

Supporting students in the aftermath of crisis

Webinar for Kansas School Mental Health Initiative
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David J Schonfeld, MD, FAAP

USC and CHLA

Director, National Center for School Crisis and
Bereavement

info@schoolcrisiscenter.org

Agenda

- How to Support Students After a Crisis
- Symptoms of Adjustment Reactions
- Timeline for Adjustment
- Professional Self-care
- National Center for School Crisis and Bereavement
- Coalition to Support Grieving Students

Psychological First Aid

- Provide broadly to those impacted
- Supportive services to foster normative coping and accelerate natural healing process
- All staff should understand likely reactions and how to help children cope



Anyone that interacts with children can be a potential source of assistance and support – if unprepared, they can be a source of further distress.

PFA Actions

source: American Red Cross

Observation or Awareness	Make a Connection	Help People Feel Comfortable and at Ease	Be Kind, Calm, & Compassionate
Assist with Basic Needs	Listen	Give Realistic Reassurance	Encourage Good Coping
Help People Connect	Give Accurate and Timely Information	Suggest a Referral Resource	End the Conversation

Potential Symptoms of Adjustment Reactions

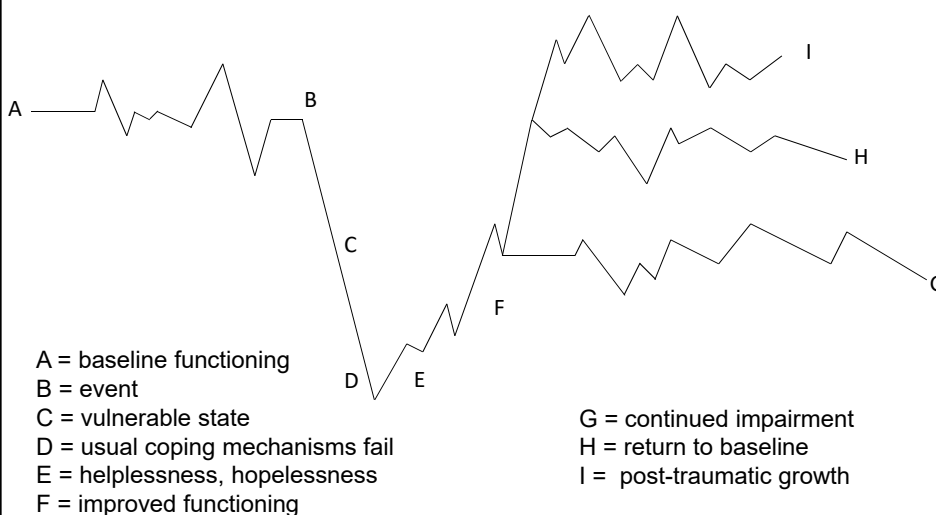
Sleep Problems	Separation Anxiety and School Avoidance	Anxiety and Trauma-related Fears	Difficulties with Concentration
Deterioration in Academic Performance	Regression	Depression	Substance Abuse
	Somatization	Post-traumatic Reactions and Disorders	

Range of Reactions to Crisis



- Wide range of reactions and concerns
➔ **NOT JUST PTSD**
- Bereavement
- Secondary losses and stressors
 - Relocation
 - Loss of peer network
 - Academic failure
 - New social network
 - Financial stresses
 - Parental stress, mental health problems
 - Marital conflict or domestic violence
- One crisis often awakens feelings related to pre-existing or past crisis

Adjustment Over Time in Crisis



David J Schonfeld, MD, National Center for School Crisis and Bereavement

Importance of Professional Self-care

- Recognize it is distressing to be with children who are in distress
- It's critical school professionals find ways to have their own personal needs met and appreciate and address impact of supporting children who are grieving or traumatized
- Create a culture where:
 - it is ok to be upset
 - members normalize asking for help and model willingness to accept assistance

National Center for School Crisis and Bereavement

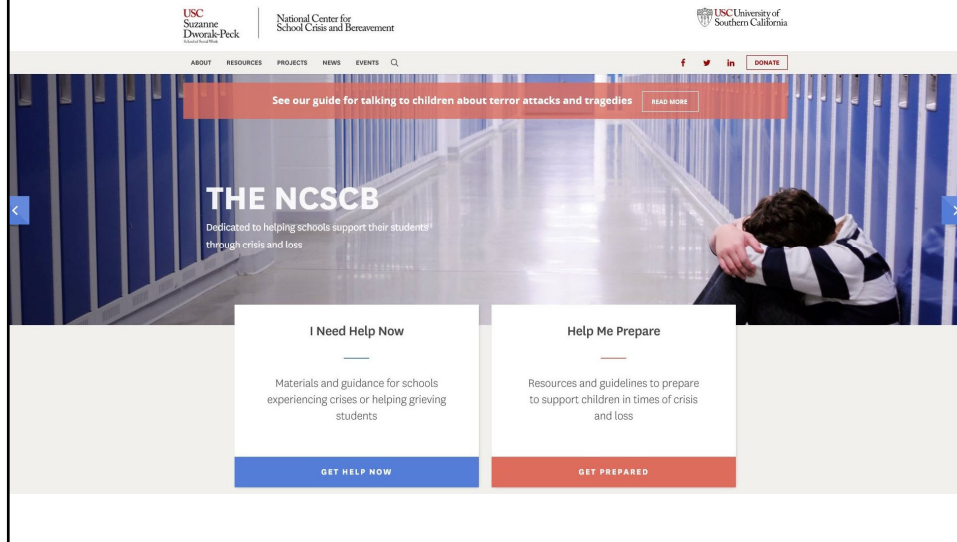
www.schoolcrisiscenter.org

**Initial Funding: September 11th Children's Fund
& National Philanthropic Trust**

Current Support: New York Life Foundation

- Promote appreciation of role schools can serve to support students, staff, and families at times of crisis and loss
- Enhance training in professional education programs
- Serve as resource for information, training materials, consultation and technical assistance – provided at no charge to schools

www.schoolcrisiscenter.org



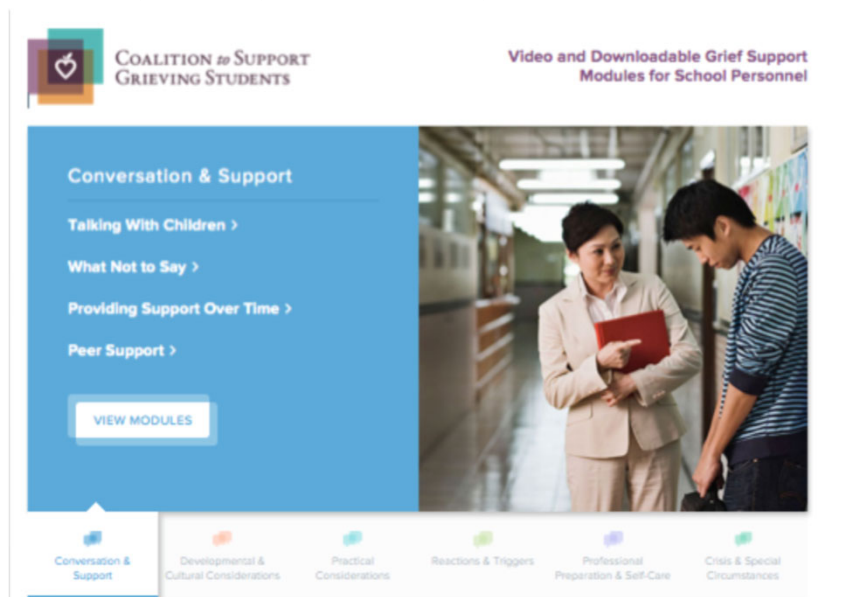
Coalition to Support Grieving Students

- American Federation of School Administrators (AFSA)
- American Federation of Teachers (AFT)
- American School Counselors Association (ASCA)
- National Association of Elementary School Principals (NAESP)
- National Association of Secondary School Principals (NASSP)
- National Association of School Nurses (NASN)
- National Association of School Psychologists (NASP)
- National Education Association (NEA)
- School Social Workers Association of America (SSWAA)
- School Superintendents Association (AASA)

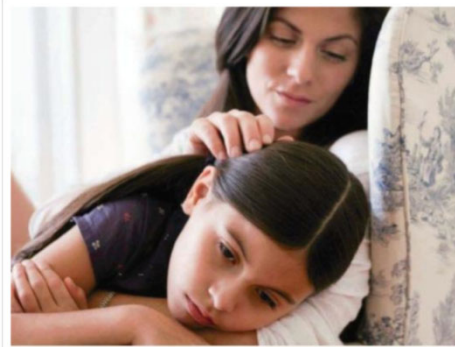
Supporting Organizational Members



www.grievingstudents.org



www.grievingstudents.org
Order Free Materials



After a loved one dies—
How children grieve and how parents
and other adults can support them.

For further information about NCSCB
visit us, call us, like us, share us.

National Center for School Criss and Bereavement



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