

This Book Belongs To:

California Wildfires

A Social Story Workbook



Created by Maya Matheis, PhD

Licensed Clinical Psychologist (HI #PSY1979, CA #PSY32638)

Center on Disability Studies, College of Education, University of Hawai'i at Mānoa



About This Book

This book is designed for children and adults with intellectual and developmental disabilities who were affected by the wildfires in California. However, it can be helpful to anyone. It uses strategies drawn from evidence-based interventions for trauma care. It is written in plain language to give words to what happened and what people are experiencing. Hopefully, it will help people feel safe and begin to heal.

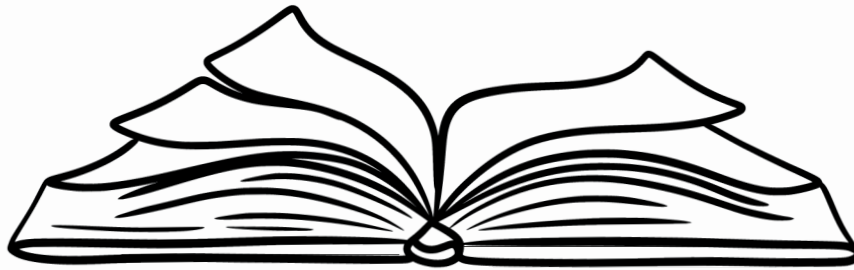
The first version of this book was developed for people who were impacted by the 2023 wildfires in Maui, Hawai'i. This edition is dedicated to the California Department of Developmental Services (DDS) and the families they serve, with aloha from your neighbors in Hawai'i. We stand with you in support and healing, and we hope this resource brings comfort and strength as you navigate recovery.



Created by Maya Matheis, PhD
Licensed Clinical Psychologist (HI #PSY1979, CA #PSY32638)

Additional Information: <https://coe.hawaii.edu/cds/maui-wildfire-response/>

How to Use This Book



Social Story

1. Read the social story with the person in your care. Pause if they become overly distressed.
2. Discuss together and answer any questions they have truthfully and using plain language.
3. Have it available for them to look at on their own.
4. Return to read the story together as often as is helpful. Reading it again will help with processing the story.

Workbook

1. Start the workbook section when the person is calm.
2. Provide assistance in doing workbook activities. Adapt the questions as needed for the individual.
3. Encourage the person in your care to draw, color, or write. Write down any words told to you.
4. Take breaks as needed and return when calm again. The workbook can be completed over time. It does not need to be finished in one sitting.

California Wildfires

The wildfire started in the hills. The grass was very dry.



The wildfire spread quickly because of the strong wind.

There was a lot of smoke.



The wildfire spread to where people live. It burned down buildings.

People and pets had to leave quickly to be safe.



A Social Story

The roads were very crowded. Some people had to leave behind their cars and walk to safety.



Many people and animals were hurt and some died.



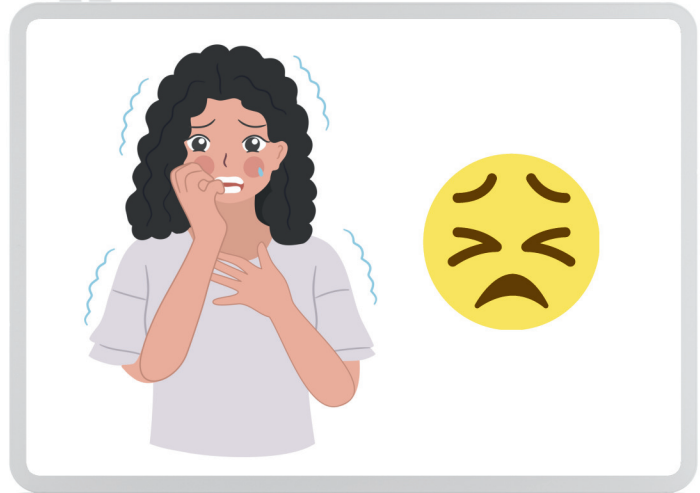
People who left their homes went to stay in shelters, hotels, or with friends and family.



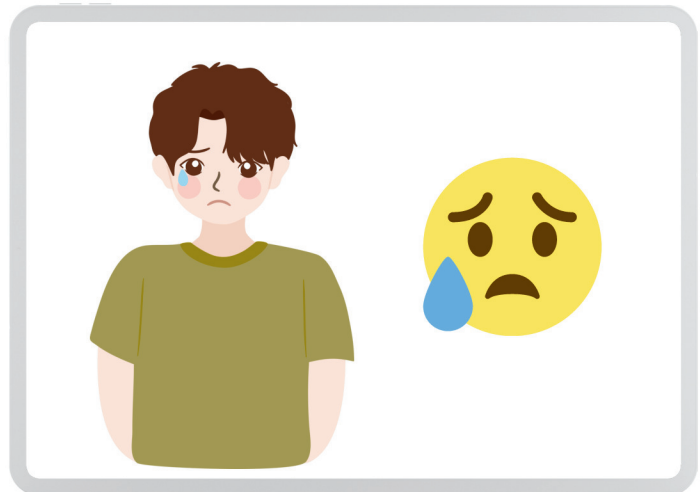
California Wildfires

(Continued)

Many people feel scared because of the wildfire.



People who lost their homes or people they love might feel very sad.



Many people might also feel worried or mad.



A Social Story

(Continued)

Firefighters worked very hard to put out the fires and to keep people safe. They were very brave.



Many people came to help. People brought food and supplies.



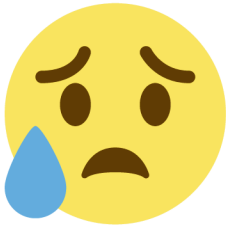
California is strong. People will rebuild the neighborhoods and cities.



Workbook

The wildfire was a big event that changed our lives.
Everyone has big feelings about the wildfire.

How do I feel?



SAD



CONFUSED



MAD



SCARED



WORRIED



NUMB



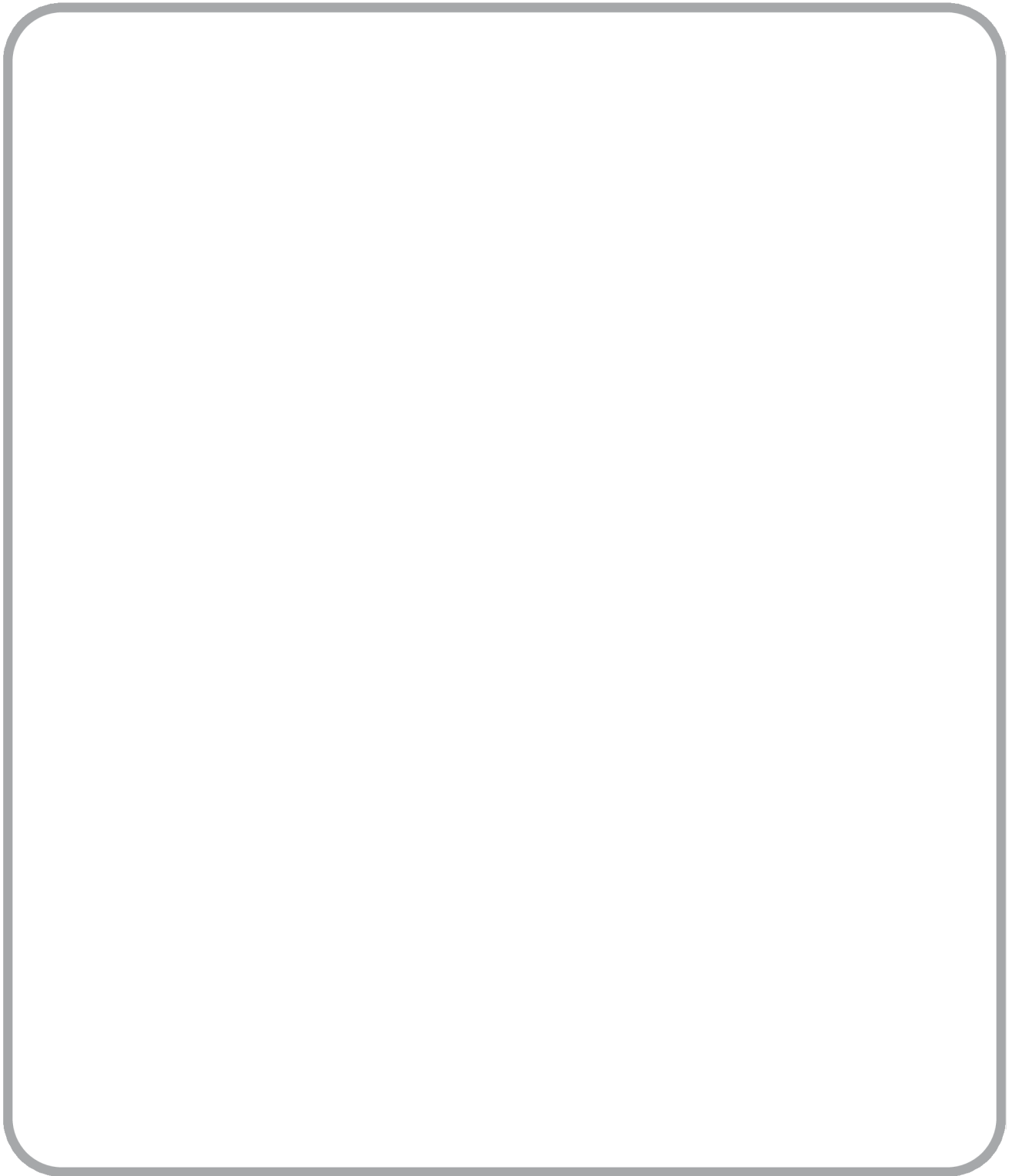
SHOCKED





Feelings

A picture of how I feel:

A large, empty rounded rectangle box with a gray border, intended for a drawing or illustration.

My Body

Many people feel bad in their body after something terrible happens.

How does my body feel?



STOMACH ACHE



HEADACHE



SICK



TIRED



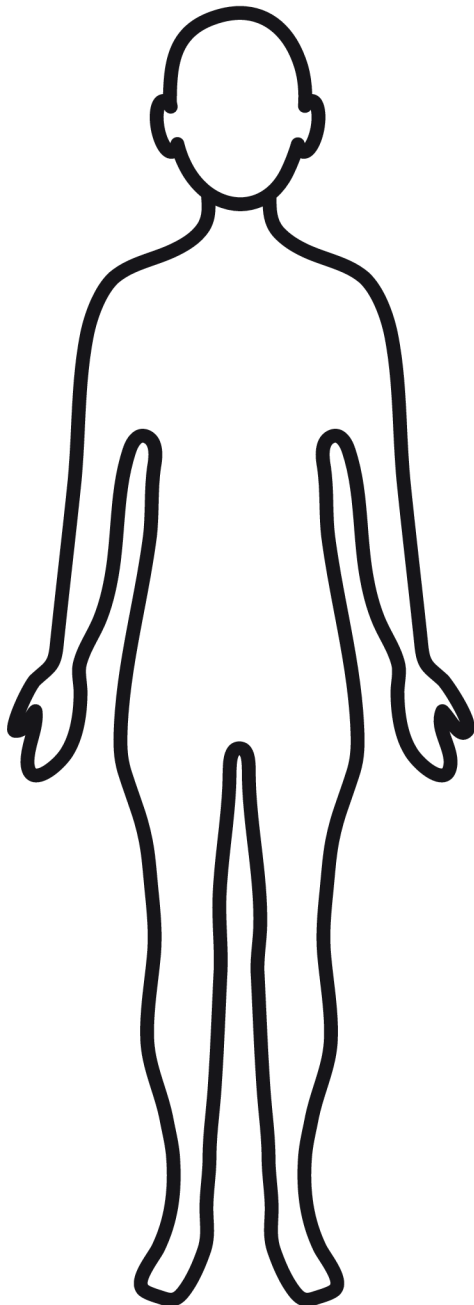
SHAKY



PAIN

My Body

A picture of how my body feels:



Healing

Things that can help me feel better:



COLD WATER



MUSIC



SQUEEZE



HUG



ART



MOVE



DEEP BREATHS



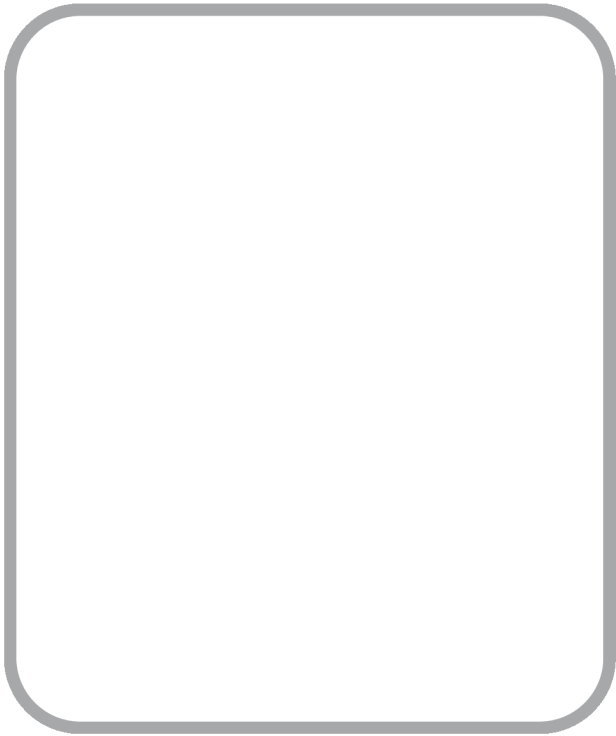
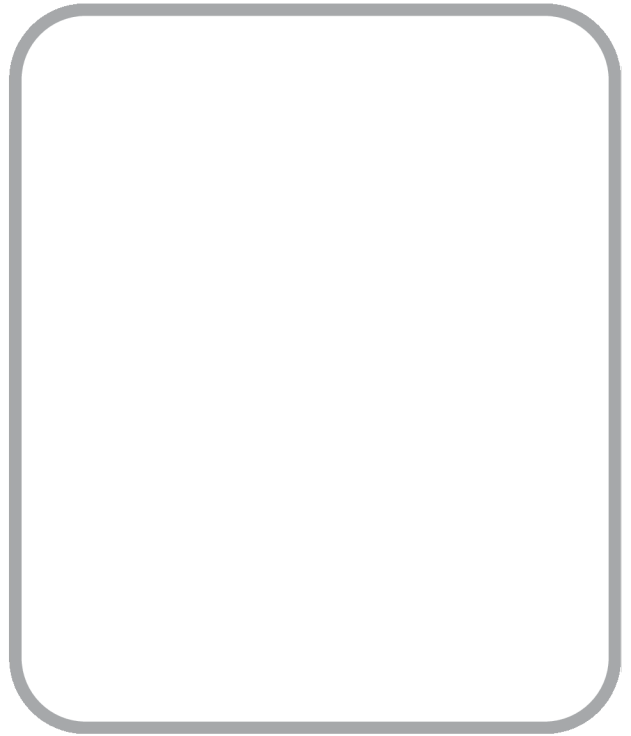
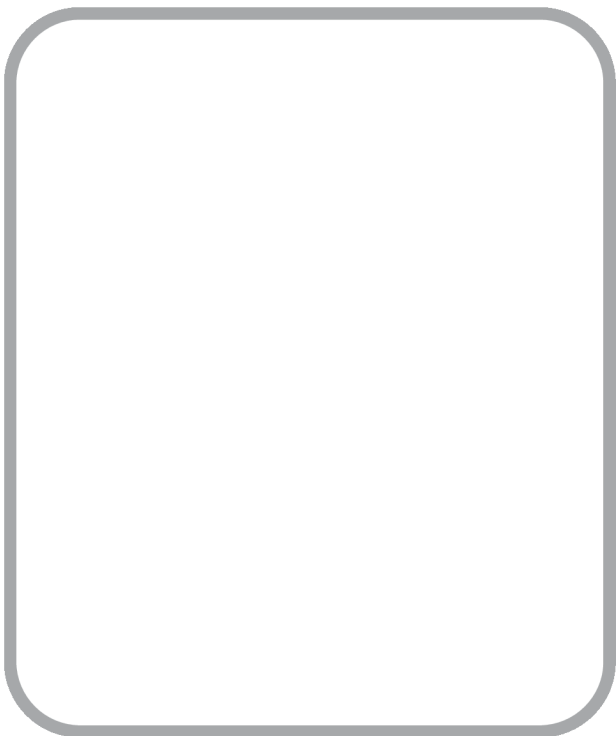
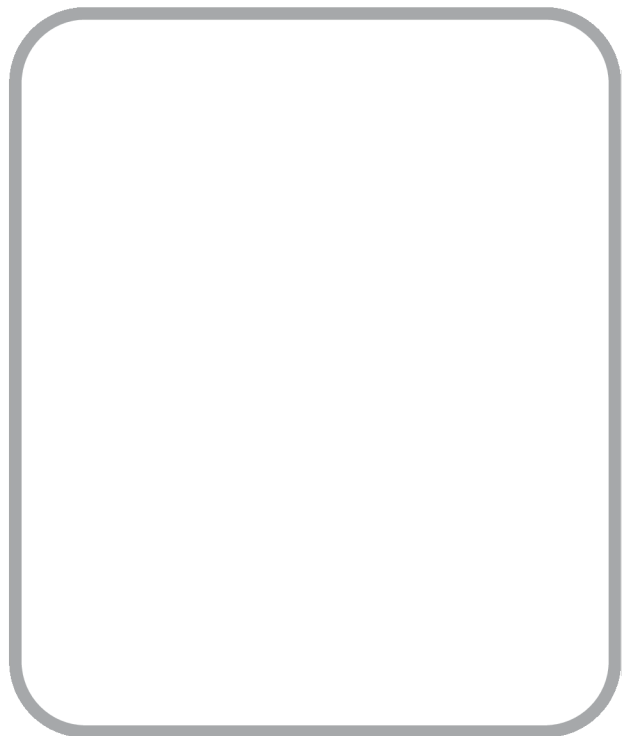
FAMILY



COUNTING

Healing

Other things that make me feel good:

A large, empty rounded rectangular box with a gray border, intended for writing.A large, empty rounded rectangular box with a gray border, intended for writing.A large, empty rounded rectangular box with a gray border, intended for writing.A large, empty rounded rectangular box with a gray border, intended for writing.

My Wildfire Story

When the fire started, I was...



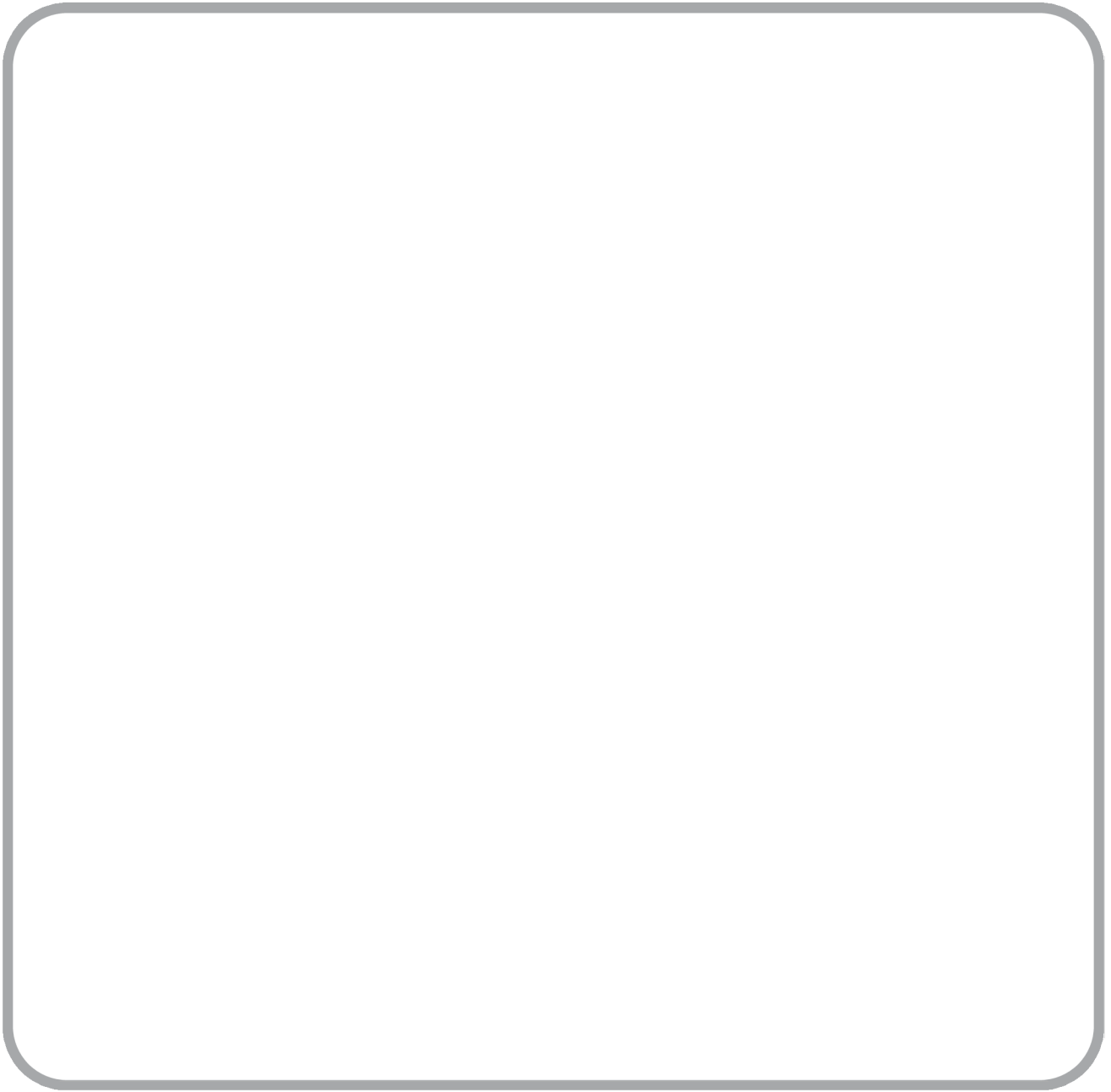
Things I could see, hear, smell, and touch:



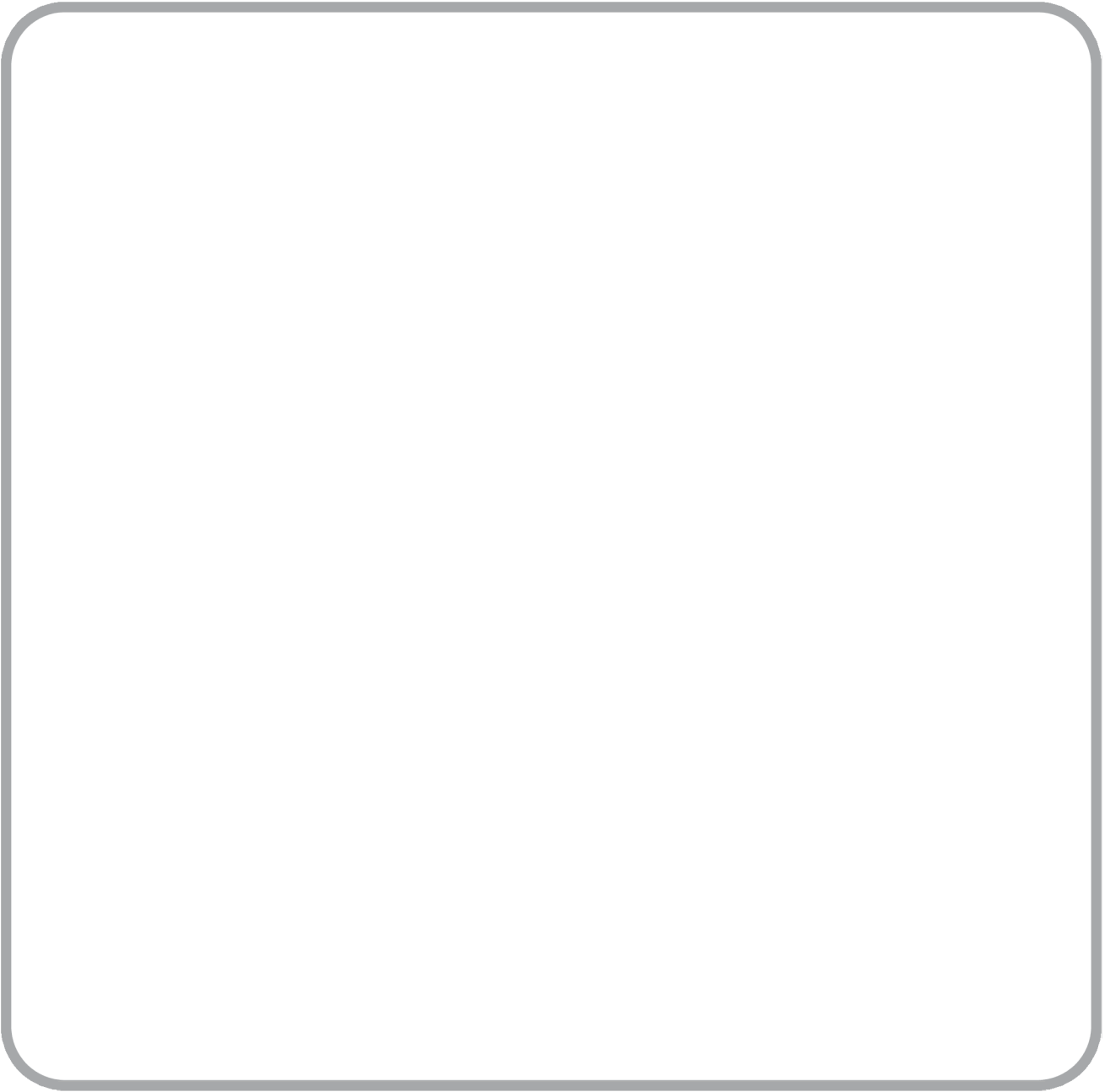
The scariest thing that happened:



What is happening now:

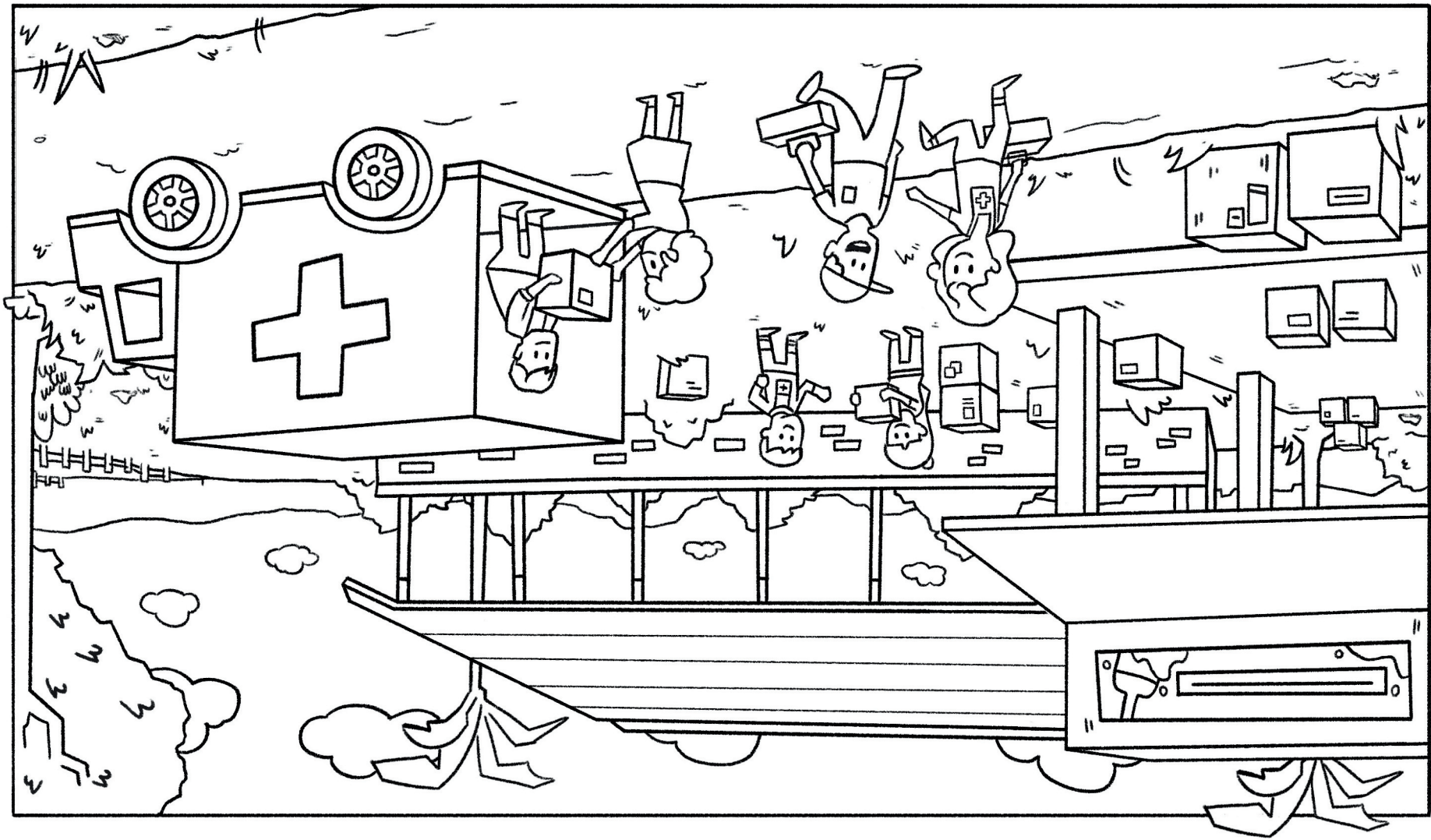


I am thankful for:



Coloring







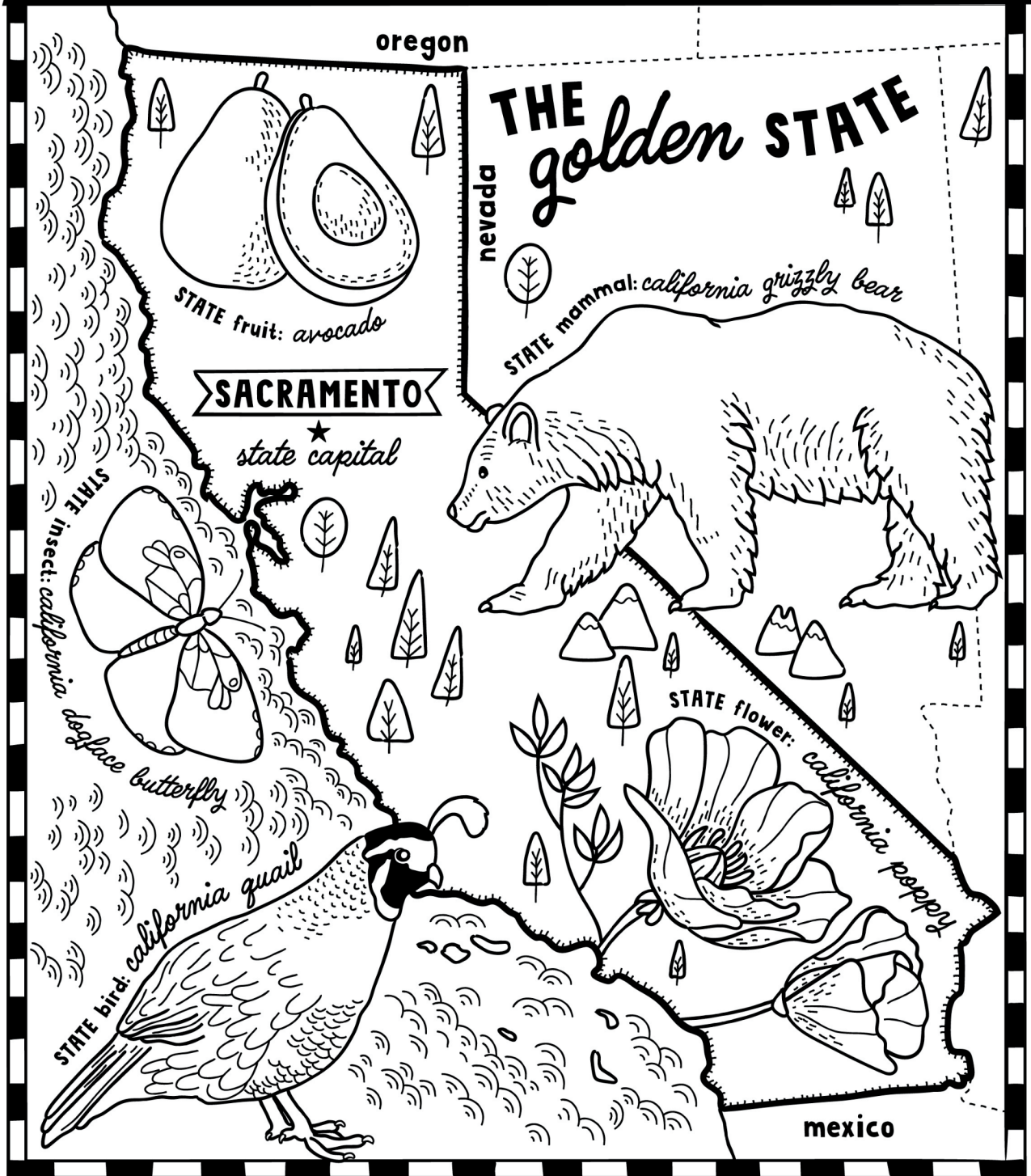




CALIFORNIA POPPY

CALIFORNIA STATE FLOWER

CALIFORNIA



Resources

Crisis Support

988 Suicide and Crisis Line
Call or text 988 | 24/7

California Warmline

Emotional Support Line
Call 1-855-600-WARM | 24/7

Disaster Distress Helpline

www.Disaster.Distress.samhsa.gov
Call (800)-985-5990 | 24/7 | multilingual
Text "TalkWithUs" to 66746

Visit this website from the CA
Department of Developmental
Services for more resources.

bit.ly/4jv4ADp



QR Code: Use your smartphone's camera to look at the square. A link should pop up to redirect you to the website.



Scan here!

Resources

Create a Family Emergency Plan-
American Red Cross

bit.ly/4hNbBhl



Sign Up for Emergency Alerts-
CalAlerts

bit.ly/40Htx5R



Emotional Recovery Resources -
American Red Cross

bit.ly/40ZKfyL



QR Code: Use your smartphone's camera to look at the square. A link should pop up to redirect you to the website.



Scan here!