

# Training Tools to Support **BHERO** SCHOOLS

## PROGRAMMING OVERVIEW:

# PREPaRE

## SCHOOL CRISIS PREVENTION & INTERVENTION

## DEVELOPED BY:

The National Association of School Psychologists (NASP), as part of its decades long leadership in supporting school crisis prevention and response capabilities at the local level. PREPaRE is published by NASP and authored by Co-Founders Stephen E. Brock and Melissa A. Louvar Reeves.

**REACH:** The PREPaRE model has been implemented in school districts in all 50 states and in multiple countries, and it has proven highly effective for schools committed to improving and strengthening their school safety and crisis management capacities.

**BH PROFESSIONAL DEVELOPMENT TRAINING CATEGORY:** Trauma, Suicide prevention, Knowledge of behavioral health symptoms and risks, Awareness of referral sources and evidence-based strategies for appropriate interventions, Other evidence-based strategies to reduce risk factors for students

Find all Behavioral Health Professional Development Training Categories in North Dakota state law, NDCC 15.1-07-34.

## COST:

**Workshop 1** - \$1,400 per school team

**Workshop 2** - \$2,400 per school team

B-HERO will provide initial pilot schools the PREPaRE Crisis Prevention & Intervention workshops in the Spring 2022 Cohort at no cost. Representatives may choose which workshop(s) best fit the needs of their school community. Limited spaces are available.

**DESCRIPTION OF SERVICE:** PREPaRE trains school-employed mental health professionals and other educators how to best fill the roles and responsibilities generated by their school crisis response teams. PREPaRE is the only comprehensive, nationally available training curriculum developed for educators by educators (each of whom have firsthand school crisis response experience and formal training). The PREPaRE model incorporates foundational documents provided by the U.S. Departments of Education (2013, 2019) and Homeland Security (2008).

Specifically, the PREPaRE model emphasizes that members of a school crisis response team must be involved in the following hierarchical and sequential set of activities:

- P**—Prevent and prepare for crises
- R**—Reaffirm physical health & welfare, and perceptions of safety & security
- E**—Evaluate psychological trauma risk
- P**—Provide interventions
- a**—and
- R**—Respond to mental health needs
- E**—Examine the effectiveness of crisis preparedness

Details for both standalone Workshops in the PREPaRE training series are listed on the following page.

## OUR MISSION

B-HERO's mission is to engage K-12 Behavioral Health Resource Coordinators in training, technical assistance, and opportunities to facilitate connections.

## TO GET STARTED WITH PREPaRE:

Email **Mallory Klatte**  
School Psychologist  
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## WHO WE ARE.

A group of educators and advocates passionate about the importance of behavioral health in our schools and communities.



## WHAT WE DO.

We provide:



Training



Technical Assistance



Opportunities



## WHY WE DO IT.

We want to help:



Stop the Stigma



Build Healthier Schools



Avoid Burnout



## PREPaRE WORKSHOP 1

**CRISIS PREVENTION AND PREPAREDNESS:** Comprehensive School Safety Planning

**AUDIENCE:** School mental health professionals, administrators, school resource officers, and other educators

**DESCRIPTION:** During this workshop, participants gain knowledge and resources essential to establishing and sustaining comprehensive, ongoing school safety and crisis prevention, mitigation, and preparedness, while making use of existing resources and programs. PREPaRE can be adapted to a school's needs and size.

**OBJECTIVES:** Upon completion of Workshop 1, participants will be able to:

- Develop, exercise and evaluate safety/crisis teams and plans,
- Integrate school and community crisis response personnel into school plans,
- Address issues associated with the media, social media, technology, students with special needs, culture, and memorials as result of crises that occur, and
- Reinforce the importance of improving school climate, addressing student behavior and academic functioning, promoting student resilience, and sharing school staff crisis response capabilities.

**DURATION:** 8 hours, delivered over the course of 2 sessions

## PREPaRE WORKSHOP 2

**CRISIS INTERVENTION AND RECOVERY:** The Roles of School-Based Mental Health Professionals

**AUDIENCE:** School-based mental health professionals and other school crisis intervention team members

**DESCRIPTION:** During this workshop, participants gain the knowledge necessary to meet the mental health needs of students and staff following school-associated crisis events.

**OBJECTIVES:** Upon completion of Workshop 2, participants will be able to:

- Prevent and prepare to mitigate psychological trauma,
- Reaffirm the physical and psychological safety of members of the school community,
- Evaluate and conduct psychological triage,
- Respond to the psychological needs of the school community utilizing a multi-tiered approach, and
- Examine the effectiveness of school crisis intervention and recovery efforts.

**DURATION:** 16 hours, delivered over the course of 4 sessions