LESSONS FROM A School shooting

Access Slides Here: https://bit.ly/INSSAClarke





LEARNING OBJECTIVES:

- 1. Explain the school counselor's role in crisis prevention and preparation.
- 1. Summarize existing models for crisis prevention, intervention and response.
- 1. Explain post-crisis awareness and why after any crisis it's important to seek personal care and support.



MY STORY





ROLE OF A SCHOOL COUNSELOR

Crisis Prevention and Preparation

ROLE OF A SCHOOL COUNSELOR IN CRISIS PREVENTION AND PREPARATION

School counselors are educational leaders and advocates of safe-school initiatives and are a vital resource in the creation, development and implementation of best-practice strategies designed to improve school climate fostering engagement, support, and acceptance of all students (MacNeil, Prater & Busch, 2009). Consequently, school counselors should advocate for school counseling programs fostering all students' wellbeing.

The School Counselor and Prevention of School-Related Gun Violence

(ASCA Position Statement)



SCHOOL COUNSELOR'S ROLE IN THREAT ASSESSMENTS

ASCA's position is that school counselors' role in threats should largely be preventive. In a January 2022 survey, school counselors strongly indicated (91.4%) that if school counselors are involved in threat assessments it should be in collaboration with other professionals specifically trained in violence assessment.

- School Counselors can be a part of the BTAM (behavioral threat and management) team, but it is not the sole responsibility of the school counselor.
- Schools should not put the burden on a school counselor or any one person to determine the inexact science of predicting a person's potential to level harm on the school community.

Source: <u>School Counselors' Role in Threat Assessments</u>



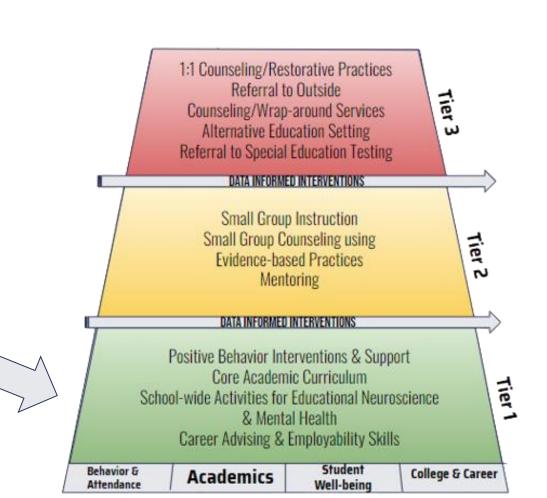
CRISIS PREVENTION

CRISIS PREVENTION-TIER 1 SUPPORTS

Crisis Response and Threat Assessments can be integrated into the school-wide activities that support ALL students and their sense of belonging.

Prevention

Mental Health Tier 1 Supports





PREVENTION SUPPORTS

- Individual and group counseling
- Providing interventions for at-risk students
 - Suicide screening
 - Safety plans
 - Re-entry plans
- Peer mediation, conflict resolution, anti-bullying and mental health promotion programs
- Support student initiated programs such as <u>Students Against Violence Everywhere</u> or <u>Bring Change to Mind</u>
- Promote trauma-informed practices and restorative justice
- Partner with with community resources

Source: The School Counselor and Safe Schools and Crisis Response

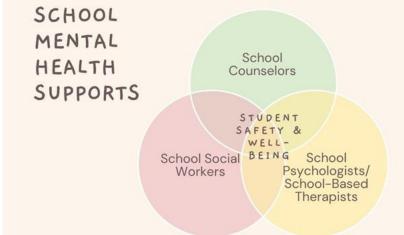


CRISIS INTERVENTION & RESPONSE

Prepare to Lead

PREPARE TO LEAD

- Administrators and leaders may be called away to work with first responders, speak with media, etc.
- School counselors will be called to lead! We have the background, knowledge and experience to make informed decisions during a crisis.
- Keep your leadership informed of the role of the professional school counselor, especially during crisis situations. Make sure you have a seat at the table when making crisis plans.
- Collaboration with school social workers and school psychologists is critical. Work as a team!





CRISIS RESPONSE

- It is the role of the School Counselor to advocate for student safety by recommending school personnel put consistent procedures, communication and policies in place.
- It is important to have a Crisis Team and plan in place before crisis occurs.
- Resources to start planning:
 <u>NEA School Crisis Guide 2018.pdf</u>
 <u>Practical Information on Crisis Planning: A Guide for Schools and Communities -- April 2007 (PDF)</u>



PREPARE MODEL

PREPaRE is the only comprehensive, nationally-available training curriculum developed *by* educators (each of whom have firsthand school crisis response experience and formal training) *for* educators.

About PREPaRE

- **P—Prevent** and prepare for crises
- R—Reaffirm physical health & welfare, and perceptions of safety & security
- E—Evaluate psychological trauma risk
- P—Provide interventions
- <u>a</u>—and
- **R—Respond** to mental health needs
- E—Examine the effectiveness of crisis preparedness

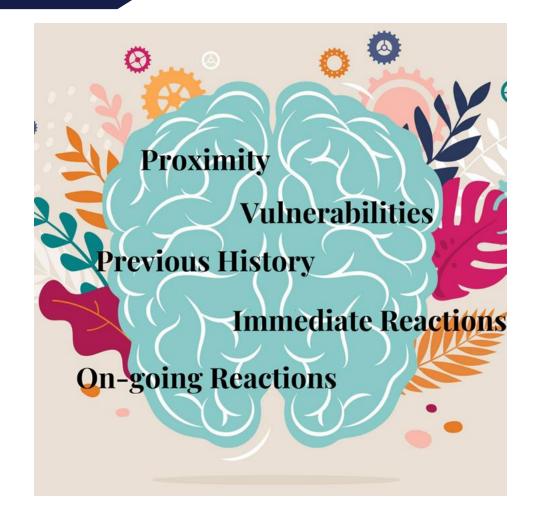


PSYCHOLOGICAL TRIAGE

It is important to look at the unique consequences of the crisis exposure for everyone involved.

The web of trauma from an incident like a school shooting can run far and wide and impact not only those in the direct line of danger, but everyone involved.

Each person responds and recovers differently based on their own experiences of the incident and past experiences and/or trauma.





EVALUATING PSYCHOLOGICAL TRAUMA

- Use risk factors for psychological trauma to identify those most at risk.
- Consider historical and generational traumas when assessing level of trauma.
- Direct immediate interventions to those with physical or emotional proximity to the event.

Crisis Response 2021

- Use a <u>tracking system</u> to identify what supports and who received supports.
- Monitor crisis intervention needs throughout (and for 2 months) after the mental health intervention response.
- Be mindful of anniversaries as they could serve as trauma triggers.



EVALUATING PSYCHOLOGICAL TRAUMA

Crisis Preparedness and Response

Crisis Triage Summary Sheet

District_		School		Date			
Date	Name	Teacher	Risk Category	Crisis Intervener	Parent Contact?	Status	
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Crisis Response 2021



BEHAVIOR THREAT ASSESSMENT & MANAGEMENT TEAM

- Establish a multidisciplinary threat assessment team
- Define concerning behaviors
- Establish and provide training on a central reporting system
- Determine threshold for law enforcement intervention
- Establish BTAM procedures based on the <u>Secret Service Report</u>
- Develop risk management options once assessment is complete.
- Create and promote safe school climate
- Provide training for all stakeholders

Source- US Secret Service, 2019



REUNIFICATION

One critical aspect of crisis response is accountable reunification of students with their parents or quardians in the event of a school crisis or emergency.

School Counselors should be aware of their school reunification plan, or advocate for the creation of a reunification plan.

SRM ♥ The "I Love U Guys" Foundation





POST-CRISIS AWARENESS

Take Care of Yourself

COUNSELOR CARE POST-CRISIS

- Compassion fatigue is a term that describes the physical, emotional, and psychological impact of helping others often through experiences of stress or trauma.
- PTSD can develop not only through personal experiences to a crisis or trauma, but also via exposure to other's severe traumatic experiences.
- Care-givers should not become casualties from crisis response because they are overburdened. Counselors should be sure to debrief not only with those they serve, but for themselves as well.

During a school crisis, a disproportionate transfer of intense emotions from traumatized individuals to school counselors often occurs. 11:4 April 2008 | ASCA



TAKE CARE OF YOU

- Remain alert to the symptoms of compassion fatigue; exhaustion, headaches, insomnia, pain etc.
- Debrief often
- Seek out professional counseling
- Create a <u>Self Care Plan</u> (prior to crisis)





PREPARE TRAININGS

IDOE, in collaboration with Project AWARE, is providing training opportunities for school personnel using the National Association of School Psychologists's PREPaRE model. These workshops will provide school personnel with comprehensive training on how to establish and serve on school crisis response teams. Four regional workshops will be offered. Scan the QR below to be notified when registration is live.







Presentation Slides:



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SESSION TAKE-AWAYS

- School Counselors have a role in Crisis Prevention and Preparation. They should advocate for safe school initiatives and prevention supports.
- School Counselors are leaders during and after a crisis. School Counselors should be part of crisis team planning and practices.
- Psychological Triage, Threat Assessments and Reunification are all important considerations when it come to crisis response.
- Counselor Self-care is much needed
- @EDUCATEIN after a crisis situation to avoid burn-out.

QUESTIONS?

