

**We follow the PREPaRE model which is a nationally available training curriculum developed by school based professionals. It is based on 3 principles:**

- 1. The skill sets of school based professionals are best utilized as part of a multidisciplinary team that engages in crisis prevention, preparedness, response and recovery.**
- 2. School crisis management is unique.**
- 3. School based mental health professionals are best prepared to address the psychological issues associated with school crises. They are on the frontline.**

### **The PREPaRE Model**

**P** - Prevent and PREPaRE for psychological trauma

**R** - Reaffirm physical health and perceptions of security and safety

**E** - Evaluate psychological trauma risk

**P** - Provide interventions

a - and

**R** - Respond to psychological needs

**E** - Examine the effectiveness of crisis prevention and intervention

The school based mental health team in Oceanside includes psychologists, social workers and guidance counselors.

#### **Prevention -**

The school based mental health team gets to know as many students as possible by being present throughout the building, visiting classrooms, getting involved, developing relationships with students, families, teachers and administrators.

#### **Reaffirm -**

During the crisis ensure the physical and psychological safety of the students. After the crisis, Support staff reassure students, families, and staff regarding their own safety. We provide accurate and developmentally appropriate information regarding the incident.

#### **Evaluate -**

With the team evaluate the situation and develop a plan of action. Do support team staff members need to go to other buildings? Staff members are on call to go where needed.

**Respond -**

This includes debriefing, giving the opportunity to students, staff and families to discuss and ask questions. On site counseling individually, group, classroom wide. Short term and long term support is provided.

**Examine -**

The team assesses our response collaboratively. Does anything need to be done differently next time?