Children’s Emotional Health and Natural Disasters

Presented by:

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Marisa B. Nowitz, M.S.W., LCSW-S, is a licensed clinical social worker-supervisor with close to 20 years of clinical experience, as well as expertise in program planning, training and education for mental health clinicians, health care providers, educators, caregivers and other professionals. As assistant director of school and community engagement at the Trauma and Grief Center at The Hackett Center for Mental Health, Marisa manages and provides school and community-based trainings for TAG in a variety of mental health topics. Marisa has also supervised a clinical team providing trauma- and bereavement-focused services in the community of Santa Fe, Texas, following the tragic school shooting in May 2018. She has extensive experience using evidence-based assessments and interventions with children and families who have experienced mass violence at school, as well as those who have experienced other types of traumas and/or losses. Prior to joining the Trauma and Grief Center, Marisa spent much of her career working with children and adults in the hospital setting. Marisa completed her bachelor’s degree in psychology from Texas A&M University and a Master of Social Work from the University of Houston.

Objectives: Upon completion of this session, the participant should be able to:

- Define trauma and grief and explore how youth are impacted by them.
- Recognize how youth are typically impacted by natural disasters.
- Identify strategies for supporting youth who have been impacted by natural disasters.
- Distinguish how caring for youth who may have experienced trauma and or grief may impact you personally.
- Discuss ways to mitigate the cost of caring through self-compassion practices.

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Disclosure: Marisa Nowitz, M.S.W., LCSW-S, has no relevant financial relationships to disclose. All members of the planning committee for this series have signed disclosures stating no relevant financial relationships exist with any industry support companies.

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