The PREPâRE crisis curriculum has been developed by the National Association of School Psychologists (NASP) as part of its decade-long leadership in providing evidence-based resources and consultation related to school crisis prevention and response. It is the only comprehensive nationally available curriculum developed by, and for, school-based mental health professionals. PREPâRE training is ideal for schools committed to improving and strengthening their school crisis prevention, preparedness, emergency response, and recovery capacities.

The Need for School Crisis Team Training—Schools play a critical role in crisis prevention and response, meeting the needs of students, staff, families, and often the local community. To serve this function, schools must have crisis plans and teams in place that encompass preparedness, prevention, response, and recovery relevant to a variety of crises. School crisis team training must address team configuration and roles, response systems and procedures, community collaboration, and mental health issues generated by crisis reactions—all within the unique context of the school culture.

The PREPâRE Crisis Curriculum—PREPâRE provides school-based mental health professionals and other educators with training on how to best fill crisis team member roles and responsibilities as they relate to the four stages of crisis management: a) preparedness, b) prevention, c) response, and d) recovery. The curriculum incorporates foundation knowledge provided by the U.S. Departments of Education (2003) and Homeland Security (2004), as well as the Incident Command Structure (ICS) delineated by the National Incident Management System (NIMS). Specifically, the PREPâRE model emphasizes the following specific hierarchical and sequential set of activities:

- Prevent and prepare for psychological trauma
- Reaffirm physical health and perceptions of security and safety
- Evaluate psychological trauma risk
- Provide interventions
- Respond to psychological needs
- Examine the effectiveness of crisis prevention and intervention

PREPâRE Workshops—The PREPâRE training curriculum includes two workshops—(WS 1) Prevention and Preparedness and (WS 2) Crisis Intervention/Response and Recovery—that can be conducted together or separately.

WS 1—Prevention and Preparedness: The Comprehensive School Crisis Team—This one-day workshop provides school-based mental health professionals and other educators with an understanding of the comprehensive school crisis team and their roles on these teams. The workshop emphasizes the systems issues relevant to the prevention and preparedness elements of PREPâRE. It addresses:
1) What constitutes a crisis.
2) Preventing and responding to crises within the structure of a comprehensive, multidisciplinary school crisis team is highlighted using the Incident Command System (ICS).
   a. Team structure/roles.
   b. Systems and procedures.
   c. Community collaboration.
3) Creating safe, effective, and responsive school environments to prevent crises.
   a. Physical safety.
   b. Psychological safety.
4) Preparing and planning for crises.
   a. Developing crisis plans.
   b. Exercising and evaluating crisis plans/procedures.
Who Would Benefit From Workshop 1 Training: PREP are Workshop 1 is appropriate for all school personnel who need to understand how the comprehensive school crisis team should be organized and how it functions. This can include but is not limited to school mental health professionals, administrators, teachers, other pupil services personnel, security officers, front office staff, transportation directors, and before and after school activities coordinators.

WS 2—Crisis Intervention and Recovery: Roles of School-Based Mental Health Professionals—This two-day workshop provides school-based mental health professionals with the knowledge needed to meet the needs of students and staff following a school associated crisis event. Specifically, the workshop covers:
1) The potential of specific crisis events to generate psychological trauma.
2) How crises affect individuals (with a focus on children and adolescents).
3) How to evaluate individual traumatic stress reactions.
4) How to match the appropriate crisis intervention to individual needs.
5) Specific crisis interventions.
   a. Re-establishing social support.
   b. Psychological Education.
   c. Individual and Group Psychological First Aid.
   d. Psychotherapy.
6) How to evaluate and conclude the school crisis intervention.
7) Care for the caregiver.

Who Would Benefit From Workshop 2 Training: PREP are Workshop 2 is appropriate for any individual who will be filling a crisis intervention role. This includes school mental health staff (school psychologists, social workers, counselors, and nurses), administrators, and any other individuals whom the school crisis team has identified as appropriate providers of psychological first aid, as well as community-based mental health practitioners who may work with the crisis team and/or be brought in to the school to assist in response to a crisis.

PREP are Materials—PREP are workshop participants receive a set of curriculum materials provided in booklet and CD format. These resources are specific to each workshop and include a copy of the workshop presentation, articles, handouts, checklists, forms, evaluations, etc. Participants may use portions of these resources and the presentation for informal in-service staff training but may not represent them as the “PREP are” crisis curriculum training unless the participant has completed a Training of Trainers and has been certified by NASP as a PREP are trainer. Note: NASP has developed a Training of Trainers (TOT) model to certify additional PREP are trainers. Prerequisites for this TOT training are completion of the relevant workshop(s).

PREP are Training Fees—PREP are training costs include travel, lodging, workshop materials fee, and a stipend for the presenter(s). Schools or districts can contract for Workshop 1 and/or Workshop 2. Presenters will not deviate from the standardized curriculum and will present the workshop in its entirety (one day or two-day, respectively). Workshop 2 typically requires two trainers. Depending on the number of workshop participants, Workshop 1 may require two trainers as well.

PREP are Developers/ Core Trainers—PREP are curriculum developers/core trainers are leading national experts in school crisis prevention and response. They are members of the NASP Crisis Prevention & Intervention (CPI) Workgroup. In addition to formal training, PREP are trainers have direct experience designing and implementing crisis plans and responding to crises ranging from school shootings and suicide to terrorism and natural disasters.

PREP are Contact Information—For more information on the curriculum content, Training of Trainers or fees, or to arrange for a PREP are training, visit http://www.nasponline.org/prepare/index.aspx or contact Dr. Ted Feinberg, Assistant Director of NASP, by e-mail at tfeinberg@naspweb.org or by phone at 1-800-866-NASP.