



Statement on Parkland Shooting

(March 2018)

On behalf of the Florida Psychological Association (FPA), we would like to extend our deepest condolences to the victims, families, and friends affected by the Parkland shooting. Unfortunately, this country, the State of Florida, and one of our local communities is having to deal with another gun related mass tragedy. Over the past several years we have had to cope with numerous mass shootings, many involving young people. Most recently it has taken place in Parkland, Florida where fourteen high school students and three faculty members lost their lives. In addition, fourteen other students were injured, and thousands of other students, faculty, staff, and families were affected either directly or indirectly. There are also countless first responders, law enforcement, fire fighters, and others affected.

We are here to alert you about how we can assist to what to expect emotionally and behaviorally as a result of this tragedy. We also want to alert you to what we can do to aid these many thousands of individuals who have been either directly or indirectly affected by this.

While it has now been several weeks since this horrific incident has taken place the emotional pain, grief, and suffering still lingers in the hearts and minds of the victims and their loved ones as it does by all who have been affected in some way. FPA is committed to sharing and offering resources to as many as we can possible assist.

There are a number of indicators that you child may be affected emotionally by this tragedy. Individuals process grief and sadness in different ways. Some will react right away, and others will not for weeks, months and even years. Most reactions, especially, with our youth, will involve some type of behavioral/emotional change. For some it will be subtle while for others it might be more observable. They could include the loss of appetite, eating too much, sleeping problems, problems finishing schoolwork and homework, withdrawal from family and friends, the loss of interest in pleasurable activities, as well as a host of other potential difficulties. Some will also experience the effects of having survived while their friends lost their lives. The adults involved will also experience many of the same symptoms. Even those who were not directly involved may experience some trauma related difficulties.

If you begin to observe difficulties it would be important to seek the assistance of a professional who is trained and can assist in determining the appropriate next step. FPA has many resources to help and assist in what to do in the aftermath of this shooting. For more information please either visit <https://flapsych.com/disaster-resources> or call us at 850-656-2222 or contact a psychologist who is a member of FPA.

Thank you,

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