

INDIANA DEPARTMENT of EDUCATION

Indiana Department of Education Crisis Response Action Plan

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Indiana Department of Education

100 N. Senate Ave. Indianapolis, IN 46204



in.gov/doe



INDIANA DEPARTMENT of EDUCATION

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Crisis Response Action Plan Overview

The Indiana Department of Education (IDOE) is committed to working alongside schools to help ensure the safety and well-being of all students, staff, and visitors in our K-12 schools. In an ever-changing world, it is imperative that educational institutions are prepared to respond effectively to a variety of crises. Whether facing natural disasters, acts of violence, health emergencies, or any other critical incidents, having a comprehensive and actionable crisis response plan is essential.

IDOE's Crisis Response Action Plan serves as a vital resource for administrators, teachers, and support staff, outlining procedures, protocols, and resources necessary to respond swiftly and effectively to varying crisis situations in an effort to minimize potential physical and psychological safety impacts on students.

Why It's Important:

- **Safety and Security:** The primary concern of any educational institution is the safety and security of its students and staff. A well-defined crisis response plan ensures that everyone knows their roles and responsibilities, reducing chaos and enhancing the effectiveness of response efforts.
- **Preparedness:** This resource equips school personnel with the knowledge and tools needed to handle emergencies, promoting a culture of readiness and resilience.
- **Minimizing Disruption:** Crises can severely disrupt the educational process. By having a clear and practiced response plan, schools can minimize the impact on students' learning and return to normal operations more efficiently.
- **Transparency and Trust:** Transparent and effective crisis management builds trust within the school community. Parents, students, and staff can feel confident that the school is prepared to handle emergencies, fostering a sense of safety and well-being.

Schools are encouraged to utilize this resource in conjunction with the <u>Indiana School Safety</u> <u>Guidelines for Emergency Response Systems</u> to best support crisis prevention, mitigation, and response. Through proactive preparation and coordinated response, we can work to safeguard our schools and provide a secure environment conducive to learning and growth.

Identifying Appropriate Supports: Following a crisis situation, the following checklist can be used to identify the appropriate supports based on the unique circumstances. The actions included may be completed in any order and can be adapted as appropriate. During school breaks, these action steps should still be implemented with adaptations based on staff resources and timing.



Crisis Response Checklist

| Date: | School: | Team Lead: |
|-------|---------|------------|
| | | |

| Check | Action | Staff Responsible | Supporting Document(s) |
|-------|--|--------------------------|--|
| | Once informed of a potential crisis situation, use the Crisis Fact Sheet for guidance to gather <i>Basic Information</i> and verify the facts (e.g., from family members or local authorities). | Principal or Designee | Crisis Fact Sheet |
| | Contact the student/staff member's family to offer support and determine what information they are comfortable sharing. | Principal or Designee | Conduct at the School's Discretion |
| | Once facts are verified, contact other building-level administration to share crisis facts and implement the crisis response plan. Using sections B-D of the Crisis Fact Sheet, determine how to best share the information and with whom. Prepare staff for how students may react and what resources are available. | Principal or Designee | Local School Resource List Crisis Fact Sheet |
| | Meet with front office staff to set/review procedures regarding parent and/or media questions. Provide them with any contact information needed (numbers for district-level media contact). Prepare them for the possibility of students wanting to leave during the day. | Principal or Designee | Guidance should be shared verbally and in writing. |
| | Work with the district crisis response team to determine the level of support needed for staff and students. Use the Crisis Fact Sheet and the PREPaRE Handout 15 Trauma Checklist to assist with this process. Determine if other schools may be affected. Determine if there is any impact to school hours or extracurricular events. | Principal or Designee | <u>PREPaRE</u> <u>Handout 15</u> <u>Trauma</u> <u>Checklist</u> |
| | Identify a location (virtual or in-person) where students can access additional support, as needed. Communicate with staff who may be impacted by the location choice. | Principal or Designee | Conduct at the School's Discretion |
| | Contact appropriate central office administrators to discuss: Instructional support needs, such as substitute staff members. Level of support needed by office administrative staff. An external communication plan (e.g., social media). | Principal or Designee | Conduct at the School's Discretion |



| Check | Action | Staff Responsible | Supporting Document(s) |
|-------|--|---|---|
| | Determine how to best communicate crisis facts to school staff and schedule a meeting or send an electronic message. | | |
| | Consider communicating differently with the student's current teachers. (Are there former teachers to consider?) Use existing staff communication channels to do this. Include information about how to best support students. Introduce the crisis response team and instruct them to observe crisis reactions of staff. Arrange substitutes for absent or affected teachers. Consider having a crisis team member or counselor "walk the student's schedule" to provide support and information to classmates. | Principal or Designee and School Crisis Response Team Lead | <u>Staff</u> Communication |
| | Determine how to best communicate this information to families. Use existing parent communication channels as a tool and include resources. Share this information with those answering the phones at the school and central office. | Principal or Designee and School Crisis Response Team Lead (with Communications Director) | <u>Sample Parent</u> Letter |
| | Determine how students will be informed of the crisis. Create and provide scripts for teachers. If PREPaRE Workshop 2 Trained, refer to <u>Handout 28</u> for a script example. Consider what, if any, changes must be made to the classroom meeting script for classes of the student or those most closely affected by the event. Consider which teachers may need assistance delivering the script. | Principal or Designee and School Crisis Team Lead | <u>Handout 28:</u> Script Example |
| | Begin to identify high-risk students and/or staff who will need immediate support. Begin a tracking document and identify who will be responsible for monitoring these students/staff. Contact parents of students who need extra support. | Principal or Designee, School Crisis Response Team/Lead, Administration | Handout 21: Sample Psychological Triage Summary Sheet |
| | Provide crisis intervention support for students or staff who need support following the classroom meetings. Track student names, interventions, and student status. Crisis intervention team members will contact parents of students who accessed support. Log this information for follow up. | School Crisis Response Team Lead (those trained to triage level of support required) | <u>Crisis Event</u> <u>Sign-In Sheet</u> <u>Parent Contact</u> <u>Form</u> |

| Check | Action | Staff Responsible | Supporting Document(s) |
|-------|--|--|--|
| | Plan a meeting with staff after the school day to: Provide additional information about the event. Respond to questions. Check in on the well-being of staff. Evaluate how the students responded to the event to plan for the following day. Identify any additional students who may need support. Provide additional resources to staff. Identify how more information will be communicated. | Principal or Designee and School Crisis Response Team Lead | <u>Staff</u> <u>Communication</u> |
| | Organize crisis logs and review student names. Identify students who need follow up. Share this information with parents and student services staff at the school. Plan for additional supports identified students need. | School Crisis Response Team Lead | Conduct at the School's Discretion |
| | Plan for continued support in the days following the crisis. Consider which students might benefit from further/ongoing crisis interventions. Consider which staff members may need more support. Consider what parent messages need to be sent. | Principal or Designee and School Crisis Response Team | Conduct at the School's Discretion |
| | For several days after the incident, attempt to ensure a calm, supportive atmosphere, providing support to staff and students to stabilize reactions. Determine for what period of time Tier 1 supports should be provided. | Principal or Designee and School Crisis Response Team Lead | Conduct at the School's Discretion |
| | If applicable, establish an attendance exception for students and staff who wish to attend memorial services that might occur during the school day. | Principal or Designee | Conduct at the School's Discretion |
| | If, as a result of the crisis incident, a student can no longer attend school for any reason: Collect the student's personal belongings (classroom, lockers) for the family. Remove the student's name from class rosters, home mailing lists, email lists, and mass call lists (weather announcements, school newsletters, etc.). Discuss a plan for the student's desk, locker, cubby, etc. | Principal or Designee | Conduct at the School's Discretion |

| Check | Action | Staff Responsible | Supporting Document(s) |
|-------|---|---|--|
| | Discuss expectations for memorials/assemblies. Review associated materials for appropriate content Prepare information for school convening, if applicable. | Principal or Designee and School Crisis Response Team Lead | <u>Memorial</u> <u>Considerations</u> <u>AFSP After</u> <u>Suicide</u> <u>Document</u> |
| | Meet with the District Crisis Response Team to debrief the crisis event. Discuss and document what went well, challenges, lessons learned, and areas that can be improved in the future. | Principal or Designee, School Crisis Response Team Lead, District Crisis Response Team | Handout 46: Sample Checklist to Evaluate the Crisis Response |

To further help schools in responding to a crisis, it is suggested that school crisis response teams attend the PREPaRE Workshop 2 training, Mental Health Crisis Interventions (i.e., Responding to an Acute, Traumatic Stressor in Schools) to learn more about specific interventions and supports. This school-related crisis response model provides information on determining the level of intervention and support needed for individual students or groups of students. During the workshop, participants have the opportunity to discuss a variety of crisis events that require varying levels of response. Tabletop activities and role-playing are integrated into the training. Contact engagement@doe.in.gov for more information on attending this workshop.

Crisis Fact Sheet

PARTMENT of

Use this document to gather information about the crisis, completing it to the best of your ability. Make a copy of this document for each instance and share with team members, as appropriate. The content should be updated as the crisis events unfold.

| 1. | Briefly describe the event: | |
|----------------------------|--|-------|
| 2. | When did the event occur? | |
| 3. | Where did the event occur? | |
| 4. | Who was involved (who are the immediate crisis victims)? | |
| 5. | Is law enforcement involved (did a criminal activity take place)? | |
| 6. | What is the prognosis for those involved? | |
| 7. | Was anyone injured or killed? Yes No If yes, who was injured or killed? | |
| | B. Physical Proximity | |
| 1. | Who witnessed the event? | |
| | | eated |
| | Who witnessed the event? | eated |
| 2. | Who witnessed the event? Who was exposed to the aftermath of the event (e.g., saw victims being medically tre | eated |
| 2. | Who witnessed the event? Who was exposed to the aftermath of the event (e.g., saw victims being medically tre C. Emotional Proximity | eated |
| 2. 1. 2. | Who witnessed the event? Who was exposed to the aftermath of the event (e.g., saw victims being medically trees C. Emotional Proximity Who knew the crisis victim(s)? | eated |
| 1. 2. 1. 2. 3. | Who witnessed the event? Who was exposed to the aftermath of the event (e.g., saw victims being medically trees C. Emotional Proximity Who knew the crisis victim(s)? Who is considered close friends of the crisis victim(s)? | eated |
| 2. 1. 2. 3. | Who witnessed the event? Who was exposed to the aftermath of the event (e.g., saw victims being medically trees C. Emotional Proximity Who knew the crisis victim(s)? Who is considered close friends of the crisis victim(s)? What classroom(s) was(were) the crisis victim(s) a part of? | eated |



D. Personal Vulnerability

- 1. Have there been other crisis events that have affected students/staff this past year?
- 2. Have any of the staff or students been affected by an event like the current crisis?
- 3. Has anyone experienced a sudden loss of a loved one over the past year?
- 4. Are there staff or students who have any mental health concerns that may affect their ability to cope with the crisis?
- 5. Have staff and/or students already learned of the event? Yes No If yes, how were they informed? (Social media, media, pictures, videos, etc.)



Resources Template

In addition to the statewide and national resources listed below, space has been provided to allow you to add information regarding local resources. <u>Download a blank template here</u>.

| Crisis, Support, and Referral Resources The resources below are available at no cost, either by telephone, text, and/or online for students and families in need of referral, support, and intervention. | | | | |
|---|--|--|--|--|
| Organization | Contact Information | Description | | |
| 988 Suicide & Crisis Lifeline | Telephone: Dial 988 Website : 988lifeline.org | The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for anyone, and best practices for professionals in the United States. | | |
| Mental Health America of Greater Indianapolis | Telephone : 317-251-7575 Text line : Text the code CSIS to 839863. | MHA Indy is available for support and referral, crisis intervention, and suicide intervention to anyone at any time. Free and confidential. | | |
| Indiana Adult Protective Services | Telephone: 800-992-6978 Online: www.in.gov/fssa/da/3479.htm | APS operates a toll-free hotline for people to report suspected cases of adult abuse or neglect. Available 24 hours. | | |
| Indiana Child Protective Services | Telephone: 800-800-5556 Online: www.in.gov/dcs/2398.htm | CPS operates a toll-free hotline for people to report suspected cases of child abuse or neglect. Available 24 hours. | | |
| Local Police | Emergency: 911 Non-Emergency: | If you or someone you know is in a life- threatening situation, please call 9-1-1 or the local non-emergency number. | | |
| Connect to Help | Telephone: 211 or 317-926-4357 Online Database: www.connect2help211.org | Connect2Help 211's mission is to facilitate connections between people who need human services and those who provide them. | | |
| KEY Consumer Organizations | Telephone: 800-933-5397 Online : www.keyconsumer.org (Monday through Friday 9 a.m. to 5 p.m.) | KEY Consumer operates a warmline that individuals may call for support (Warmlines are peer-run listening lines staffed by people in recovery of a mental health condition.) | | |
| The facilities below | Psychiatric Emergency Rooms The facilities below have psychiatric emergency rooms that will assess a person in crisis on site and refer them to the proper treatment. | | | |
| Facility | Contact Information | Address | | |





| Example: Community Hospital North | Telephone: 317-621-5100 Crisis Line: 317-621-5700 Text line : Text the code HELPNOW to 20121 | Behavioral Health Pavilion 7165 Clearvista Pkwy Indianapolis, IN 46256 | | | |
|---|--|---|--|--|--|
| The facilities below | Community Mental Health Outpatient Resources The facilities below offer outpatient services by appointment. Wait times and availability will vary. | | | | |
| Facility | Contact Information | Areas Served | | | |
| Example: Aspire Indiana Behavioral Health Systems | Telephone: 877-574-1254 Crisis Line: 800-560-4038 | Northern Marion, Boone, Madison, and Hamilton counties | | | |
| | | | | | |
| | | d for such services is assessed by a doctor. means payment options vary based on | | | |
| Example: Community Hospital North | Telephone: 317-621-5100 Crisis Line: 317-621-5700 | Behavioral Health Pavilion 7165 Clearvista Pkwy Indianapolis, IN 46256 | | | |
| | | | | | |
| The facilities below | ate Pay Behavioral Health and Add v offer inpatient services when the need vate facilities, therefore payment optic | d for such services is assessed by a doctor. | | | |
| Example: Options Behavioral Health System | Telephone: 800-431-1114 | 5602 Caito Drive Indianapolis, IN 46226 | | | |
| | Addiction Outpatient Resources The facilities below offer outpatient services for addiction. | | | | |
| Example: Indianapolis Treatment Center | Telephone: 877-637-6237 | 2626 E. 46 th St. J Indianapolis, IN | | | |
| Outpatient Counseling Agencies Below are some options for outpatient counseling. Available by appointment only. | | | | | |

Parent Contact Form

| Parent Contact by Crisis Team Member | | | | |
|--------------------------------------|--|------------------|--|--|
| Student: | | Date of Contact: | | |
| Parent/Guardian: | | Time of Contact: | | |
| Crisis Team Member: | | School: | | |

When contacting the student's parent or guardian by phone:

- Provide your name and position.
- Provide the verified crisis facts and that you met with their child.
- Review your observations based on the demonstrated reactions of the child and what supports were provided.
 - Answer any questions the parent may have.
- Provide the name of any additional counseling support or resources that the student may benefit from (potentially school-based therapy or a referral to a school provider) if needed.
- If appropriate, offer to facilitate the referral or to contact the student's current mental health provider (a release of information will be needed for this conversation).
- Determine if there is any additional follow up needed for the family.

If the parent/guardian picks their child up:

- Introduce yourself and thank them for coming.
- Briefly review your concerns for their child
 - Let them know:
 - Recovery is generally the norm in these situations.
 - Initial reactions are normal given the circumstances, but after a week if the reactions do
 not subside, they may consider additional mental health support.
- Provide the National Association of School Psychologists' <u>Helping Children Cope With Tragedy</u> resource document.
- If needed, complete a release of information form and discuss appropriate referrals.

Parent or Guardian's Response

Additional Follow Up



Notes/Action Steps for Administrators:

Conversation with student's parents:

- Provide condolences to the family, if applicable.
- Understand what information the family is comfortable with administrators sharing with the school community.

Goals of the staff meeting:

- Provide accurate, factual information about the crisis; dispel and minimize rumors.
- Allow staff opportunity to express their own reactions and grief.
- Provide information regarding support and resources.
- Review class meeting script, if using.
- If anyone needs to talk, time can be provided for them to talk with a crisis responder.
- Remind staff of the importance of privacy of the family and process (as needed).

Remind staff:

- How adults respond to trauma and crisis will impact children. Adults need to do their best to stay in control of their emotions and restore a sense of safety. If they can't, encourage them to let an administrator know so that someone can step in for them.
- They play an important role in identifying changes in student behavior. Discuss a plan for handling students who are struggling, and make sure they let the appropriate staff/crisis responders know so that they can check in on the student.
- Self-care is important during this time.



Sample Crisis Communication for Crisis Involving Staff Member

BUILDING LEVEL NOTICE OF STAFF MEETING - IMMEDIATE

We will be holding a brief mandatory, stand-up, staff meeting immediately after school today, ______. Please report directly to the cafeteria.

BUILDING LEVEL - FOLLOW UP 1

Thank you again for your time earlier today. I appreciate your support and understanding during this time. While I don't have substantive updates at this time, I did want to announce that we will have an optional, stand-up meeting at 7 a.m. on Wednesday morning to provide support, information, and tips for communication with students.

BUILDING LEVEL - FOLLOW UP 2 CONFIRMATION

Dear Staff,

I am saddened to inform you that there was a crisis incident involving a staff member....

INSERT DETAILS OF INCIDENT

INSERT INFORMATION REGARDING SUPPORTS AVAILABLE

Example: Crisis and district support will be available to you on site at ______tomorrow and in the coming days. Trained professionals will be in the media center tomorrow.

We know that student response and recovery during a crisis is strongly linked to adult reactions and support. Difficult times like this tend to trigger those who are already in a vulnerable place, so please observe your students closely over the next days and weeks. If you have a concern about a student or colleague, please let an administrator or counselor know.

You will receive additional information at our staff meeting tomorrow morning at 7 a.m., including details on class meetings and how to access support. If you do not feel comfortable conducting classroom meetings, please let ______ know as soon as possible.

Thank you for supporting each other and our students during this challenging time.



BUILDING LEVEL – FOLLOW UP 3

Best Practices for Thursday's Classes

- Be mindful of students in need of support. Direct any student you feel would benefit from extra support from the counseling office to the specific location of crisis response. It's best to do this one-on-one and not in front of a large group. Some things to be on the lookout for:
 - o Change in baseline behavior
 - o Difficulty with concentration, memory, zoning out
 - o Somatic issues such as increased headaches, stomach aches, or other psychical concerns
 - o Academic concerns
 - o Irritability, anger, anxiety, or increased alertness
- Recognize that there are some students who need routines and normalcy, and providing predictable environments will help them move through the grieving process.
- In addition to your work with and for students, continue to take care of yourself and your colleagues and reach out for support, as needed.

Concerning Student Conversations about this Issue and/or Rumors

First and foremost, please take special precaution not to contribute to any misinformation. Don't engage in hearsay. Instead, please rely on and be comfortable confirming any details that have been communicated by the district (crisis fact sheet information). If students are discussing other, unconfirmed details related to this incident, please gently remind them to be cautious of potential harm they may be doing by engaging in these conversations. If students ask you direct questions about anything you're not sure to be true, you should respond with "I don't know that to be true, it's important that we not share misinformation as that adds to rumors, etc."



Sample Parent Letter

Parent Communication for Student/Staff Crisis

Dear _____Families:

It is with deep regret that we inform you about a recent [INSERT CRISIS HERE] to our school community.

On [DATE], [INSERT CRISIS FACT HERE]

Everyone processes grief differently and the reaction children may have to a traumatic event is often strongly influenced by the actions and support of the adults around them. Attached and below are additional resources to assist you in supporting your child(ren) during this difficult time.

- Provide outlets for expression such as drawing, writing, talking, and any other engaging activities.
- Be honest. When they ask difficult questions, it's okay to say you don't know the answer.
- Reassure them of their own health and safety and make sure they know that you are there to support them.

In addition, here is a link from the National Association of School Psychologist (NASP) <u>Addressing</u> <u>Grief</u> that you may find helpful as you talk with your child.

Our school [AND, IF APPLICABLE, NAME OF SCHOOL DISTRICT] has a Crisis Intervention Team made up of professionals trained to help with the needs of students, parents, and school personnel at difficult times such as this. At our school [OR INSERT NAME OF ALTERNATIVE SCHOOL], we have counselors available for any student who may need or want help or any type of assistance surrounding this loss.

If you would like additional information or need assistance, please contact [NAME OF COMMUNICATIONS COORDINATOR OR COUNSELING SERVICES COORDINATOR] at [PHONE NUMBER AND/OR EMAIL].

Sincerely,

[NAME OF THE SIGNER AND TITLE. THIS LETTER IS USUALLY SIGNED BY THE PRINCIPAL, SUPERINTENDENT, OR CRISIS TEAM COORDINATOR.]



Crisis Event Sign-in Sheet

| Date: Ci | Crisis Responder: | School: |
|----------|-------------------|---------|
|----------|-------------------|---------|

| Student Name | Intervention Provided | Concerns | Status | Actions | Comments | Parent Contacted |
|-----------------|--------------------------|----------|--------|---------|----------|---------------------|
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Appendix A: Handouts/Additional Resources

Handout 15: Psychological Trauma Risk Checklist



Handout 21: Sample Psychological Triage Summary Sheet

| PRE | Triage | out 21: Sample Summary She | et | ologic | al | NASP 9 | Defres 20166 | ds, MJ 20614 |
|-----------------------|---|---|-----------------------------------|--|---|---|---|-------------------|
| Dele | Nava | Tassher | Rak Rating | Rak Category ² | One intervener | Crisis Intervention(s) Presided | Parentaj Contect | Taka ⁴ |
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Handout 28: Sample Classroom Meeting Script and Outline

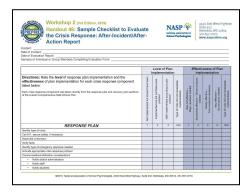
| PREPAR | 1 | Workshop 2 | NASP 9 | 4340 East West Highwa Suite 402 Bothesda, MD 20814 102-657-0220 |
|---|--|---|--|--|
| Contraction of | E. | (3rd Edition, 2019) | School Psychologius | 301-057-0270 www.nasporline.org |
| Hand | lou | t 28: Sample Class | room Meeting Script | and Outline |
| | | able to read this acript to your chass, or wook slocel come to pour noers and facilitate this e | d Jka apport when reading it, please kit os know sweiting | and we will have a school |
| I have son died to a p | no Hory ar acci | dent Saturday afternoon. The family | Collins, a third-grade student here at ABI is planning the funeral and it will probat the know when we have more informatio | by be on Thursday |
| stav Asve. | 1 coay she int | or may not know all the asswers an | s have questions, and I woold like to an d will be honest with you if I don't know i mily. I may also tell you to ask your pare ercelion. | of bewalls fon ers ew Tire |
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| event 4. Letyo | os the Lare (i ur stuc | information with reasourance about they are indeed rare). Remember | uppen?). what is being done to keep them safe a the referral procedures in case a stude iffice if they would like to discuss this e | t needs more support. |
| Note Also and Table 8. | e Talki 2 on p. 2 | ng Its Children About Death," Hospion, http:// 67). | www.hospiceret.org/html/alking.html; and Raeve | m et.al. (2010, pp. 285-296, |
| as part of the | school d and co | or disktiel onlin preparedness process. The i adiad. Schools may not alter content on the | recenste and/or adapt context from this handout integrity of the core sortent must be maintained a PREPaRE branded document. No other use is p | nd the PRZPgRE cartioulans |
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Handout 42: Memorials: Special Considerations When Memorializing an Incident





Handout 46: Sample Checklist to Evaluate the Crisis Response



After A Suicide: A Toolkit for Schools (Second Edition)

