



Enhancing Your Resilience in a Dangerous World

People Helping People: Crisis Counselor Team (CCT) Training for Schools

Dear School Community:

Schools must always **prevent** and **prepare**. School **safety** is paramount. This is the time for schools to double down and invigorate their efforts.

Resiliency LLC provides comprehensive training on the human dimension and mental health aspects of crisis and disaster. Our evidence-based **Resiliency Model** is the core of our programs that help people to enhance their resilience in a dangerous world. We concentrate on the human behavior related to each emergency management phase ranging from **mitigation** of violence and promoting safety for prevention, then **preparedness** for any crisis or disaster, next what to do for **response** when a disaster unfortunately strikes, and finally, the skills for **recovery** from trauma and tragedy.

We are offering our **People Helping People: Crisis Counselor Team (CCT) Training** for schools. This two-day training for select guidance counselors, psychologists, nurses, social workers, teachers, and substance abuse professionals emphasizes:

Safety Mind Set – People often are not mindful of risks. We often proceed with our everyday lives as if nothing will happen. If we think that something will happen, we usually don't think about it happening at our school. If we think something will happen at our school, individuals often don't think it will happen to them. Awareness and assessment of risk is the basis for safety and prevention.

All Hazards Approach – Most school emergency management programs usually focus on the big four - mass shooting, natural disasters, pandemic, and terrorism. Statistically, school communities more likely will experience student vehicular death, suicide, or a student, teacher, or coach death from illness. A common story is that a group of teenagers, usually at the end of the school year, are involved in a motor vehicle crash. Perhaps alcohol or drugs are involved. Speeding or racing could be another factor. Frequently these crashes result in the tragic death of at least one beloved teenager who had a bright future. School bus accidents are the most likely crashes that involve students. Suicide is the 3rd leading cause of death of 15 to 24 year olds. 13.8% of high school students seriously consider suicide.

Practical Things to Do – “ABC’s of Caring for Children,” “Self-Care Savvy” “Things to Say” “Things to Avoid Saying” “The 8 Actions of Psychological First Aid” and so much more.

Please see training outline below and contact us for further information and to arrange for training:
info@resiliency.us

Sincerely yours,

A handwritten signature in black ink that reads "V. Alex Kehayan".

A handwritten signature in black ink that reads "Joseph C Napoli".

V. Alex Kehayan, EdD
Co-Director

Joseph C Napoli, MD
Co-Director

People Helping People: Crisis Counselor Team (CCT) Training

Prevention is vital. Preparedness is essential. Several recent catastrophic events in our schools underscore this critical need for disaster preparation and mitigation. The State of New Jersey mandates each school district to “establish plans, procedures and mechanisms for responding to emergencies and crises.” Faced with limited community crisis counselor resources school districts are utilizing in-house Crisis Counselor Teams for prevention and to provide psychological support at times of trauma and tragedy.

We – Drs. Joseph Napoli and V. Alex Kehayan, Co-Directors of Resiliency LLC – led a team that served as an integral part of the disaster response for The Port Authority of NY & NJ during 9/11. In addition, we have designed and conducted numerous trainings and exercises for various audiences and organizations.

Based on our thirty-six years of combined experience, we developed our evidence based **Resiliency Model** for emergency management and disaster mental health that is the basis for:

- our book, *Resiliency in the Face of Disaster and Terrorism*
- *People Helping People*, our training for crisis counselor teams that is ideal for schools

Day 1

- ⇒ Pre-Test – Knowledge Gaps
- ⇒ Introduction – Trainers, Educational Objectives, Agenda, and Exercise: Give and Get
- ⇒ Motivation - Why Do This?
- ⇒ 10 Things to Do - What is the Solution?
- ⇒ Emergency Management Basics: Principles and Phases / Programs for Prevention
- ⇒ Exercise: Crisis Concentric Circles - “Thinking on Your Feet”
- ⇒ Recognition Skills
 - ◆ *Learn How We React* - Typical Reactions to Crisis/Disaster and Children’s Death Perceptions
 - ◆ *Decide When to Get Help* - Warning Signs!
- ⇒ *Help Yourself* – Exercise: Stress Indicators and Stress Management Strategies
- ⇒ *Help Others*
 - ◆ Routine and Ritual, Action and Activity, ABCs for Caring for Children
- ⇒ *Cultural Aspects*
- ⇒ *Wrap up*

Day 2

- ⇒ Introduction- Agenda, Recap, and Q&A
- ⇒ Exercise: Cultural Awareness
- ⇒ Response Phase - Early Interventions
- ⇒ Crisis Counseling Skills: Introduction
- ⇒ Sharpening Your Skills: Verbal and Non-Verbal Crisis Counseling Communication Skills
- ⇒ Verbal Communications Demonstration
- ⇒ Exercise: Non-Verbal Calibration
- ⇒ Response Phase
 - ◆ Psychological first aid (PFA) - Actions and Strategies
 - ◆ PFA Demonstration and Discussion
 - ◆ Exercise: Psychological First Aid: Practice and Pitfalls (Disaster Scenario / Role-play of Individual Scripts)
 - ◆ Group Intervention
- ⇒ Recovery Phase: Back to the Future
- ⇒ Resources
- ⇒ Wrap up – Exercise: Specialty / Gave and Got
- ⇒ Conclusions, Course Evaluation, and Post-Test