September 2013

Dear LCA Participants,

Our presentation entitled “Best Practices for Crisis Intervention in a School Setting” is being offered in response to a request from LSCA. As you are likely aware, over the past 10-15 years, there has been an increased emphasis on crisis and disaster planning and intervention in general, but specifically in school settings. With 24-hour cable news networks and access to information online, we have truly become a global community. The fields of crisis intervention and disaster mental health have evolved tremendously just within the past decade and continue to evolve.

Our role in this presentation is to provide you with some of the most current information available, focusing on the following as described in the program:

This session will address both individual crises and larger scale crises in a school setting. Topics to be addressed include an overview of crisis, trauma, and disaster; developmental responses to crisis; models for prevention and responses to crisis situations; and the development and implementation of emergency/crisis response plans.

Considering that whole courses cover this information, our goal in this short presentation is to provide you with an overview of crisis/disaster response and intervention, present the best practices currently in place, and provide you with resources to assist you. Our plan is to provide you with tools and resources for working not only with your students but also with your school administrators, school district personnel, and your community.

Rather than providing a traditional handout, we are providing for you an extensive list of selective resources from which we based our presentation as well as additional resources. One list consists of articles and books specific to crisis/disaster in school settings, and the second, more extensive list, is a list of websites (with a brief description) that provide practical information. In our presentation, we will highlight what we consider to be some of the best practices and provide some specific guidelines and information related to developing plans for your school setting.

Although this presentation is specifically geared to school counselors, both the presentation and the resources that follow will likely be of interest to counselors in any setting. We hope that you find the resources that we have provided to be helpful.

Your colleagues,

June M. Williams, Ph.D., LPC  
Southeastern Louisiana University  
jwilliams@selu.edu

David A. Spruill, Ph.D., LPC, LMFT  
University of Louisiana - Lafayette  
das2893@louisiana.edu
References


Resources

Crisis/Trauma/Disaster

Excellent Websites with broad-based information

National Child Traumatic Stress Network

http://www.nctsnet.org/

Once of the most comprehensive resources you will find; dedicated to improving access to care, treatment, and services for traumatized children and adolescents exposed to traumatic events.

American Counseling Association (ACA) – Disaster Mental Health Resources

http://www.counseling.org/knowledge-center/trauma-disaster

Scroll down just a bit for a list of excellent fact sheets on a variety of topics. In addition, use the search feature within ACA’s website to search for various topics. Counseling Today has published several timely articles in response to specific national disasters (e.g., 9-11, Hurricanes Katrina and Sandy, Sandy Hook shooting).

American Psychological Association – Disasters and Terrorism


Excellent information on specific types of disasters and also extensive resources on resilience.

Mental Health Services in Disasters: Instructor's Guide


Excellent resource, particularly the section on “Key Concepts of Disaster Mental Health.”

Trauma Institute and Child Trauma Institute

http://www.childtrauma.com/

This site is more clinical than most of the others and contains extensive information on treatment. Excellent list of articles.
Best Practices for Crisis Intervention in a School Setting
LCA 2013 – J. Williams & D. Spruill

FEMA

http://www.fema.gov/

Excellent resource on a wide variety of topics including disaster planning, disaster survivor assistance, etc.

National Institute of Mental Health (NIMH) – “Helping Children and Adolescents Cope with Violence and Disasters: What Parents Can Do”


Very practical information about how children/adolescents respond and how to identify those in need of additional support. Provides suggestions about how to interact with those who have experienced violence, disaster, or trauma.

Striving To Reduce Youth Violence Everywhere (STRYVE)

http://vetoviolence.cdc.gov/stryve/

Striving To Reduce Youth Violence Everywhere (STRYVE) is a national initiative, led by the Centers for Disease Control and Prevention (CDC), which takes a public health approach to preventing youth violence before it starts. This is an outstanding website with information about gangs, bullying, suicide, and lots of guidelines for being proactive.

Age-Related Reactions of Children and Adolescents to Disasters

Caring for Kids After Trauma, Disaster and Death: A Guide for Parents and Professionals (2006) (2nd ed.) Developed by the faculty and staff of the New York University Child Study Center


Excellent and extensive resource with very practical information. Very well-organized guide; easy to find specific information. Great table of contents.

Crisis Counseling Guide - New York University Child Study Center

Great overview of how children/adolescents of different ages may respond to crises/disasters. Includes helpful hints for assisting them and a section on parents. Also includes a section on when to recognize when a child/adolescent may need to be referred for counseling.

Emotional and Behavioral Reactions of Children to Disasters (FEMA, 2009)


Very concise overview of how children/adolescents of different ages may respond emotionally and behaviorally to crises/disasters.

Disaster Resource Center (American Academy of Child and Adolescent Psychiatry)


Very practical information – short, concise.

National Institute of Mental Health (Children and Violence)


Practical information for parents and community members. Also includes links with information about specific disasters.

Children, Stress, and Natural Disasters (University of Illinois Cooperative Extension Service)

http://web.extension.illinois.edu/disaster/teacher/teacher.cfm

Great resources on preparing for disasters. Practical information for parents and teachers. Excellent links for additional information.

Tips for Talking to Children about Disasters (SAMHSA)

http://store.samhsa.gov/shin/content/KEN01-0093/KEN01-0093.pdf

Two pages of practical guidelines for talking with children and teens.
Global Crises and Children’s Mental Health (APA)

http://www.yourmindyourbody.org/childrens-mental-health-and-global-crises/

Brief article (with additional embedded links) that addresses global disasters that are in the news.

Helping Children Cope with Terrorism – National Association of School Psychologists


Very practical and helpful two page document.

**Resources for School Counselors**

Note: Although these resources are listed for school counselors; however, many of them are helpful for all counselors, not just in school settings.

American School Counselor Association

http://www.schoolcounselor.org/

Extensive resources available for members (under Publications and Resources).

National Association of School Psychologists

http://www.nasponline.org/

Use the search feature (top right) to find extensive list of resources on a variety of topics.

Florida School Counselor Association – Crisis Response Links


Excellent resources – links to wide variety of practical information.
Crisis Management Institute

http://www.cmionline.com/get-started/k-12/

Extensive list of resources and materials that can be downloaded...excellent resource (many are for a fee, but there is a section of free resources)

School Crisis Communications Guide and Tool Kit (NEA)

http://crisisguide.neahin.org/crisisguide/

The National Education Association Crisis Communications Guide and Toolkit provides resources to empower members facing crises and to guide their school communities toward hope, healing, and renewal.

**Manuals, Handbooks, and Guidelines**

Crisis Management Workbook – Fairfax County Public Schools


Great resource with extensive guidelines for a wide variety of crisis situations.

School Crisis and School Emergency Plans-National School Safety and Security Services

http://www.schoolsecurity.org/resources/crisis.html

Includes many links to templates and specific considerations.

Sample School Emergency Operations Plan (FEMA, 2011)

Crisis Response Box. (CA Attorney General’s Crime and Violence Prevention Center and Violence Prevention Office)

http://www.caag.state.ca.us/cvpc/crisisresponse.pdf


Great model plan.


Creating Emergency Response Plans - U.S. Dept. of Education - Emergency Response and Crisis Management (ERCM) Technical Assistance Center


Practical Information on Crisis Planning: A Guide for Schools and Communities
U.S. Department of Education


Extensive guidelines. Great resource.

Resource Guide for Crisis Management in Virginia Schools


A compilation of very “user Friendly” examples of policies, procedures, guidelines, checklists, forms and background information. Very practical and thorough.

Disaster Preparedness and Response for Schools (National Clearinghouse for Educational Facilities)

http://www.ncef.org/rl/disaster.cfm

Extensive list of links and downloads that are resources for educational facilities in developing and implementing disaster response/emergency plans.
Colorado School Safety Center

http://www.colorado.gov/cs/Satellite/CDPS-SafeSchools/CBON/1251621089752
Excellent source of a variety of information; great links and articles.

**Student Death**

Coping With the Sudden Death Of A Student (ASCA)


**Suicide**

After a Suicide – Toolkit for School Counselors - American Foundation for Suicide Prevention