



Don't Get Caught Unprepared



The PREPaRE School Safety and Crisis Preparedness Curriculum

The NASP PREPaRE curriculum provides relevant school and emergency preparedness personnel with comprehensive training on how to establish and serve on school safety and crisis response teams. Curriculum content supports existing school staff, in collaboration with community providers, to apply the five crisis preparedness mission areas (prevention, protection, mitigation, response, and recovery) in their ongoing school safety efforts and emergency operations plans. The curriculum incorporates basic principles articulated by the U.S. Departments of Education (2013, 2019) and Homeland Security (2008), as well as the Incident Command System delineated by the National Incident Management System (NIMS). The empirical foundations for PREPaRE are detailed in *School Crisis Prevention and Intervention: The PREPaRE Model* (2nd ed.; Brock et al., 2016).

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

P—Prevent and prepare for crises

R—Reaffirm physical health and welfare and perceptions of safety and security

E—Evaluate psychological trauma risk

P—Provide multitiered interventions

a—and

R—Respond to mental health needs

E—Examine the effectiveness of crisis prevention and intervention

Current Impact

The PREPaRE curriculum is comprehensive and adaptable, providing a useful framework for any school. Specifically, 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 multitiered 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 adopted as the comprehensive school safety framework in school districts in all 50 states and in multiple countries. Several states have also adopted the model for statewide implementation. Participants report that PREPaRE helped improve and strengthen their school safety and crisis management capacities (See evaluation summaries at <http://www.nasponline.org/prepare-evaluations>).

"PREPaRE has provided our district and building care & crisis teams with the framework and language to navigate and respond to crisis situations with increased confidence."

**Tim Shaikoski, Robbinsdale Area Schools,
School Psychologist**

PREPaRE CORE WORKSHOPS

The PREPaRE curriculum includes two core workshops, which can be taken independently of one another or in any order. Each workshop has a corresponding training of trainer (ToT) workshop that provides participants with the information and practice needed to become PREPaRE workshop trainers. The core workshops are prerequisites to ToT participation.

WORKSHOP 1

Comprehensive School Safety Planning: Prevention Through Recovery

Audience: School mental health professionals, safety and security personnel, administrators, SROs, and other educators. Optimal for crisis team members to attend together.

Content:

- Covers the knowledge and resources important to establishing comprehensive, ongoing school safety and crisis preparedness through recovery efforts.
- 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 addresses issues associated with the media, social media, communication, reunification, students with special needs, culture, and memorials. Training includes a strong focus on reinforcing improved school climate, student behavior and academic functioning, student resilience, and school staff crisis response capabilities.

Duration: 1 day (7 contact hours)

ToT Workshop: 1.5 days (12 contact hours)

WORKSHOP 2

Mental Health Crisis Interventions: Responding to an Acute Traumatic Stressor in Schools

Audience: All school professionals who provide mental health crisis intervention services and community mental health professionals who support schools following a crisis event.

Content:

- Covers how to prevent and prepare for psychological trauma, reaffirm both physical health and perceptions of safety, evaluate trauma exposure by conducting psychological triage, and respond to psychological needs using a multitiered crisis intervention approach.
- Participants will learn how to facilitate social supports and conduct caregiver trainings, classroom meetings, student psychoeducational groups, group crisis intervention, and individual crisis intervention.
- Also examines the effectiveness of school crisis intervention and recovery efforts.

Duration: 2 days (13 contact hours)

ToT Workshop: 2 days (15 contact hours)

Workshop participants receive a digital set of materials through an online learning platform. 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 ToT workshop(s).

PREPaRE Authors/Lead Trainers

PREPaRE curriculum authors and lead trainers are leading national experts in school crisis prevention and response. In addition to formal training, PREPaRE authors and lead 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 2019 federal government school crisis and emergency management guidelines. PREPaRE is featured in the Best Practices Registry of the Suicide Prevention Resource Center.

Learn More



Hold a Workshop

