

Western Connecticut Regional Crisis Team

Crisis Team Outline

I. CRISIS

- Protocol-activation
- Roles
- Notifications
- Recommendations
- Implementations
- Response
- Assessment/Debriefing
- Recovery

II. TRAINING

- Regular Meetings
- Review and revise current initiatives
- Role Play, rehearse scenarios
- Recognition
- Current trends
- Internet/Social Network
- Develop best practices
- Guest speakers

PURPOSE / GOALS

Why a District Mental Health Crisis Team?

- A district emergency involves multiple school buildings each with its own administration, students, faculty, parents and community (vs. building emergency).
- The needs arising from a district wide or community crisis are immediate and can be overwhelming as we attempt to meet the concerns and needs of many people
- These demands may exceed our everyday routine
- Mental health caretakers may be attempting to cope with intense emotions
- No one person can do everything

What Does the District Mental Health Crisis Team Do?

The team members effectively utilize both internal and external resources when responding to actual and potential mental health related crises based on the best clinical mental health practices.

I. CRISIS

Team Activation Steps—Overview—

Administrator or designee activates the Mental Health Crisis Team. Mental Health Crisis Team brings necessary information, personnel, and resources to the scene/building.

Team Activation:

Upon request of a building administrator/ district administrator or designee, a representative of the mental health crisis team (social worker, school psychologist) activates the Mental Health Crisis Response Team.

Step 1

- Determine or calculate urgency of crisis
- Define activation or stand by status
- Determine type of crisis: current student, graduate, family/staff member...suicide, car crash, fire, murder, violence, natural disaster, community tragedy
- Notification of ALL members of team via phone, text, email
- Set up meeting time and location

Step 2

- Team convenes and drafts appropriate recommendations for consideration by the administration
- Identify possible people affected (school/community)
- Determine availability of team members
- List of resources, crisis numbers available online and available whenever needed
- Secure website section that only crisis team has access to for documents, phone numbers, blog at night to brainstorm suggestions/thoughts

Step 3

- Determine the extent and nature of need for counseling services for staff and students
- Direct services offered in support rooms.
- Develop triage procedures for access to and egress from support rooms.

Step 4

- Recovery
- Long term- monitor for post traumatic behaviors

- Mitigation (to reduce the likelihood of occurrence and impact if it does occur again)
- Assess Process
- Debrief

Team Members

- Clinical Mental Health staff:
- Social Workers, School Psychologists-clinical staff
- Leader?
- Clinical staff is:
 - Trained, experienced and capable of taking the necessary actions in the face of a real crisis
 - Familiar with the emotional and developmental issues of children and adolescents
 - Proficient in basic counseling techniques for crisis and disasters
 - Able to work with teachers, administrators, staff and parents to minimize severe reactions and assist with coping strategies

Preparatory Needs

- Phone, text and email information of ALL staff members (have this set up, group email)
- Resource Guide from each building to include resources all age levels and type of potential crisis, updated and available on line
- Scripts

II

Training

- Meet at least once a month to train and update
- Review and revise initiatives already in place-anti violence, anti-bullying, etc.
- Risk Reduction
- Prevention/Intervention
- Include table topic exercises on threat assessment, recognizing various disorders, de-escalation etc.
- Role play scenarios
- Training on recognition of current trends, understanding the dynamics of internet safety, social networks, (e.g. flash mob)
- Develop best practices
- Technology for tracking, documentation, communication
- Guest speakers

Potential Types of Emergencies:

- Death/Injury
- Threats of Violence
- Fire
- Intruder/Hostage/Kidnapping
- Bomb Threat
- Natural/Weather
- Hazardous Material
- Civil Disturbance
- School Bus Accident
- Chemical/Radiological
- Epidemic