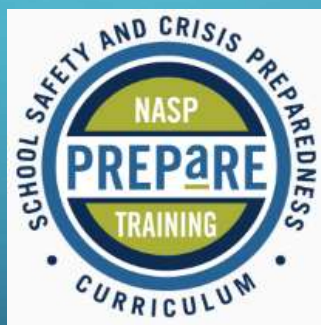


CRISIS INTERVENTION IN UNPRECEDENTED TIMES

IMPLEMENTING BEST PRACTICES IN
SCHOOL CRISIS RESPONSE DURING
A GLOBAL PANDEMIC



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NOTE

This is a brief overview of the PREPaRE curriculum, with adaptations associated with implementation constraints (reliance on virtual modalities).

This is not an official PREPaRE training.

To find out more about the PREPaRE curriculum, visit:

www.nasponline.org/prepare

PREPARE IS:

- Research-based training that meets the unique needs of school safety and crisis teams.
- Developed by expert school psychologists, in consultation with safety experts, with formal crisis training and extensive experience in school crisis prevention and response.
- Flexible and aligned with ongoing school mental health and safety efforts and multi-tiered systems of student supports.
- Appropriate for safety and crisis team leaders/ members, school mental health staff who provide crisis response, and community providers who will be part of a school crisis response.
- Is flexible - small to large scale crises.

P	Prevent and Prepare for psychological trauma
R	Reaffirm physical health and perceptions of security and safety
E	Evaluate psychological trauma risk
P a R	Provide interventions and Respond to psychological needs
E	Examine the effectiveness of crisis prevention and intervention

CRISIS EVENT CHARACTERISTICS

- Perceived as extremely negative
- Generate feelings of helplessness, powerlessness, and/or entrapment
- May occur suddenly, unexpectedly, and without warning

Crisis Event Variables

Predictability

Consequences

Crisis Event


Duration

Intensity



PREVENT & PREPARE FOR PSYCHOLOGICAL TRAUMA

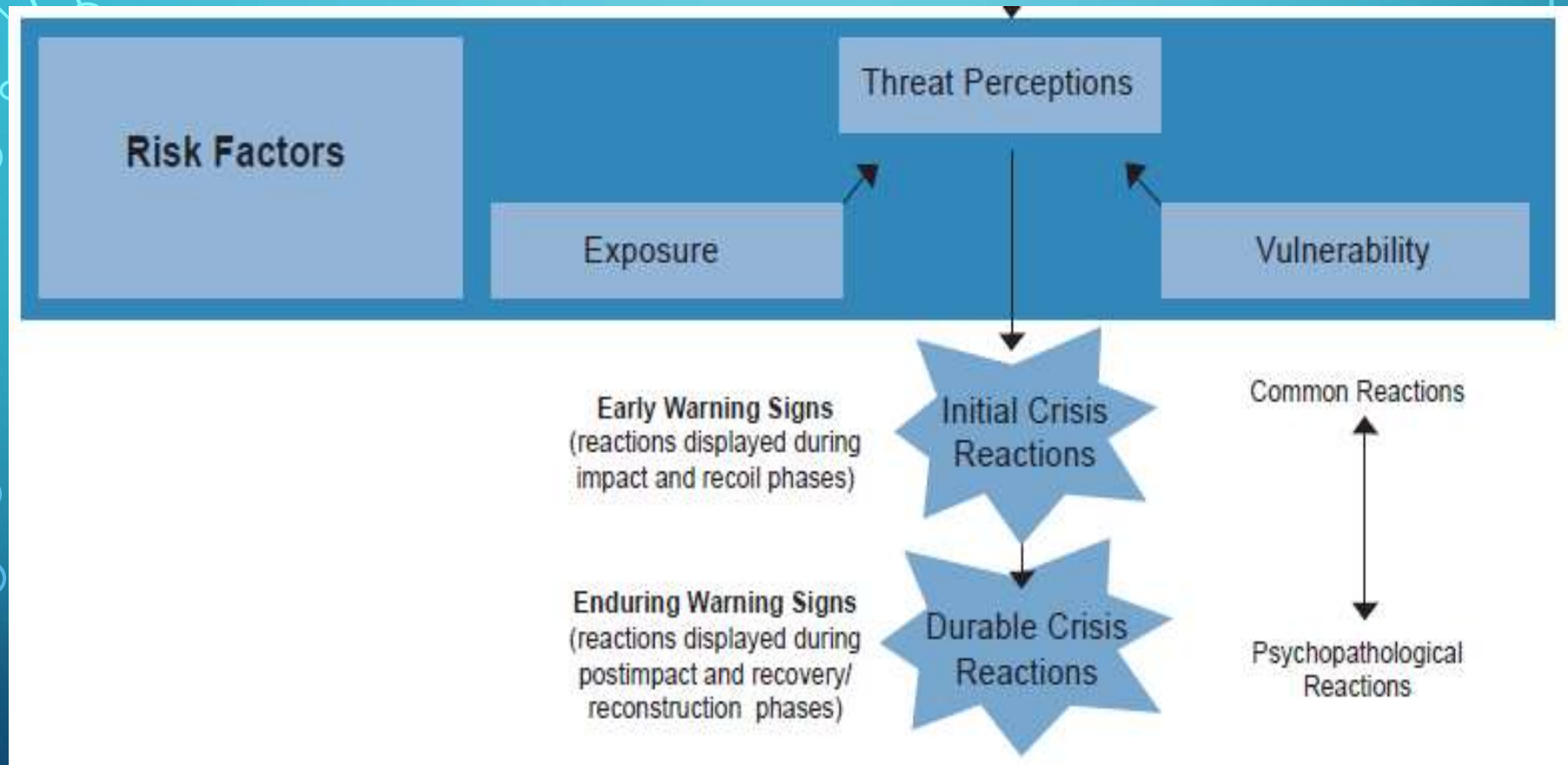
- Physical Safety
- Psychological Safety
- Crisis Intervention Plans

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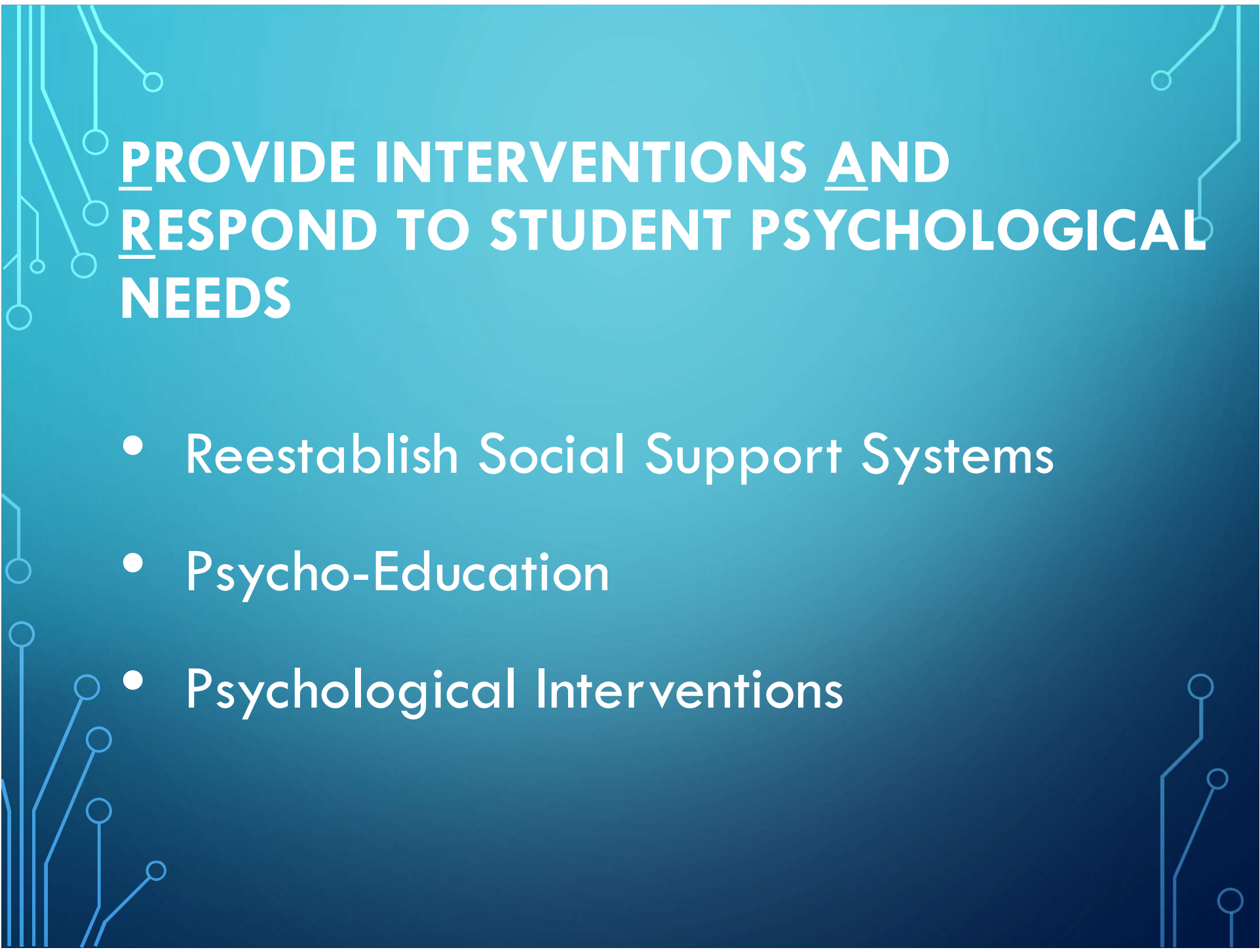
REAFFIRM PHYSICAL HEALTH AND PERCEPTIONS OF SECURITY & SAFETY

- Reaffirm objective physical health and safety
- Reaffirm perceptions of safety and security

EVALUATE PSYCHOLOGICAL TRAUMA



- Conducting Psychological triage

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PROVIDE INTERVENTIONS AND RESPOND TO STUDENT PSYCHOLOGICAL NEEDS

- Reestablish Social Support Systems
- Psycho-Education
- Psychological Interventions

Promote Social Support Systems

- Provide structured/supervised opportunities for students to support each other via virtual platforms
- Facilitate community connections
- Empower with caregiving/recovery knowledge

Psycho-Education

- Empower students and caregivers
- Provide knowledge and promote understanding
- Communicate resources

May include:

Informational documents, Caregiver trainings, Classroom meetings, Student psychoeducational groups

Psycho-Education

Caregiver Training:

- Provide crisis facts
- Teach about “common” crisis reactions & warning signs
- Teach basic strategies for responding to and managing reactions
- Provide guidance on how to obtain additional assistance (e.g., crisis response services, teletherapy)

Psycho-Education

Classroom Meeting:

- Provide crisis facts & answer questions

Psycho-Education

Student Psycho-educational Group:

- Provide crisis facts & answer questions
- Teach about “common” crisis reactions & warning signs
- Teach basic strategies for responding to and managing reactions
- Discuss/Teach strategies for managing stress reactions
- Provide guidance on how to obtain additional assistance (e.g., crisis response services, teletherapy)

Psychological Interventions

- Active and direct attempts to facilitate adaptive coping and respond to traumatic stress reactions

May include:

- Stabilization
- Individual Crisis Interventions
- Psychotherapeutic Treatment Referrals

Psychological Interventions

Stabilization

- Calm and orient emotionally overwhelmed or disoriented student

Individual Crisis Intervention

- Reestablish immediate coping

Psychotherapeutic Treatment Referrals

- Teletherapy providers

Indicated Crisis Interventions

Provided to those who were severely traumatized

Typically a minority of crisis survivors; however, depending upon the nature of the crisis can include a significant percentage

Selected Crisis Interventions

Provided to those who were moderately to severely traumatized

Following highly traumatic crises, can include an entire school

Universal Crisis Interventions

Provided to all students who were judged to have some risk of psychological trauma

Depending on the nature of the crisis, can include an entire school

Tier 3
Psychotherapy

Tier 2
Individual Crisis Intervention
Group-Based Crisis Intervention
Stabilization
Student Psychoeducational Groups

Tier 1
Caregiver Trainings
Classroom Meetings
Informational Bulletins, Flyers, and Handouts
Reestablishing of Social Support Systems
Evaluation of Psychological Trauma
Endured Perceptions of Security and Safety
Reaffirmation of Physical Health
Prevention of Psychological Trauma

EXAMINE THE EFFECTIVENESS OF CRISIS INTERVENTION

- Document actions taken and reflections made
- Identify areas to be addressed
- Consider if actions taken aligned with established plans
- Evaluate effectiveness of plans and revise plans as indicated

Caring for the Caregiver

- Participation in crisis intervention has an effect on caregivers
- Recognize the signs of an overextended crisis intervener
 - Cognitive, Somatic, Affective, Behavioral
- Have a plan in place!
 - Strategies to prevent “burnout”
 - Procedures to intervene

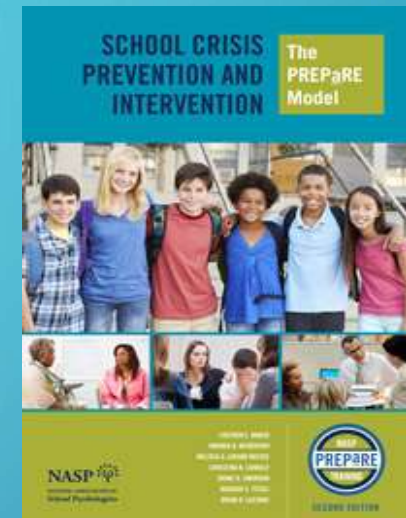
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<https://www.nasponline.org/resources-and-publications/books-and-products>

National Association of School Psychologists (2020). The PREPaRE Model, Crisis Intervention, and Global Pandemic [Infographic] Retrieved from www.nasponline.org

National Association of School Psychologists (2016). *Schools Must Be PREPaRE'd: Establishing Best Practices and Sustainability in School Crisis Prevention through Recovery* [PowerPoint slides].



A decorative graphic on the left side of the slide, consisting of a network of light blue lines and circles that resemble a circuit board or a neural network. The lines are vertical and horizontal, with some diagonal connections, and the circles are small and light blue.

ADDITIONAL RESOURCES

National Association of School
Psychologists (NASP)

<https://www.nasponline.org/>

PREPaRE

<http://www.nasponline.org/prepare>

New 3rd edition curriculum released

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