

PREPaRE Workshop 2 School Crisis Intervention and Recovery: Critical Points to Remember when Responding to Another District

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- Be sure to honor the needs of the district (e.g., support for staff, helping with logistics, etc. especially if they do not want outsiders providing direct intervention)
- Remember the essential, sequential steps of crisis intervention in the PREPaRE model:
 - #1: Prevent trauma exposure whenever possible
 - #2: Reaffirm safety (ensure physical comfort and provide for basic needs – food, shelter, warmth; provide accurate reassurances, provide facts and adaptive interpretations, return to school environment/schedule; provide opportunities to take action)
 - #3: Identify level of risk through psychological triage (proximity – physical and emotional, internal vulnerability, external vulnerability, perceptions of threat, crisis reactions)
 - #4: Provide interventions based on level of risk (use Reminder cards from PREPaRE WS 2 – on next page)
 - Low risk
 - Reestablish social support (low, medium, high risk)
 - Caregiver psychoeducation (informational documents, meeting with staff, meeting with parents/families)
 - Classroom meetings
 - Medium risk
 - Any of the interventions for low risk (see above)
 - Psychoeducational group with students
 - Individual crisis intervention
 - Group crisis intervention
 - High risk
 - Any of the interventions for low and medium risk (see above)
 - Referral for long-term psychotherapy
 - #5: Examine effectiveness (formally or informally, include debriefing and finding out what went well and what can be improved) and Care for the Caregiver (the adults responding need to be cared for, including self-care)
- Continue to stay refreshed and up-to-date on skills
 - Do refresher modules for PREPaRE trainers <http://www.nasponline.org/professional-development/prepare-training-curriculum/prepare-trainers>
 - Engage in tabletop activities as a crisis team; practice individual and group crisis intervention role plays
 - Share resources with each other. My “top picks”:
 - NASP School Safety and Crisis Resources www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis
 - National Child Traumatic Network <http://www.nctsn.org>
 - Coalition to Support Grieving Students <http://grievingstudents.scholastic.com>
 - Treatment and Services Adaptation Center <http://traumaawareschools.org>