

Building Resilience



Psychological First Aid for Schools



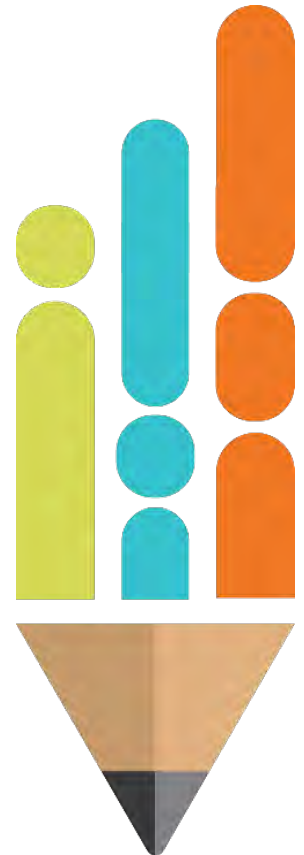
The reduction of the initial distress caused by traumatic events and the fostering of short and long term adaptive functioning.

Psychological First Aid is typically utilized in the immediate aftermath of a large scale disaster, when survivors are disoriented and in need of stabilization.

Contact and Engagement: respond to contacts initiated by affected persons, or initiate contacts in a non-intrusive, compassionate, and helpful manner

Psychological First Aid continued:

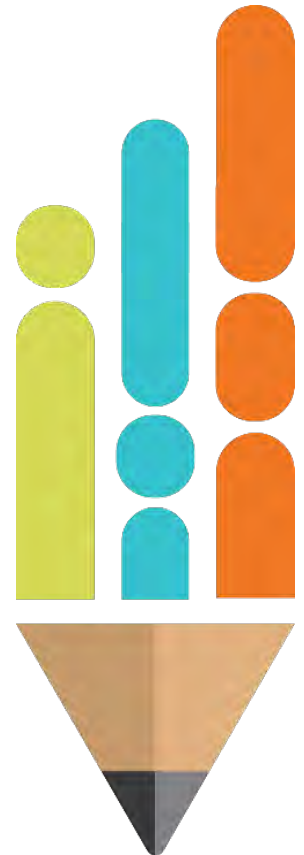
- **Safety and Comfort:** enhance immediate and ongoing safety, and provide physical and emotional comfort
- **Stabilization:** calm and orient emotionally-overwhelmed/distraught survivors
- **Information Gathering:** Current Needs and Concerns: Identify immediate needs and concerns, gather additional information, and tailor Psychological First Aid interventions.
- **Practical Assistance:** offer practical help to the survivor in addressing needs and concerns



Psychological First Aid continued:

- Connection with social support: Help establish brief or ongoing contacts with primary support persons or other sources of support, including family members, friends, and community resources.
- Information on coping: provide information about stress reactions and coping to reduce distress and promote adaptive functioning
- Linkage with collaborative services: link survivors with needed services, and inform them about available services that may be needed in the future.

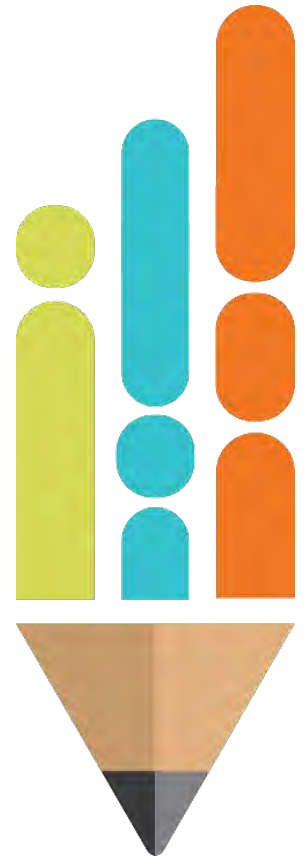
Explanation of Psychological First Aid taken from
The National Center for Child Traumatic Stress, Field
Operations Guide



Psychological First Aid for Students and Teachers

Listen, Protect,
Connect –
Model & Teach

<https://www.ready.gov/>



Listen and Pay Attention

- Behavior and/or mood
- School performance
- Interactions with schoolmates and teachers
- Participation in school-based activities
- Behaviors at home that parents discuss with you



Protect

Answer questions simply and honestly

Let students know they are not alone in their reactions

Provide opportunities to talk, draw, play

Talk with students about what is being done by school and community to keep everyone safe

Watch for anything in the environment that could re-traumatize students



Connect



Check in with students on a regular basis

Find resources that can offer support to students and classroom

Open communication with others involved in students lives

Restore interactive school activities

Encourage student activates with friends including class projects

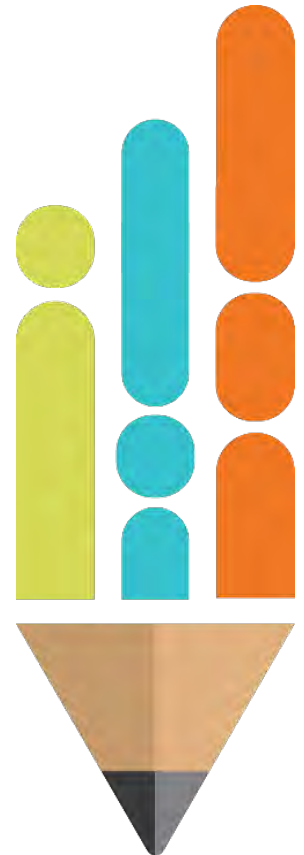
Model



- How you cope and behave after an event will influence how your students respond
- Acknowledge difficulty of the situation but demonstrate how people can come together to cope after such an event
- Monitor conversations that students may hear

Teach

- Help students set small achievable goals and share in these achievements as “wins” for the students and classroom.
- Encourage students to identify and use positive coping strategies to help.
- AP- ReadyTN- connects you to alerts and warnings, open shelters, TDOT, local contacts, preparation for disasters, plan for disasters, TEMA, and connections with facebook, twitter, flickr, tumbir and linkedin for emergencies.



Resources

TN School PREPARE manual

[Tennessee Schools: PREPARE](#)

Psychological First Aid

[National Child Traumatic Stress Network National Center for PTSD](#)

National Center for School Crisis and Bereavement: Sample letter templates for notification: [Sample letter templates for notification](#)

Tennessee Suicide Prevention Network:

[Tennessee Suicide Prevention Network](#)

American Foundation for Suicide Prevention: Toolkit for schools

[After a Suicide: A Toolkit for Schools](#)

TDOE School Safety Center Trainings

Follow up EOP support:

G364 Multi-hazard Emergency Planning for Schools

Reunification

Threat Assessment

Restorative Practices

Active Shooter

“Prepare” – Postvention Planning

Drills, Exercises, Tabletops, Functional Exercises

Emergency Operations Planning – practice and develop EOPS

Security Assessments

Also recommend for all DERT and SERT:

- FEMA IS- 100 Intro to the Incident Command System for Schools
- FEMA IS-700 Intro to NIMS – National Incident Command Management System
- G364 Multi-hazard Emergency Planning for Schools





BEST FOR ALL

We will set all students on a path to success.

ACADEMICS

ALL TENNESSEE STUDENTS WILL HAVE ACCESS TO A HIGH-QUALITY EDUCATION, NO MATTER WHERE THEY LIVE

STUDENT READINESS

TENNESSEE PUBLIC SCHOOLS WILL BE EQUIPPED TO SERVE THE ACADEMIC AND NON-ACADEMIC NEEDS OF ALL STUDENTS IN THEIR CAREER PATHWAYS

EDUCATORS

TENNESSEE WILL SET A NEW PATH FOR THE EDUCATION PROFESSION AND BE THE TOP STATE TO BECOME AND REMAIN A TEACHER AND LEADER FOR ALL

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