



Training Overview—PREPaRE Curriculum, 3rd Edition

***School crisis response is not a choice.
Being prepared to respond effectively is.***

The PREPaRE School Crisis Prevention and Intervention Training Curriculum, 3rd Edition, is a nationally and internationally recognized curriculum developed to help schools meet the crisis prevention and intervention needs of students, staff, and families. PREPaRE is the only comprehensive curriculum developed by school-based professionals with firsthand experience and formal training. The curriculum builds on existing personnel, resources and programs, links to ongoing school safety efforts, provides for sustainability, and can be adapted to individual school needs and size. PREPaRE fits a staff development model, is affordable, and enables schools to comply with legal requirements regarding crisis preparedness. The Training-the-Trainer (ToT) workshops also allow for capacity building and long-term sustainability. PREPaRE is featured in the Best Practices Registry of the Suicide Prevention Resource Center. Additional information and program evaluation results can be found at <https://www.nasponline.org/professional-development/prepare-training-curriculum>.

3rd Edition Core Workshops

The PREPaRE training curriculum includes two core workshops that can be conducted together or separately and two corresponding Training of Trainer (ToT) workshops. The core workshops may be held in person or virtually via an online meeting platform (Zoom, Microsoft Teams, Google Meet, etc.). **To be eligible for a TOT workshop, within the past three years, you must have: a) completed the corresponding in-person core workshop OR b) completed the corresponding virtual core workshop and either audited the workshop in person or viewed the In Person Delivery Demonstration Videos and passed the TOT Eligibility Test**. All workshops include extensive resources and practical tools provided in downloadable PDF format.

- *Note:* Participants may elect to take one workshop and not the other; the workshops are separate, yet complementary. The workshops can be offered in any order and having completed one workshop is not necessary to take the other. However, it is helpful if WS1 precedes WS2.

Workshop Setting Requirements:

- Participants are required to bring an electronic device with materials downloaded (laptop computer or tablet work best).
- AV requirements: internet access for all participants, LCD projector, computer (unless trainer bringing their own), sound for videos, electrical plugs or charging stations for participants electronic devices, tables (rounds or rows; auditorium style seating without tables will not work)

WS1: Comprehensive School Safety Planning: Prevention through Recovery

In this 1-day workshop participants will learn how to establish and sustain comprehensive school safety efforts that attend to both physical and psychological safety. The workshop addresses critical components needed to develop, exercise, and evaluate safety and crisis teams and emergency operations plans (EOP's), including building vulnerability assessments. The model also integrates school personnel and community provider roles in providing school-based crisis preparedness and response activities. Additional topics addressed also include media/social media, communication, reunification, students with special needs, culture, and memorials. After this workshop, participants will be better prepared to improve their school's climate, student resilience, and crisis response capabilities of school personnel. This workshop makes a clear connection between ongoing crisis prevention, mitigation, protection, response, and recovery and includes specific guidance to developing functional and hazard and specific annexes to be included in an EOP.

- requires 7 contact hours - NASP approved CPD credit (6.5 hours of in-person training + completion of a 30-minute pre-workshop online module, pretest, posttest, and evaluation)
- materials fee of \$45 per person*
- workshop capacity = in-person up to 100 participants (ideal size is 65-75 participants); virtual = up to 35 participants
- 1 trainer is sufficient, 2 trainers are optimal
- **Target audience:** any school professional or community provider/agency who serves on crisis team and/or is involved in establishing and promoting school safety, including the development of emergency operations plans. This includes but is not limited to school/district administrators, school psychologists, school counselors, school social workers, school resource officers/security officers, general and special education teachers, pupil services support personnel, nurses, front office staff, transportation directors, before and after school activities coordinators, community providers, and community agencies; optimal for members of school/district/community crisis teams to attend together

WS1 Learner Objectives:

This workshop will help participants:

1. Report reduced anxiety and fear associated with school safety planning.
2. Report increased knowledge and confidence associated with emergency operations planning and multi-tiered crisis response.
3. Identify the importance of balanced, comprehensive approach to crisis preparedness to include the five mission areas.
4. Understand how the Incident Command System is utilized to respond to multiple emergencies.
5. Identify the key components of effective school emergency operations plans (EOPs).
6. Discuss guidelines for exercising and evaluating EOPs.

WS2: Mental Health Crisis Interventions: Responding to an Acute Traumatic Stressor in Schools

This 2-day workshop develops the knowledge and skill required to provide immediate mental health crisis interventions to the students, staff, and school community members who have been simultaneously exposed to an acute traumatic stressor. This is the only known *comprehensive* preK-12 grade crisis intervention and recovery curriculum developed by school-based professionals with firsthand experience and formal training responding to various school and community crises. The skills learned help school and community mental health professionals to deliver school-based multi-tiered crisis interventions and supports using a common foundation and framework. The knowledge and skills developed within this session also help to build a bridge to the psychotherapeutic and trauma-informed mental health response sometimes required to address challenges associated with trauma exposure. This workshop is an excellent course for all school and community mental health professionals who provide mental health crisis intervention services; and also for school/district leadership who are expected to facilitate the implementation of supports.

- requires 13 contact hours - NASP Approved CPD credit (requires completion of online pretest, posttest, and evaluation)
- materials fee of \$55 per person*
- workshop capacity: in-person up to 40 participants; virtual delivery = up to 35 participants
- recommend 2 trainers
- Note. *This is a two-day workshop. To receive your PREP_aRE certificate for this workshop you must attend both days in full.*
- **Target audience:** School-employed mental health professionals (school psychologists, counselors, social workers, and nurses), community mental health providers who support schools, as well as administrators and other support staff who should understand the types of interventions and supports necessary to effectively meet short and long-term student, staff, and parent needs.

WS2 Learner Objectives

This workshop will help participants acquire increased knowledge, skills, and confidence to:

- provide school mental health crisis interventions.
- identify variables that help to estimate the number of individuals traumatized by a crisis.
- recognize the differences between common crisis reactions and mental illness.
- identify the elements of school crisis preparedness specified by the PREP_aRE acronym.
- recognize risk factors that predict psychological trauma.
- identify the warning signs that indicate psychological trauma.
- provide PREP_aRE mental health crisis interventions on a multitiered continuum ranging from least to most restrictive.
- match degree of psychological trauma risk to the appropriate school crisis interventions.

PREP_aRE 3rd Edition - Training of Trainers WS 1 & 2

PREP_aRE Training-the-Trainers (ToT) workshops provide participants with the information and practice needed to become NASP PREP_aRE workshop trainers. Districts that develop their own cadre of PREP_aRE trainers are able to develop a **sustainable**, common framework and foundation for crisis prevention through recovery. **To be eligible for a TOT workshop, within the past three years, you must have: a) completed corresponding in person core workshop OR b) completed corresponding virtual core workshop and either audited the workshop in person or viewed the In Person Delivery Demonstration Videos and passed the TOT Eligibility Test.** Individuals considering taking ToTs should be highly motivated and organized, possess good presentation skills, and have solid knowledge of the school crisis field.

ToT workshops will require the following requirements are completed below:

1. **PREP_aRE Book:** All ToT participants must purchase and read the "PREP_aRE Book" and take a quiz over the book's content to ensure understanding of the PREP_aRE model <https://www.nasponline.org/books-and-products/products/books/titles/school-crisis-the-prepare-model-2nd-edition>. Discounted rate of approximately \$60 per book + shipping is given to PREP_aRE ToT participants.
2. **Online ToT Prep Modules*:** Complete pre-workshop ToT online webinar modules to prepare for the in-person ToT workshop. Approximately 10-12 hours (per ToT workshop) is needed to complete all the prep requirements.
3. **In-Person ToT Workshops*:** Attend the in-person ToT workshops facilitated by a PREP_aRE ToT Lead Trainer*

WS1 ToT requires:

- a. 10 contact hours, NASP Approved CPD
- b. materials fee of \$110 per person*
- c. workshop capacity ratio: 1 trainer to 8 participants (1:8)

WS2ToT requires 13 contact hours

- d. 13 contact hours, NASP Approved CPD
- e. materials fee of \$130 per person*
- f. workshop capacity ratio: 1 trainer to 8 participants (1:8)

Materials Cost includes all trainer materials (provided in downloadable PDF format), CPD/continuing education certificate, and on-going supports and information provided via the NASP Trainer community and website.

Trainer Fees

Each trainer establishes their own presentation fees and will contract directly with the workshop sponsor. Trainer fees typically include speaker fee and all related travel expenses: airfare and/or mileage, car rental/ground transportation, airport parking, transportation to/from home airport, meals, hotel, and other

related expenses as negotiated between trainer and workshop sponsor. ToT workshops can only be delivered by Lead Trainers. Lead Trainers are PREPaRE curriculum authors and/or current and former NASP School Safety and Crisis Response Committee with extensive experience with school crises.

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