

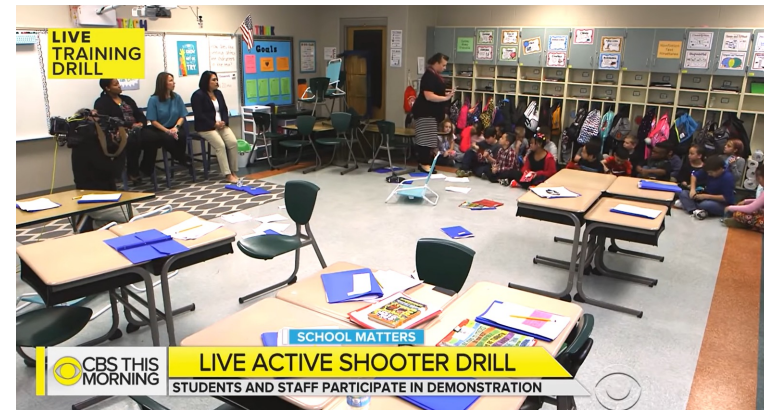
Mental Health Emergency Preparedness for the School Workforce



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Rationale

- Emergency preparedness is critical in schools.
- Teachers have significant mental health protection and promotion needs, *especially before, during, and after emergencies.*
- The key to enhancing emergency preparedness is integrating psychological preparedness into existing plans.
- Implement via peer support and shared leadership to ensure effectiveness



2-year research project

- Training development
 - Focus groups
 - Interviews
 - Drill observations
- Training implementation & evaluation
 - Matched comparison with 6 schools
 - Pre, 1-month post, & 2-month post evaluations
- Dissemination via outreach core



GUN VIOLENCE AND SCHOOLS SCHOOL SAFETY

Aurora shootings: Students, school staff grapple with 'growing crisis'

By Melanie Asmar | Nov 24, 2021, 6:00am MDT

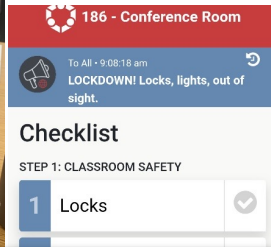
Preliminary qualitative research findings

1. Hazards/ emergencies of concern
2. Preparedness suggestions
3. Psychological preparedness & mental health
4. Peer support before & after emergencies
5. Shared leadership of preparedness plans and drills
6. Pandemic impact
7. Training logistics/suggestions

7 themes emerged
from focus groups
and interviews

N = 29

Observations of school active harmer drills



Communication systems can mitigate distress

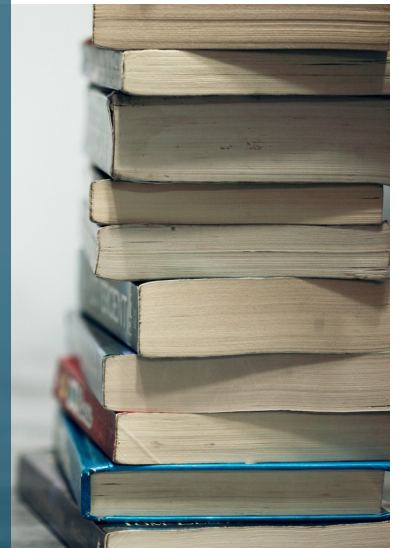


- They instill confidence and/or anxiety
 - Classroom management challenges
 - Tension between what's best for actual preparedness (realism) vs. what's best for wellbeing
 - Extra support for teachers with history of incident exposure given extra support

We aim to give teachers ways to psychologically prepare for emergencies, but also the support system to ensure that these strategies are effective

“It's one thing to maybe be told and “prepared,” you know what those states of arousal are, it's another thing, and be like trained about it, it's another thing to actually have those supports be there for when you do need it.”

~High school teacher



Dissemination and scale up

- Mental health emergency preparedness toolkit for schools
 - In-person and online training options to assess, implement, and evaluate training content independently



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