Resources for Students and Families

SY 2026-2027

Housing, Displacement, Community Resources

211 BREVARD
COMMUNITY HELPLINE | CRISIS LIFELINE

211 Brevard provides immediate assistance and connects people to community resources in times of personal, financial and community crisis. Trained specialists are **available 24/7.**
Call 2-1-1 or visit website: https://211brevard.org/

BPS COMMUNITY CONNECT | Connecting Families to Their Community

BPS Community Connect!

Need to locate resources by zip code?

- (food, housing, clothing, mental health and other social services)

https://bpscommunityconnect.findhelp.com/

American Red Cross

Need a Safe Place to Stay?

The American Red Cross has opened emergency shelters for support for families affected by flooding: https://www.redcross.org/local/florida/north-central-florida/about-us/locations/central-fl-coast.html

DisasterAssistance.gov

Need Disaster Assistance?

You may qualify for help through FEMA if federal disaster assistance becomes available.
For information:

- Call 800-621-3362
- Visit Disaster Assistance.gov

De-escalating Trauma and Emotional Grounding

Trauma-Informed School Re-Entry

1. **Establish Felt Safety First:** Remind children directly and repeatedly that the school building has been cleared, checked, and is completely safe.
2. **Normalize Emotional Storms**: Validate expressions of grief, anger, or numbness. Children mirror adult dysregulation; offer a calm, slow, non-reactive presence.
3. **Promote Co-Regulation:** Equip teachers with physical regulation strategies—deep sensory breathing, classroom quiet zones, and structured choice to restore a sense of agency; encourage structured classroom routines.

Early Childhood & Elementary (PreK - 5th)

1. Behavioral regression (bedwetting, thumb-sucking, extreme separation anxiety/clinging).
2. Somatization of fear (frequent complaints of unexplainable headaches or stomachaches).
3. Hypervigilance during rain, cloudy afternoons, or loud ambient noises in the building.

Middle & High School (6th - 12th)

1. Social withdrawal from peer groups, excessive sleeping, or acute academic apathy.
2. Acting-out behaviors, substance use, or uncharacteristic irritability/defiance.
3. Taking on disproportionate adult burdens (worrying over household finances or home remediation).