Ask the Experts Webinar Series

Responding to Death in the COVID-19 Context: Guidelines for Administrators and Crisis Teams
“Ask the Experts” Webinar Series

- Series of recorded webinars to be posted on the NASP website
- Webinars are designed to offer support to school psychologists, interns, and practicum students as they navigate the delivery of school psychological services during the COVID-19 pandemic
- Each webinar will be followed by the opening of a discussion thread on the NASP member exchange community
- Each webinar will:
  - Address critical questions emerging as a result of the need to provide virtual telehealth school psychological services
  - Provide advice and guidance from experts
  - Offer suggested strategies and resources for addressing professional practice issues
Expert Panel

Cindy Dickinson, M.Ed., Manager, Crisis Intervention and Dropout Prevention Services, Fairfax County Schools (VA)

Shane R. Jimerson, Ph.D., Professor, University of California – Santa Barbara

Benjamin S. Fernandez, MS. Ed, Lead School Psychologist, Loudoun County Public Schools (VA)

Cathy Kennedy-Paine, MS. Specialist, Lead NASP National Crisis Response Team; Retired School Psychologist (OR)
Critical Question 1

What types of crises are schools experiencing now?

- COVID-19 Generated
- Crises that schools typically experience
Critical Question 2

What are the challenges when responding to a death during this pandemic?

- Direct In-person to Indirect Virtual Response
  - Adapting of response structures and logistics
- Communications
- Team Management
Critical Question 3

How has the nature of crisis intervention changed during this time of physical distancing?

- School based intervention to school/community-based intervention
- Resources and Materials
- Empowerment of Caregiver
Critical Question 4

What are some key considerations following the crisis response?

• Examine Effectiveness of Response
• Share lessons learned with team
• Follow up and monitoring
Critical Question 5

Memorials help with the recovery process. In this virtual world, how do you see them being used?

- A ritual to honor life
- Modify typical memorial activities
- Spontaneous memorials not recommended
- Planning only for permanent memorials
Critical Question 6

In the past, schools provided the ideal place for support after a crisis team had left, how do you see schools providing on-going supports virtually?

- A challenge and an opportunity
- Natural connections
- Virtual connections
- Teachers as primary contacts
- Lead mental health person
Adaptable Resources for Crisis Teams

- Contact method suggestions
- Tracking requests for support and related actions
- Phone consultation guidance for contacts with parents/caregivers and students

See NASP COVID19 Crisis and Mental Health Resources
Adaptable Resources for Crisis Teams

- Sample Letters
- Crisis-specific resources
  - Grief and trauma
  - Suicide
  - Care for the Caregiver Training
  - Coping with the Covid19 Crisis Tips
  - PREPaRE Curriculum Handouts

See NASP School Climate, Safety, and Crisis Resources
Key Messages

• The COVID-19 pandemic is a rapidly evolving situation that is causing stress and uncertainty.
• Recovery from a situation crisis takes time and may not happen in a linear fashion.
• There are steps that school leaders and crisis team members can take to foster health and well-being in themselves and others.
  • Awareness, balance, and connection can help.
  • Celebrate small achievements.
  • Seek help if in need.
NASP Resources

- NASP COVID-19 Resource Center

- Responding to Death to in the COVID-19 Context: Guidelines for School Administrators and Crisis Teams

- WS1 Handout 21: Memorials: Special Considerations When Memorializing an Incident
  https://www.nasponline.org/x38589.xml
• Coping With COVID-19 Crisis Distance Caregiver Training Guidance and Adaptable PPT

• Care for the Caregiver: Guidelines for Administrators and Crisis Teams

• Self-Care for School Psychologists
• Behavioral Threat Assessment and Management (BTAM): Best Practice Considerations for K–12 Schools

• Preparing for Virtual School Suicide Assessment Checklist

• Comprehensive School Suicide Prevention in a Time of Distance Learning
External Resources

• After Suicide Toolkit, Second Edition

Helping Children Thrive • In School • At Home • In Life