

The PREPaRE School Crisis Prevention & Intervention Curriculum

The NASP PREPaRE curriculum provides relevant school personnel with comprehensive training on how to establish and serve on school safety and crisis response teams. The second edition of the curriculum integrates the roles of existing school staff and community providers in terms of the five crisis preparedness mission areas (prevention, protection, mitigation, response, and recovery) and grounds them in ongoing school safety efforts. The curriculum incorporates basic principles articulated by the U.S. Departments of Education (2013) and Homeland Security (2008), as well as the Incident Command System delineated by the National Incident Management System (NIMS).

The PREPaRE model emphasizes the following hierarchical and sequential set of activities:

P—Prevent and prepare for psychological trauma

R—Reaffirm physical health and perceptions of security and safety

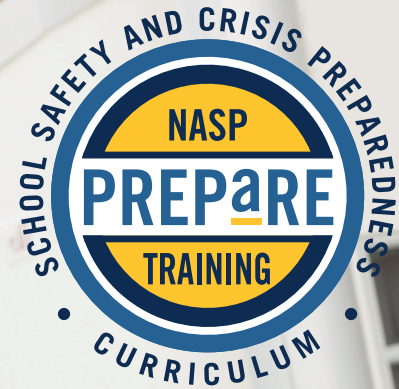
E—Evaluate psychological trauma risk

P—Provide interventions

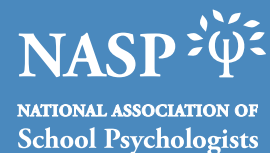
a—and

R—Respond to psychological needs

E—Examine the effectiveness of crisis prevention and intervention



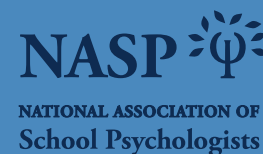
School Crisis Prevention and Intervention Training Curriculum



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Helping schools improve
their school safety and
crisis management capacity
using existing resources.

School Crisis Response

The PREPaRE curriculum has been 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.

Developed specifically for the school context, PREPaRE:

- Incorporates prevention, protection, mitigation, response, and recovery
- Addresses both physical and psychological safety
- Builds on existing personnel, resources, and programs
- Facilitates collaboration with community providers and first responders
- Integrates with ongoing school safety efforts and multi-tiered systems of support
- Develops skills important to coping with trauma
- Provides for sustainability through a training of trainers model
- Is adaptable to individual school needs and size
- Aligns with federal emergency management guidance
- Supports legal compliance regarding crisis preparedness

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.

For more information or to have your school district or organization arrange for PREPaRE training, contact the NASP PREPaRE Coordinator at prepare@naspsweb.org, by phone at (866) 331-NASP or visit www.nasponline.org/prepare.

"The training has allowed our district and its 29 schools the opportunity to speak the same language when it comes to crisis prevention and preparedness."

Dennis Rastatter, Director of Student Outreach,
Thompson School District, Loveland, Colorado



The PREPaRE curriculum includes two core workshops—(1) Prevention and Preparedness and (2) Crisis Intervention and Recovery—as well as two training of trainer (ToT) workshops. Workshops 1 and 2 can be taken separately and are prerequisites to ToT participation.



“There is no longer any excuse for ‘winging it’ in a school crisis response. The PREPaRE curriculum provides an evidence-based approach to meeting the mental health needs of students in a time of crisis.”

Richard J. Erdlen Jr., PhD, Supervisor of School Psychology Services, Lincoln Intermediate Unit No. 12, New Oxford, Pennsylvania

WORKSHOP 1 **Crisis Prevention and Preparedness:** **Comprehensive School Safety Planning**

This 1-day workshop provides school mental health professionals, administrators, security officers, and other educators knowledge and resources important to establishing and sustaining comprehensive, ongoing school safety and crisis prevention, mitigation, and preparedness. Making use of existing personnel, resources, and programs, PREPaRE can be adapted to a school’s needs and size. Specific attention is given to developing, exercising and evaluating safety/crisis teams and plans, and integrating school and community crisis response personnel. Also addressed are issues associated with the media, social media, technology, students with special needs, culture, and memorials. Training reinforces improved school climate, student behavior and academic functioning, student resilience, and school staff crisis response capabilities.

WORKSHOP 2 **Crisis Intervention and Recovery: The Roles** **of School-Based Mental Health Professionals**

This 2-day workshop provides school-based mental health professionals and other school crisis intervention team members with the knowledge necessary to meet the mental health needs of students and staff following school-associated crisis events. This workshop teaches participants how to prevent and prepare for psychological trauma, help to reaffirm both the physical health of members of the school community and students’ perceptions that they are safe and secure, evaluate conduct psychological triage, respond to the psychological needs of the school community utilizing a multitiered approach, and examine the effectiveness of school crisis intervention and recovery efforts. This workshop is an excellent course for all professionals in your district who provide mental health crisis intervention services.

TRAINING OF TRAINERS WORKSHOPS 1 & 2

PREPaRE Training of Trainers workshops are designed to provide workshop participants with the information and practice needed to become PREPaRE workshop trainers. The training of trainers model has built local capacity by training local school professionals, both nationally and internationally, who can then independently offer the PREPaRE workshops. *Participants are required to have completed the corresponding core workshop before completing either ToT workshop.* All participants will receive workshop presentation materials and a certificate of completion. ToT workshops being offered include:

WORKSHOP 1 Training of Trainers (ToT): **Crisis Prevention and Preparedness: Comprehensive** **School Safety Planning** *5-hour session*

WORKSHOP 2 Training of Trainers (ToT): **Crisis Intervention and Recovery: The Roles of** **School-Based Mental Health Professionals** *11-hour session*

(A list of individuals who have completed ToT workshops is available through NASP.)



“We feel confident that the strategies in the PREPaRE model represent state-of-the-art best practices. This material has become a key component of our district’s approach to emergency response and crisis management.”

Martha J. Rosen, PhD, Manager of Psychological Services, Minneapolis Public Schools

PREPaRE Developers/Core Trainers

PREPaRE curriculum developers/core trainers are leading national experts in school crisis prevention and response. In addition to formal training, core PREPaRE trainers have direct experience designing and implementing crisis plans and responding to crises ranging from school shootings and suicide to terrorism and natural disasters. Learn more at <http://www.nasponline.org/prepare-authors>.

PREPaRE closely aligns with 2013 federal government school crisis and emergency management guidelines.

PREPaRE Materials

Workshop participants receive a set of curriculum materials provided in booklet and CD format. Participants are encouraged to use these resources for local staff development but may not represent them as formal “PREPaRE” training unless they have successfully completed the Training of Trainers workshop(s).

Evaluations reveal that workshop participants improve their crisis prevention and intervention services capacity. (See evaluation summaries at <http://www.nasponline.org/prepare-evaluations>.)