹ Memorials can take many forms, and they may be poignant to a few or to many. For example, the permanent and historical monuments in Washington, DC, are known to many worldwide, but other memorials may be temporary—for example, roadside memorials—and significant only to those who knew the person(s) who perished there.

Who are memorials really for, and do memorials serve an important purpose in healing and recovery? The study

of memorialization and community grief in the wake of disaster spans multiple disciplines—psychology, medicine, cultural and anthropological studies, history, religion, and art. While the literature is rich with cultural studies of memorialization, few studies of disaster-bereaved populations exist to determine the effects of memorials on the grieving process for families and communities. There are also gaps in research on how families and communities are affected by sudden and violent losses. Research has so far mainly focused on individual reactions to loss and trauma.

The context and design of memorials and monuments in the United States has evolved over time. Erika Doss observes an “explosion” of memorial-making in the United States and Europe in the last few decades, and

¹ Memorial. (n.d.). In Oxford dictionaries. Retrieved from http://www.oxforddictionaries.com/us/definition/american_english/memorial

with it, a transformation: “In contrast to the ennobling, authoritative, and pious monuments of the past, today’s memorials are especially disposed to individual memories and personal grievances, and often attuned to tragic and traumatic historical episodes and eras.”² In *Monument Wars: Washington, D.C., the National Mall, and the Transformation of the Memorial Landscape*, author Kirk Savage discusses the emergence of a comparatively new form: the “therapeutic memorial” that is designed to “heal the collective psychological injury” of large-scale traumatic events.³

This edition of *The Dialogue* seeks to understand the role of memorials in individual and community healing by exploring several memorials across the country that pay tribute to the victims and survivors of acts of terrorism and mass violence. Through photos and words, the contributors to this edition share how the memorial came to be and how it has affected them and their communities. Some are designed as events of remembrance for those lost in a community and a

nation. One mother chose to turn her grief into action by creating an animal sanctuary honoring her daughter’s love of animals and compassion for others. All of these memorials serve as important reminders of those whose lives ended too soon, but they also call us to action—to be aware, to be prepared, and most of all to be kind.

To add your voice, or to receive technical assistance for disaster behavioral health needs, email

DTAC@samhsa.hhs.gov.

Warmest regards,

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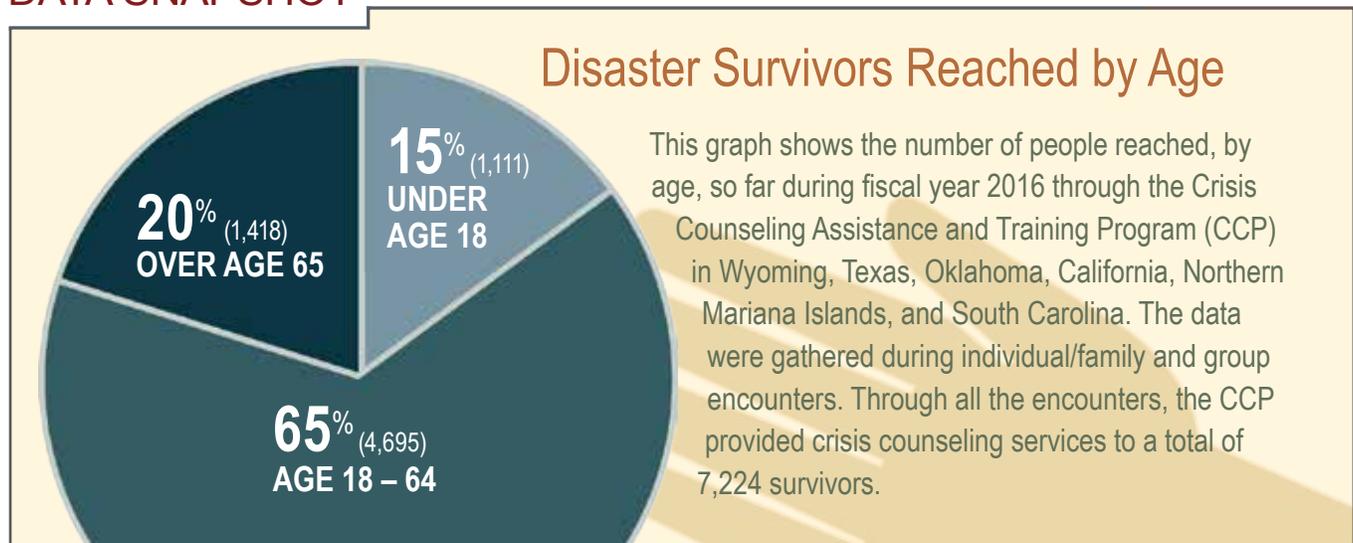
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² Doss, E. (2008). *The emotional life of contemporary public memorials: Towards a theory of temporary memorials*. Amsterdam, Netherlands: Amsterdam University Press.

³ Savage, K. (2009). *Monument wars: Washington, D.C., the National Mall, and the transformation of the memorial landscape*. Berkeley, California: University of California Press.

DATA SNAPSHOT



Contributors



MaryJane Hartman joined the National Park Service in 1989 and has risen through the ranks to her current position as Acting Chief, Interpretation and Education, at Flight 93 National

Memorial. She has worked at Independence National Historical Park and Delaware Water Gap National Recreation Area where she was the supervisor of the Dingmans Falls Visitor Center and then promoted to Interpretive Specialist.



Marie Wreath is a mom of two grown daughters, a passionate runner, and a casual blogger in central Oklahoma. She and her husband of 15 years run a small hobby farm full of gardens,

large animals, poultry, and honeybees.



Megan Armbruster Franklin, Ph.D., served as the Assistant Director of the Office of Recovery and Support the first 3 years after the Virginia Tech shooting tragedy. She

is currently Associate Director of Athletics at Drake University.



Jenny Hubbard is President of the Catherine Violet Hubbard Foundation. She and her husband Matt are determined to see the Catherine Violet Hubbard Foundation

support those causes that best embody their daughter's beautifully kind spirit. She is committed to fulfilling her daughter's dream of being a caretaker of all animals by realizing the Catherine Violet Hubbard Animal Sanctuary in Newtown, Connecticut. ■

Kelly McCann joined the staff of the Virginia Tech Office of Recovery and Support in 2008. In 2011, the office transitioned into Alumni Relations, where Ms. McCann continues her work in family relations, serves as the operational director for the university-wide Day of Remembrance, and assists with many alumni programs.

Recent Technical Assistance Requests

In this section, read about recent questions SAMHSA DTAC staff have answered, technical assistance (TA) requests received, and responses to past articles in *The Dialogue*. Send your questions and comments to DTAC@samhsa.hhs.gov.

Request: In response to recent mass shooting incidents across the country, a state requested information on establishing an active shooter protocol, particularly for health care facilities.

Response: SAMHSA DTAC provided the following resources:

- Assistant Secretary for Preparedness and Response, *Incorporating Active Shooter Incident Planning Into Health Care Facility Emergency Operations Plans*. The guide describes roles and responsibilities, highlights potential vulnerabilities, helps assess facility risks, and provides practical strategies for implementation.
<http://www.phe.gov/preparedness/planning/Documents/active-shooter-planning-eop2014.pdf>
- California Hospital Association, *Emergency Preparedness: Planning for Active Shooter Incidents*. This web page contains resources to help health care facilities prepare for an active shooter incident.
<http://www.calhospitalprepare.org/active-shooter>
- U.S. Department of Homeland Security, *Active Shooter Preparedness*. This website offers free courses, materials, and workshops to better prepare individuals to deal with an active shooter situation and to raise awareness of behaviors that represent pre-incident indicators and characteristics of active shooters.
<http://www.dhs.gov/active-shooter-preparedness>

Request: A Community Prevention Professional contacted SAMHSA DTAC about resources for addressing the mental health needs of first responders and guidance on establishing peer support groups.

Response: SAMHSA DTAC provided the following resources:

- Disaster Behavioral Health Information Series (DBHIS) Resource Collection: Disaster Responders. This installment of the SAMHSA DBHIS focuses on the behavioral health effects of responding to disasters.
<http://www.samhsa.gov/dbhis-collections/disaster-responders?term=Disaster-Responders-DBHIS>
- *A Guide to Managing Stress in Crisis Response Professions*. This pocket guide provides first responders with information on signs and symptoms of stress and offers simple, practical techniques for minimizing stress responses prior to and during disaster response. <http://store.samhsa.gov/product/A-Guide-to-Managing-Stress-in-Crisis-Response-Professions/SMA05-4113>
- Safe Call Now. This organization hosts a confidential crisis line for first responders and their family members and offers training in delivering peer support. Call 206-459-3020. <https://www.safecallnow.org>
- *Best Practices for Peer Support Programs*. This guidance document explores how to most effectively apply peer support in a military setting but can similarly be applied to the first responder population.
http://www.dcoe.mil/content/Navigation/Documents/Best_Practices_Identified_for_Peer_Support_Programs_Jan_2011.pdf ■

United Flight 93: *A Field of Honor Forever*

By **MaryJane Hartman**, *Acting Chief, Interpretation and Education, at Flight 93 National Memorial, National Park Service*

The events of September 11, 2001, changed the world as we know it. As that fateful morning's events unfolded, the world watched as Americans realized they were under attack. Feelings of anger and despair slowly gave way to a surge in pride and patriotism as the stories of the passengers and crew of United Flight 93 began to be told. In their final moments, the 40 passengers and crew members gathered information, said their final goodbyes to loved ones, and took action against the terrorists.

Every day, visitors from all over the world come to the site to honor the memory of those 40 people. Visitors reflect on what the passengers and crew did that morning and how they took a vote, putting democracy into action, all the while being watched

by the terrorists. Their actions changed the course of events, ultimately changing history.

Almost immediately after the crash, people began coming to Stonycreek Township near Shanksville, Pennsylvania. Temporary memorials appeared at crossroads throughout the countryside. Local residents called themselves "Ambassadors," and explained what they had seen, how they felt that day, and, most importantly, told the stories of the lives of the passengers and crew. Many of these first Ambassadors are still telling the story today as volunteers with the National Park Service. The small town of Shanksville, with a population of 200, was forever changed. The local residents embraced people from all over who came to the crash site.

They shared stories and helped a grateful nation heal. And they began to heal as well.

On September 24, 2002, Congress authorized the creation of Flight 93 National Memorial, a unit of the National Park Service. This is the only one of the terrorists' targeted sites that is a unit of the National Park System. People are the common thread that tie us to our history and our heritage. Stories are passed on from generation to generation, and this is how we learn from the past. The National Park Service's mission is to share this

Their actions changed the course of events, ultimately changing history.

Photo: National Park Service



A common field one day. A field of honor forever.

The Wall of Names area remains quiet and serene here; no programs are given in this location. It is a place of solitude and reflection.

story and preserve and protect this sacred place for future generations.

An international competition was held to design the memorial, and over 1,100 entries were received from 27 different countries. Many partnering agencies and groups were involved in the selection, but the most important group was the Families of Flight 93. Paul Murdoch Architects and Nelson Byrd Wolz Landscape Architects carried out their winning design. The concept, focus, and intent of the design have remained the same since its inception, with only minor revisions made to the winning proposal as construction progressed and still continues to this day.

The memorial design creates an entire living memorial landscape on what was once a reclaimed strip mine. The design is more than a single monument. The 3.5-mile drive from the entrance to the Memorial Plaza allows visitors time to decompress and focus on the rolling hills in this rural landscape. The Visitor Center Complex was recently dedicated and opened in September 2015. It houses exhibits as well as



Photo: National Park Service

provides a separate multi-use space for educational meetings, programs, and lectures in the Learning Center. Two trails allow visitors to stroll through the Memorial Groves that are part of the landscape management design. There are 40 groves of 40 trees, seven different native Pennsylvania hardwoods selected for their fall foliage colors, which coincide with the annual remembrance ceremony. All of these elements focus the visitors' attention on the crash site and debris field located at the Memorial Plaza and allow people to interact with the site in a unique and personal way.

The final phase of construction will be the Tower of Voices, a 93-foot-tall stone tower that will house 40 wind chimes. As the wind blows across the tuned, tubular chimes, their "voices" will harmoniously blend in the skies above, as they did

on September 11, when they came together as one to begin the fight against the terrorists.

Visitors arrive at the memorial with very personal experiences and heightened emotions. Anger, pride, contempt, patriotism, sorrow, thankfulness—the list goes on. Time stood still that morning, and those images are vividly etched into the fiber of who we are today as a nation. Park Rangers see people arrive at the crash site who are unable to speak; they cry inconsolably and don't understand why they are so overcome with emotion. These visitors walk along the crash site and debris field and visit the white marble Wall of Names, sited along the flight path. The area remains quiet and serene here; no programs are given in this location. It is a place of solitude and reflection.

Those same visitors who were unable to speak because of overwhelming emotions will now stop, on their way back, and talk with that Park Ranger or volunteer. They now want to share their personal story and remembrances. It is part of the healing process. They express gratitude—not only for what the passengers and crew did up in the sky that fateful day—but also for the solace and healing that the national memorial allows them to find here in the fields of Pennsylvania. A common field one day; a field of honor forever. ■



Photos: National Park Service



PENTAGON MEMORIAL

On September 11, 2001, two hijacked airplanes were flown through the World Trade Center in New York City; one was crashed into the Pentagon in northern Virginia; and a third, aimed toward Washington, DC, was crashed in a field in Pennsylvania. Nearly 3,000 people were killed in the attacks, and more than 6,000 others were injured. Among those who lost their lives were 343 firefighters and 72 law enforcement officers. Cleanup took months, rebuilding has taken years, and total costs of the attacks have been estimated at \$3 trillion. The September 11 attacks involved the greatest loss of lives of any terrorist incident in world history.



Top: Lights begin to illuminate the National 9/11 Pentagon Memorial Photo: United States Coast Guard. Above: Memorial benches pay tribute to each of the 184 victims in the Pentagon attack. Eighty-five crape myrtle trees provide shade throughout the space. Photos: Martin Castillo





Oklahoma City: Run To Remember

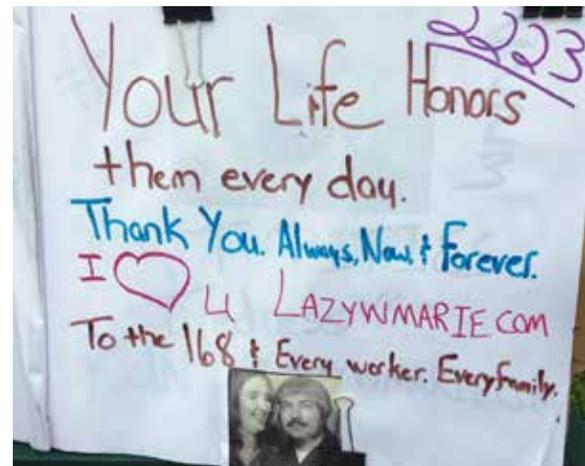
By Marie Wreath, Oklahoma Resident and Marathon Runner

The Oklahoma City Memorial Marathon will always be close to my heart, for reasons beyond the joy of running and even beyond civic pride for my hometown. This race points to the indelible scar of the Alfred P. Murrah Federal Building bombing on April 19, 1995. It honors the 168 lives lost, the hundreds injured, and the forever-changed hearts of first responders. On a personal level, the event helps me commemorate the service of two first responders in particular, my parents-in-law, Harvey and Judy Wreath.

The inaugural commemorative race was in April 2001, but my involvement didn't begin until 12 years later when I ran my first half marathon. I ran for fun and to privately honor Harvey and Judy. It was a transformative experience that ignited something in me.

The Memorial Marathon occurs every year around the bombing anniversary. The mood of the entire weekend is bright, life-affirming, and celebratory, but also somber and respectful. There is acknowledgment that hate and violence changed our city but that love conquers. Everyone binds together and reminds each other that we can heal.

In love with the Oklahoma City Memorial organization, I decided to run my first full marathon the spring of 2014. Once race weekend



Marie's husband held up posters like this one to encourage her along the marathon route. Top: Marie runs in the Oklahoma City Memorial Marathon. Photos: Marie Wreath

On the morning of April 19, 1995, 168 people, including 19 young children, lost their lives when a bomb went off in a rental truck in front of the Alfred P. Murrah Federal Building in Oklahoma City. The bomb destroyed a third of the building; damaged or destroyed hundreds of buildings in a 16-block radius; and, in addition to the lives lost, injured more than 680 people.

finally approached, I felt an amazing emotional crescendo that only grew stronger upon arriving downtown. The various events of the day are all held in close proximity to the Survivor Tree and the previous site of the Murrah Building, to the reflecting pool, the 168 empty chairs, the rescuers' orchard, and the gorgeous pair of vaulted gates marking the times of the attack—so many visual reminders that keep participants cognizant of why we gather. The race expo is fun and exciting but also emits a serious, reverent undertone. On display are

168 race bibs that no runner will ever wear.

Sunday morning, the race itself starts before dawn. Thousands of runners fill the throat of a downtown street. Redbuds are in bloom. American flags fly. Music

plays loud. An announcer greets celebrity runners, runners who travel from everywhere, local mainstays, children, survivors, and newcomers. The feeling of being tightly knit is vivid. We are called to prayer and the pledge of allegiance. Then, for 168 seconds, everyone stands in



Clockwise starting at top:

In 2015, the Run to Remember Marathon marked its 15th anniversary. Photo: Marie Wreath

These 168 running bibs honor those killed in the bombing. Photo: Marie Wreath

The Gates of Time frame the time of the explosion, 9:02. Photo: Marie Wreath

perfect silence to honor the victims, and many people weep.

Running here with thousands of neighbors is unforgettable. Firefighters run in full gear carrying American flags, smelling of fire smoke. Runners wear shirts bearing images of lost loved ones or thanking rescuers or simply scrawled with the date “April 19, 1995.” Spectators all along the route cheer and thrust into the air signs both funny and touching. Oklahoma City is known for having some of the best crowd support anywhere in the world. At the 2015 race, near mile marker 17, just past Lake Hefner, my right knee hurt, my energy was waning badly, and I needed a boost. An older couple sat on the sidewalk in folding chairs holding a plain poster that read, “168

Reasons To Keep Going.” The sight was both humbling and energizing.

By the final stretch of the race, runners have seen dozens of landmark neighborhoods and thousands of friendly faces. We feel loved and loving and are grateful to be alive. On Classen Boulevard, we pass beneath green and white banners naming every single one of the victims. We see the locally famous Gold Dome, the downtown skyline again, midtown near the museum, then at the finish line throngs of screaming supporters, hundreds of festive balloons, and finally the pair of vaulted gates. All of it together is overwhelming.

This cumulative experience is why so many people continue to run the Memorial Marathon. It’s why I hope to always run it. Having visited

the museum with my father-in-law before race weekend, I saw how remembering the details helped him, all these years later. This race helps fund those efforts. I felt the deep and wide river of emotion coursing through a city healed by love and remembrance. These stories and these traditions are crucial to our communal well-being, and the annual race draws our attention here every spring.

We run to remember.

All proceeds from the Oklahoma City Memorial Marathon benefit the Oklahoma City National Memorial and Museum: <https://www.oklahomacitynationalmemorial.org>. For more information about the marathon, visit <http://okcmarathon.com>. ■

An American elm tree shaded the parking lot of the Murrah Federal Building and was badly damaged in the bombing. It survived and is now surrounded by an orchard of red buds that honors first responders. It is all adjacent to the reflecting pool and the 168 victims’ chairs, which are flanked by the pair of vaulted gates. Photo: Marie Wreath



Virginia Tech: The Courage To Move Forward

By **Kelly Lyn McCann**, *Assistant Director of Alumni Relations at Virginia Tech* and **Megan Armbruster Franklin, Ph.D.**, *Associate Director of Athletics at Drake University*

On April 16, 2007, 32 innocent lives were lost in a senseless act of campus violence at Virginia Tech.

In the hours following the tragedy, the student-driven volunteer organization Hokies United spontaneously placed 32 Hokie Stones in a semicircle on the Drillfield, the heart and soul of

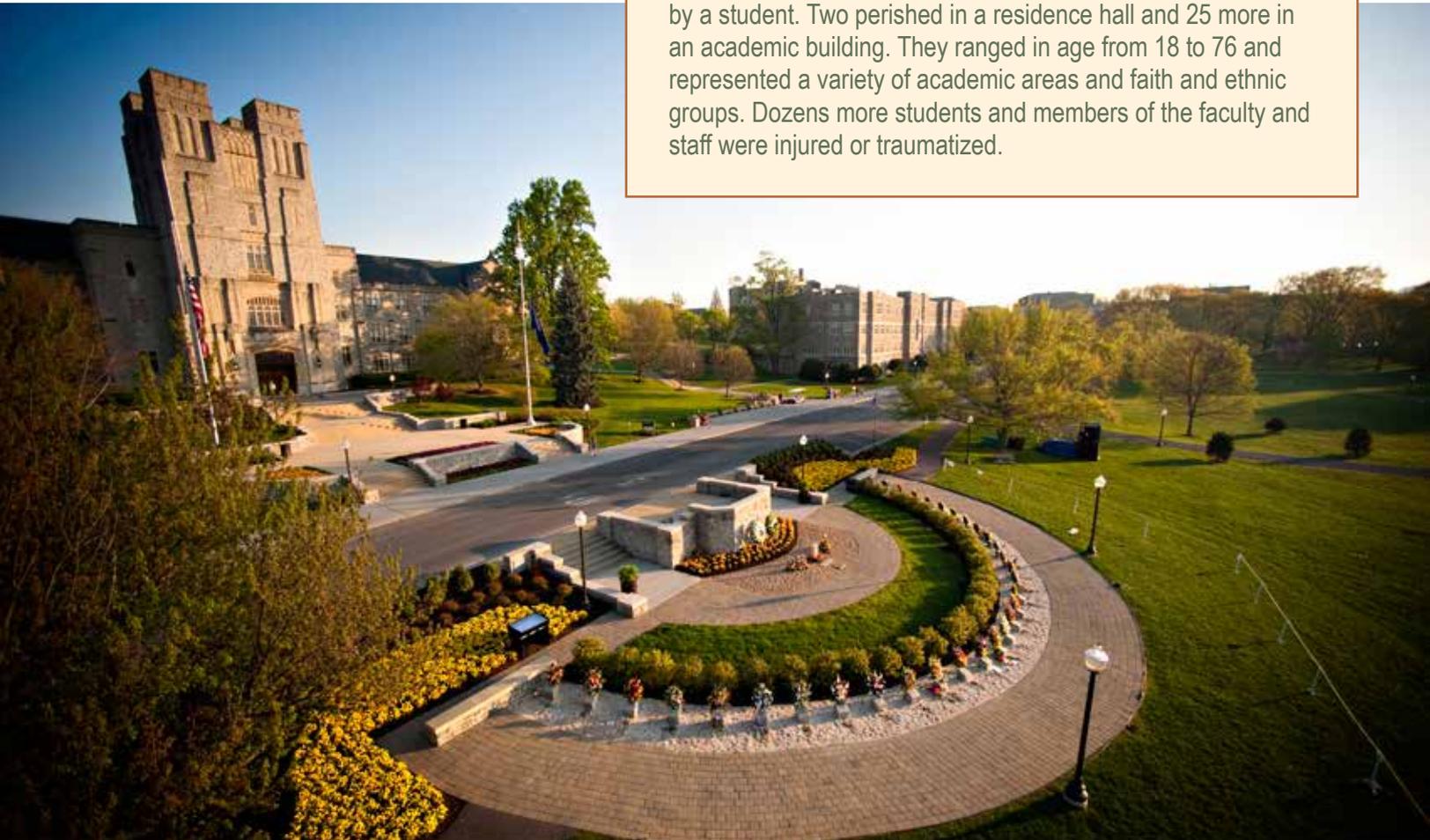
Virginia Tech's campus, honoring each person slain. The 32 stones quickly became a gathering place to mourn, to pay respects, and to reflect on the lives of these vibrant scholars stolen from our midst. The stones physically reflected the unmitigated sorrow felt by our community, by their loved ones, and by people the world over. The poignant display

inspired today's memorial and its location. The permanent memorial was dedicated on August 19, 2007. It is a symbol of a promise that we will always remember, and never forget.

Hokie Stone, a native limestone, has been part of Virginia Tech buildings and tradition for more than a century and symbolizes the

The April 16 Memorial on Virginia Tech's campus is a place where people can pay their respects to the shooting victims. Photo: John McCormick

Twenty-seven graduate and undergraduate students and five professors died at Virginia Tech **on April 16, 2007**, all shot by a student. Two perished in a residence hall and 25 more in an academic building. They ranged in age from 18 to 76 and represented a variety of academic areas and faith and ethnic groups. Dozens more students and members of the faculty and staff were injured or traumatized.



foundation of Virginia Tech. Now, it also symbolizes our relentless spirit, our courage to move forward, and our determination never to forget the 32 people who died that morning. A single stone in the center of the memorial honors all the fallen and injured victims of that day.

For many members of the community, the April 16th Memorial is a solemn space and offers solace. For others who pass by it every day, it is a reminder of our history. For many people, the memorial is a place for reflection and remembrance. It is also where the annual Day of Remembrance activities take place. When people visit campus or Blacksburg, Virginia, they often visit the memorial to pay their respects. Even so, there are some who go out of their way to avoid the memorial, as the memories of the tragic events are still so raw.

Two benches flank the memorial in honor of all the survivors. During the bench dedication, Dr. Charles W. Steger, former President of Virginia Tech, said, “And when we tire, we can come to these memorial benches to rest, remember, and reflect—remember these survivors, and reflect on their incredible strength through their individual journeys, and their desire to heal and to live lives of great meaning and service.”

Memorials Build Connections

Almost immediately after the Virginia Tech tragedy, higher education colleagues began to reach

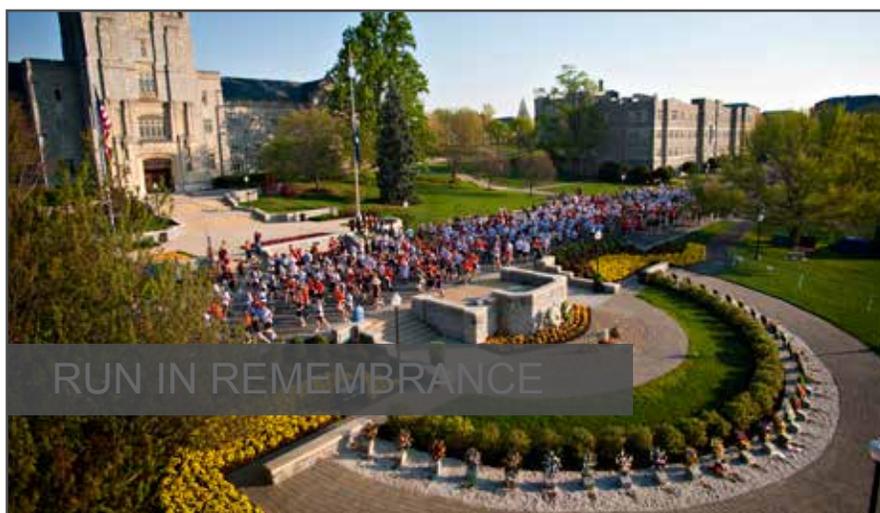


Photo: John McCormick

In 2009, the Virginia Tech Department of Recreational Sports hosted the first annual 3.2-Mile Run in Remembrance as part of the official Day of Remembrance activities to honor and remember 32 Hokies who were killed on April 16, 2007. The run is held on the Saturday closest to April 16 each year.

The Run in Remembrance gives the community an opportunity to reflect on the vibrant lives of the 32 students and faculty who were tragically taken from us. This community run/walk through the campus strives to bring fellow Hokies together to feel the support of the community, and to celebrate the lives of our friends and family members.

The event is free and open to the public; individuals may run or walk the 3.2-mile course, or volunteer to help work the event. Run bibs listing the names of the

32 Hokies are provided to each participant. The bib also says “I run 3.2 for:” with a blank space for people to write in.

The event requires approximately 300 volunteers to provide support for the walkers and runners. An Implementation Team meets for months leading up to the run. Members of the team represent Alumni Relations, Department of Recreational Sports, Facilities, Parking Services, Office of Emergency Management, Student Engagement and Campus Life, University Relations, Virginia Tech Police, and Virginia Tech Rescue Squad.

The Run in Remembrance has grown over the years from approximately 4,000 runners in 2009, to almost 11,000 runners in 2015.



In the immediate aftermath of the tragedy, 32 Hokie Stones were placed on the site that would eventually become the permanent memorial. Photos: Michael Kiernan (full view) and John McCormick (close-up)



As the first-year anniversary approached, we knew that we could learn from others who had established anniversary services that provided a space for people to be together to memorialize lives lost and those most intimately affected by the shooting tragedy.

out to support the recovery efforts in the areas of victim services, community resilience, archiving, campus memorials, campus disaster readiness, and anniversary remembrances. As the first-year anniversary approached, we knew that we could learn from others who had established anniversary services that provided a space for people to be together to memorialize lives lost and those most intimately affected by the shooting tragedy. Colleagues from Columbine High School (school shooting), NASA (Challenger explosion), the New York City Mayor's Office (9/11), Texas A&M (bonfire collapse), and Oklahoma City (Federal Building attack) freely shared their experiences. We had open access to the information we needed in order

to create a remembrance event that would be meaningful in tone and a framework we could go back to each year. From phone calls with key organizing personnel to mailings with videos of their services, scripts from every year they had conducted memorials, and hard copy programs, informational brochures, and gifts of remembrance, nothing was off limits in question or need.

The embrace from colleagues was incredibly valuable during the darkest times for the Virginia Tech community. We are thankful that through their own grief they were able to help us and bring us comfort. Their generous support meant that we were able to plan anniversary programs that are designed directly from lessons we learned and

continue to go back to as we now look toward the 10th anniversary of the shootings on April 16, 2017. We have since served as support for colleagues who have experienced tragedies on their own campuses—we are reminded that our phone call brought forward memories to our colleagues, as they do for us, that pull at our hearts for the victims who had loved ones killed and carry physical and emotional scars for a lifetime.

We remember. We are Virginia Tech.

You can learn more at <http://www.weremember.vt.edu>. ■

Excerpts taken from the Virginia Tech April 16th Memorial brochure

Catherine's Heart: Helping Communities Grow in Compassion

By **Jenny Hubbard**, *President of the Catherine Violet Hubbard Foundation*

My daughter Catherine adored animals—feathered or furry, slimy or scaly, she loved them all unconditionally. Before she could walk, she would scoot across the floor to be nose to nose with our dog Sammy. Before she could manage a full sentence, she tasked Santa with bringing her two fish. Catherine's heart was simply being kind to all animals. She told my husband Matt and me that one day she would have a place for all the animals, even going as far as creating business cards for "Catherine's Animal Shelter" and appointing herself "Care Taker." I will always picture her cupping a beautiful butterfly in her tiny hands. She'd whisper to it as it took flight and would tell us that it was going to tell its friends she was kind and they would come back. Not surprisingly, we would be mesmerized by the flocks of butterflies nestled in our gardens.

Sadly, Catherine's gentle whisper was silenced on December 14, 2012. A gunman took the lives of 6 adults and 20 children at Sandy Hook Elementary. Catherine was among the children killed.

So much was lost that day: Matt and I lost our daughter, my son Freddy lost his sister, the world lost its innocence. In the time since, though,



Photo from CVHFoundation.com

The Catherine Violet Hubbard Animal Sanctuary will be a place for the community to connect, share, learn, and grow.

On December 14, 2012, 20 children, all 6 or 7 years old, and six adults were shot and killed at Sandy Hook Elementary School in Newtown, Connecticut. More people lost their lives that day than in any other mass shooting at a school for K–12 students in U.S. history.

we have found things: love, support, kindness, and community. We have found hope and we have found a new purpose. We are Catherine's voice, her hopes, and her dreams, and we will create a place where her kindness will be felt not only by all creatures, but also by every person and community it touches. We will realize Catherine's dream through the Catherine Violet Hubbard Animal Sanctuary.

In September 2014, Connecticut State House of Representatives, Senate, and Governor Dannel P. Malloy conveyed to the Catherine Violet Hubbard Foundation 34 acres of pristine farmland with breathtaking woodlands and rolling meadows. The Sanctuary, currently under development, will serve as a beacon of hope and embody the beauty, optimism, and purity of all that lies ahead. We were humbled as Governor Malloy stated, "It is beyond inspiring that Catherine's love and compassion for animals will live on through this sanctuary for generations to come."

Our goal for the Catherine Violet Hubbard Animal Sanctuary is to reflect empathy for all creatures by providing state-of-the-art care for its animal residents, hands-on educational programming for the Newtown community, and volunteer opportunities for those looking to share their time and knowledge. It will be a place where displaced animals will find shelter. Abused or neglected farm animals will find rest



The expansive meadows and trails provide quiet places to reflect and dream.

Top photos: Jenny and Matt Hubbard.
Photo right: Marleen Cafarelli



and refuge. Injured wildlife will receive healing support until they are able to be released into their natural homes.

The Sanctuary will be a place for the community to connect, share, learn, and grow. The expansive meadows and trails provide quiet places to reflect and dream. Classes focused on the arts will encourage imaginations to explore unlimited possibilities. In teaching the community ways in which to care for animals and the environment, we believe we help communities grow in compassion and acceptance and in turn make the world a little kinder and gentler for all.

We hope as people visit the Sanctuary in the future whether they explore its natural beauty, participate in its programs, or care for the animals that live here—we hope they feel Catherine. We hope all creatures will know that here they are safe and that humans are kind. We hope children will know compassion and see their own innate beauty in the eyes of a lamb, deer, or kitten. Here, we hope the world sees how peace begins: through love, respect, and kindness. At the Catherine Violet Hubbard Animal Sanctuary, we will all heal, together.

To learn more about our efforts visit <http://CVHFoundation.org>. ■

THE REFLECTION TERRACE

Over 3 weeks in October 2002, 10 people were killed, and three others severely injured, in a series of shootings in Washington, DC, and in nearby areas in Maryland and Virginia. Seven were shot, and 6 killed, within the first 15 hours of the 3-week period. Public anxiety rose until the shooters were arrested.



Photos: Martin Castillo

RECOMMENDED RESOURCES

The Behavioral Health Response to Mass Violence

This webcast informs disaster behavioral health professionals about the psychological responses to mass violence and suggests strategies and interventions to provide immediate support and mitigate long-term, negative mental health consequences.

View the webcast at <http://bit.ly/1RoYNxP>

Terrorism DBHIS Installment

This installment of SAMHSA's Disaster Behavioral Health Information Series (DBHIS) presents resources for a variety of audiences about how to cope with the aftermath of a terrorist incident.

View the installment at <http://1.usa.gov/1LWOPUi>

How To Cope With Sheltering in Place

This tip sheet offers ways people can cope with sheltering in place. It explains reactions people often feel when sheltering in place, and suggests ways to care for oneself and the family, such as making a plan and staying connected.

Read and download the tip sheet at <http://1.usa.gov/22XELOX>

Spanish version: <http://1.usa.gov/1REy67h> ■

Behavioral Health is Essential To Health

Prevention Works • Treatment is Effective • People Recover

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The SAMHSA Disaster Behavioral Health Information Series contains resource collections and toolkits pertinent to disaster behavioral health. Installments focus on specific populations, specific types of disasters, and other topics related to all-hazards disaster behavioral health preparedness and response. Visit the SAMHSA DTAC website at <http://www.samhsa.gov/dtac/dbhis-collections> to access these materials.

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