

Program Overview & Dissemination December 2014

The *PREPaRE School Crisis Prevention and Intervention Training Curriculum (PREPaRE), 2nd Edition*, is designed to help schools meet the crisis prevention and intervention needs of students, staff, and families. *PREPaRE* is the only comprehensive curriculum developed by school-based professionals with firsthand experience and formal training. The curriculum builds on existing personnel, resources, and programs; links to ongoing school safety efforts, provides for sustainability, and can be adapted to individual school needs and size. A primary goal of *PREPaRE* is to build crisis management capacity at the local level and is part of the National Association of School Psychologists' decades-long leadership in the field of school crisis response. Crises that affect schools range from natural disasters, terrorism, and pandemic disease to school violence, the death of students or staff members, and economic distress. How schools respond can shape the immediate and long-term effects of a crisis on a school community. Training and preparedness are critical to effective response and recovery.

Comprehensive and Research Based

PREPaRE is grounded in research and theory that integrates the U.S. Department of Education's four crisis phases: prevention/mitigation, preparedness, response, and recovery; and makes use of the National Incident Management System (NIMS) and its Incident Command Structure. Specifically, *PREPaRE* combines the important aspects of safety and crisis team and plan development with community collaboration to meet the physical and emotional needs of children and youth when a crisis event occurs. It also addresses how to minimize traumatic impact through good prevention, intervention, response, and recovery efforts. While most children and youth can be expected to recover from trauma exposure, the impact of these events can vary greatly depending on individual experience and risk and protective factors. Experts agree that positive school climate and proper crisis interventions are critical to promoting healthy coping. In addition, the school crisis response addresses serious consequences, such as Posttraumatic Stress Disorder, which is related to increased risk for low academic achievement, depression, aggressive or delinquent behaviors, and substance abuse. Additionally, experts note that school-based intervention may be the best way to identify and meet the needs of children and their families after a crisis, and that given proper training and resources educators and school-based mental health professionals are well-situated to provide such interventions.

Designed to Meet the Unique Needs of Schools

PREPaRE is an evidence-based crisis response curriculum specifically designed for schools by school-based professionals. The curriculum meets the unique needs and functions of school safety and crisis teams, including reflecting school structures and laws, laying out the specific Incident Command Structure and steps for cohesive team development, providing common training and language, and integrating school personnel and community provider roles. *PREPaRE* fits within an in-service staff development model, is affordable, and enables schools to comply with legal requirements regarding crisis preparedness.

"We have found it to be an excellent approach to thinking about and planning for crisis prevention, response, and, especially, recovery. It has given us a common language and a shared set of basic principles for talking among ourselves and to other district staff. We feel confident that the strategies in the PREPaRE model represent state-of-the-art best practices. This material has become a key component of our district's approach to Emergency Response and Crisis Management."

– Martha J. Rosen, PhD, Manager of Psychological Services,
 Minneapolis Public Schools

Enhances School Safety, Wellness Promotion, and Learning

PREPaRE is a comprehensive model that encompasses safety and crisis management from prevention to long-term recovery within the learning environment, with emphasis on the school-based mental health response to crises. The model aligns with a multi-tier delivery system and builds on existing personnel resources. *PREPaRE*'s prevention and preparedness elements supports school safety, improved school climate, student behavior and

academic functioning, student resilience, and staff response capabilities. *PREPaRE*'s response and recovery elements provides training in mental health and crisis interventions, which strengthen the school community by reducing negative trauma reactions, facilitating recovery, and minimizing disruption to learning. Research shows that school mental health programs, prevention services, and social-emotional supports improve educational outcomes by decreasing absences and discipline referrals and improving test scores.

PREPaRE Workshops

There are two core *PREPaRE* workshops, *WS#1-Crisis Prevention & Preparedness: The Comprehensive School Crisis Team* and *WS#2-Crisis Intervention & Recovery: The Roles of School-Based Mental Health Professionals*.

These can be taken together or independently of each other. School districts can either sponsor workshops for entire teams and/or all relevant staff on site or send team members to local, state, or national level trainings. Workshop participants receive extensive handouts and planning and implementation resources. To facilitate ongoing local professional development, each workshop has an accompanying Training of Trainers (ToT) workshop. The ToTs allow local educators to become *PREPaRE* trainers and offer workshops to their school- and community-based professionals on an ongoing basis. For a detailed description of *PREPaRE* workshops, visit www.nasponline.org/prepare.

"Workshop 1 gave us the structure to provide a district-wide training. Every school has completed the crisis plan, which has provided the district office a measure to ensure that schools are addressing school safety and practicing drills. Similarly, all school mental health professionals including school psychologists, school counselors and school social workers have completed Workshop 2, which has enabled them to define the roles of mental health service providers in times of crisis. PREPaRE has provided the continuity amongst providers that we have striven to reach for years."

--Dennis Rastatter, Director of Student Outreach, Thompson School District, Loveland, Colorado

Developing Local Capacity (2006-2014)

Table 1: The following Table summarizes the number of individuals who have received *PREPaRE* training.

WORKSHOPS	# OF INDIVIDUALS TRAINED
WS#1-Crisis Prevention & Preparedness	6755
WS#1-Crisis Prevention & Preparedness (ToT) Training-of-Trainers	608
WS#2-Crisis Intervention & Recovery	7966
WS#2-Crisis Intervention & Recovery (ToT) Training-of-Trainers	682

Table 2: The following Table summarizes the number of school districts and state, national, and international organizations that have received *PREPaRE* training.

LOCAL, STATE, NATIONAL, & INTERNATIONAL DISSEMINATION	
Number of School Districts in the United States and Canada within which <i>PREPaRE</i> Workshops have been conducted <i>(Does not include districts that send staff to training off-site.)</i>	183
Number of States within which <i>PREPaRE</i> Workshops have been conducted <i>(Includes trainings conducted at the district, university and state levels)</i>	50 + Washington D.C. & Puerto Rico
Number of State and National Organizations that have held or are scheduled to hold <i>PREPaRE</i> trainings <i>(NASP is working with state and national education organizations to raise awareness of the importance of crisis training and PREPaRE. This includes the National Association of Elementary School Principals, National Association of Secondary School Principals, American School Counseling Association, School Social Workers of America, National Association of School Nurses, and National Association of School Resource Officers.)</i>	44
Number of Colleges/Universities in which <i>PREPaRE</i> trainings have been held	69
Number of Countries within which <i>PREPaRE</i> has been conducted (full workshops and international version) <i>(U.S., Canada, England, Germany, Saudi Arabia, Jamaica, Japan, and Greece)</i>	8
Number of Countries where <i>PREPaRE</i> WS1: Prevention & Preparedness International Curriculum has been piloted/developed <i>(U.S., Canada, Japan, Jamaica, Greece, Netherlands, Brazil, Wales, UK, Ireland, and Bangladesh)</i>	11

Approved and Recommended by School Personnel

Every PREPaRE workshop includes mandatory pre- and post-tests and evaluations. From a random sample of approximately 1,000 workshop evaluations, PREPaRE participants indicate a high degree of workshop satisfaction, the majority rating workshop elements a 9 or a 10, with 10 being the highest possible rating. Additionally, participants report being significantly less anxious about crisis response and more confident about being a crisis team member, as well as demonstrating increased knowledge based on pre- and post-tests. Finally, initial anecdotal feedback from school personnel who have put their training to work indicates that PREPaRE training improves the response capabilities and outcomes for students. NASP is seeking grant opportunities to conduct additional research on the PREPaRE model.

"Shortly after our PREPaRE training, our district experienced three crises that proved our training prepared us to handle the situation. We were able to offer guidance and direction to administration, the counselors who had not been PREPaRE trained, teachers, and staff. We had the needed materials for record keeping and handouts for parents and knew the procedures to follow. The affected schools were grateful for outside support from counselors who were not as emotionally connected so that we could be the scaffolding support for those adults who were in crisis themselves."

--Ginny Armstrong, LCSW, EdS Coun., Idaho Falls School District #91, Idaho

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