

**HELPING EDUCATIONAL LEADERS
NAVIGATE SCHOOL SAFETY RESOURCES
TO IMPROVE THEIR SCHOOL CRISIS
PREVENTION AND INTERVENTION
PRACTICES.**

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Broader Problem Area

School crisis situations are on the rise and anecdotally, teachers, principals, and educators now say they are seeing an increase that has roughly paralleled the return of most students to in-person schooling.

-Sawchuk, 2021

Problem of Practice

Educational leaders do not get adequate preparation for school crisis prevention and intervention before entering administrative roles.



Review of Supporting Literature

- Lack of school crisis prevention and intervention training for aspiring school leaders are proven areas of detrimental ineffectiveness before, during, and after a school crisis occurs.
 - Preparation and Protection
 - Mitigation and Response
 - Recovery



Relevance:

The need for educational leaders to obtain adequate preparation for school crisis prevention and intervention before entering administrative roles is crucial to the safety of the whole school community.



School administrators need to ensure compliance with a variety of legislation guidelines to provide the “whole school community” with information on what to do before, during, and after a school crisis occurs.



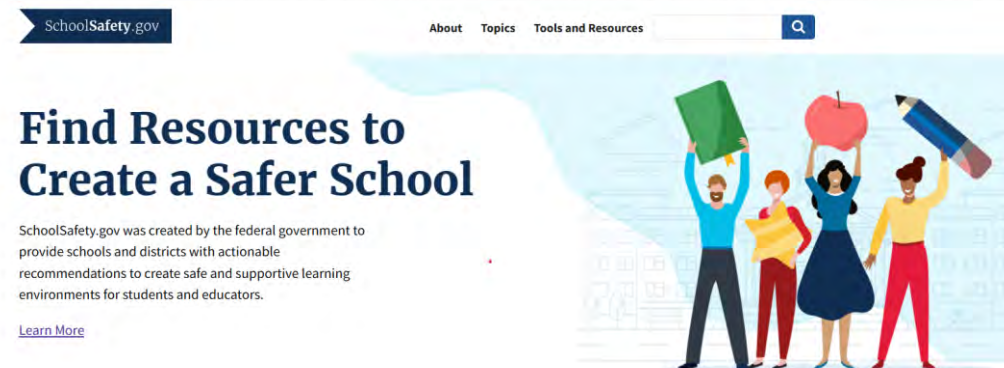
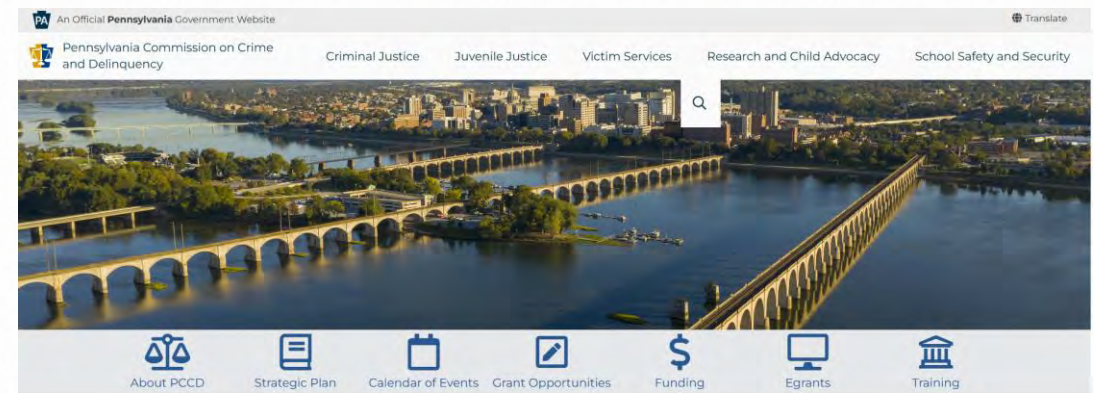
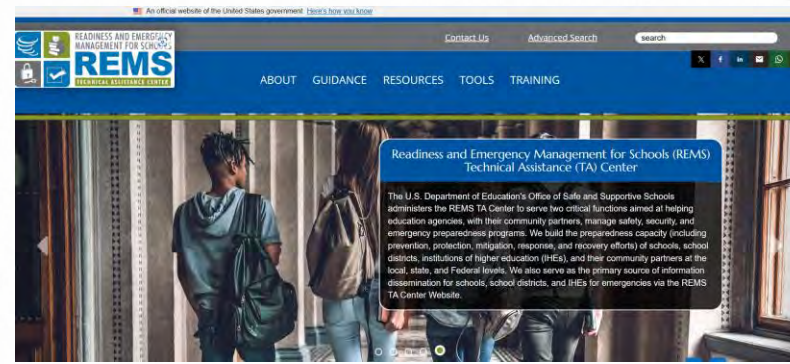
School leaders are not always familiar with national evidence-based online resources affiliated with federal agencies.



School leaders do not have the time to navigate and evaluate the infinite options of resources available for school crisis planning.

Websites discussed in today's presentation:

- REMS TA Center : Readiness Emergency Management System Technical Assistance Center
- PCCD : Pennsylvania Commission on Crime and Delinquency
- SchoolSafety.gov : Departments of Education, Health and Human Services, Homeland Security, and Justice website for school safety resources.



REMS TA Center : Readiness Emergency Management System Technical Assistance Center

<https://rems.ed.gov/>

- Administered by The Department of Education's Office of Safe and Supportive Schools.
- The REMS TA Center's main function is to help education agencies, with their safety, security, and emergency management programs.
- School Leaders work year-round to help manage the before, during, and after aspects of school crisis emergencies that can occur. REMS TA website [Topic-Specific Resources | REMS](#) has 3 helpful sections:
 - 1) Emergency Management Functions
 - 2) Hazards and Threats
 - 3) Planning Basics and Principles

The screenshot displays the REMS TA Center website interface, organized into three columns:

- Emergency Management Functions:** A vertical list of blue buttons with icons and text: Accounting For All Persons, Alerts, Communications, and Warnings, Continuity of Operations, Evacuation, Family Reunification, Lockdown, Public Health, Medical, and Mental Health, Rapid Assessment, Recovery, Security, and Shelter in Place.
- Hazards and Threats:** A vertical list of green buttons with icons and text: Adversarial and Human-Caused Threats, Biological Hazards, Natural Hazards, and Technological Hazards. Below this list is a paragraph: "Below are resources on select threats and hazards to aid core planning teams in their education agency's preparedness efforts." followed by two more green buttons: Digital Health, Safety, and Citizenship, and Coronavirus Disease 2019.
- Planning Basics and Principles:** A vertical list of dark grey buttons with icons and text: Access/Functional Needs, All Settings, All Times, All-Hazards Approach, Assessments, Collaboration, EOP Development and Planning Process, School and Higher Ed Safety Leadership, and Whole Community Planning. Above this list is a paragraph: "Need help with understanding emergency management planning basics and principles? Select a section title to access resources that will support collaborative, effective, and sustainable planning. Start planning today!"

Toolkits and Trainings

- The REMS TA website [Archived Webinars | REMS](#) has an abundance of current trainings and webinars. All trainings have the role of the participant designated... which is extremely helpful for district personnel.
- One of the newest pieces of information is the focus of how K-12 Students are Partners in School Emergency Management. Students are often overlooked as key stakeholders



DIGITAL HEALTH, SAFETY, AND CITIZENSHIP

[Topic-Specific Resources to Support Your Emergency Management Planning](#) || Hazards and Threats || Digital Health, Safety, and Citizenship

While social media may offer some benefits, there are ample indicators that social media can also pose a risk of harm to the mental health and well-being of children and adolescents. Social media use by young people is nearly universal, with up to 95 percent of young people ages 13-17 reporting using a social media platform and more than a third saying they use social media “almost constantly.” Usage of social media can become harmful depending on the amount of time children spend on the platforms, the type of content they consume or are otherwise exposed to, and the degree to which it disrupts activities that are essential for health like sleep and physical activity. Importantly, different children are affected by social media in different ways, including based on cultural, historical, and socioeconomic factors. Among the benefits, adolescents report that social media helps them feel more accepted (58%), like they have people who can support them through tough times (67%), like they have a place to show their creative side (71%), and more connected to what’s going on in their friends’ lives (80%).

However, social media use can be excessive and problematic for some children. Recent research shows that adolescents who spend more than 3 hours per day on social media face double the risk of experiencing poor mental health outcomes, such as symptoms of depression and anxiety; yet one 2021 survey of teenagers found that, on average, they spend 3.5 hours a day on social media. Studies have also shown a relationship between social media use and poor sleep quality, reduced sleep duration, sleep difficulties, and depression among youth.

As part of the U.S. Department of Education’s commitments outlined within the [White House Fact Sheet on Actions to Protect Youth Mental Health, Safety & Privacy Online](#), the [Office of Educational Technology](#) and [Office of Safe and Supportive Schools](#) coordinated with other federal agency partners to compile best practice resources to assist parents and caregivers in protecting the privacy, health, and safety of their children online. This website is a resource for school districts and families looking for relevant, useful resources from across the U.S. federal government on key topics related to digital health, safety, and citizenship.

 Learn how this topic connects with the school emergency operations plan: [Cyber Safety Click and Go](#).

Share Your Feedback

- Mental Health & Wellness is a primary focus for many of the resources, toolkits, and trainings on the REMS TA website
- Including but not limited to digital health, safety, and citizenship

List of Coordinating Links:

[Beyond the Post: Leveraging the Power of Social Media to Connect With Youth and Other Stakeholders](#)

U.S. Department of Health and Human Services, Administration for Children and Families, Family and Youth Services Bureau

High School; K-12; Middle School; Community Partners; Family and Relationships; Social Media; Adult Training Tool

Advises the Personal Responsibility Education Program on how to develop social media content, manage social media accounts, use paid media to expand reach, and involve youth in the planning process to build buy-in for their programs.

[Digital Citizenship for Youth With IDD](#)

U.S. Department of Health and Human Services, Administration for Children and Families, Office of Planning, Research, and Evaluation

Elementary School; High School; Higher Ed; K-12; Middle School; Administrators; Community Partners; Educators, Teachers, and Faculty; Students; Digital Citizenship; Diversity and Inclusion; Family and Relationships; Online Harassment and Abuse; Teaching Tool

Offers interactive lessons to teach youth ages 10-21 with mild-to-moderate intellectual and developmental disabilities to protect themselves online and identify healthy/unhealthy online relationships.

[Mental Health and Well-Being Facilitator's Guide](#)

U.S. Department of Health and Human Services, Administration for Children and Families, Family and Youth Services Bureau, Adolescent Pregnancy Prevention Program

High School; K-12; Middle School; Community Partners; Educators, Teachers, and Faculty; Students; Behavioral/Mental Health Development; Family and Relationships; Teaching Tool

Provides leaders with information to use to help middle school and high school youth improve their health and well-being.

[Roller Coaster Relationships, Romance, and Destiny: Media Messages in the Real World Facilitator's Guide](#)

U.S. Department of Health and Human Services, Administration for Children and Families, Family and Youth Services Bureau, Adolescent Pregnancy Prevention Program

High School; K-12; Middle School; Administrators; Community Partners; Counselors and Mental Health Staff; Educators, Teachers, and Faculty; Students; Apps, Devices, and Hard/Software; Digital Citizenship; Family and Relationships; Teaching Tool

Helps middle school and high school youth identify the media's messages related to sex, dating, and relationships so that they can develop their own ideas and values and choose healthy relationship behaviors.

[Supporting Your Teen's Mental Health: Tips for Parents](#)

U.S. Department of Health and Human Services, Administration for Children and Families, Family and Youth Services Bureau

K-12; Families, Parents, and Guardians; Behavioral/Mental Health Development; Family and Relationships; Publication

Provides information and recommendations for parents and caregivers to support and address youth mental health challenges.

[988 Suicide and Crisis Lifeline](#)

U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Injury Prevention and Control

Higher Ed; K-12; Administrators; Community Partners; Counselors and Mental Health Staff; Educators, Teachers, and Faculty; Families, Parents, and Guardians; Students; Behavioral/Mental Health Development; Policy Recommendations and Best Practices; Web Page

Provides 24/7, free, and confidential support for people in distress; prevention resources; and best practices for professionals.

PCCD: Pennsylvania Commission on Crime and Delinquency

[PCCD Home Page](#)

This resource is often overlooked and forgotten due to lack of easy navigation of the actual website.

- This website is extra beneficial for PA school leaders, In 2018, the Pennsylvania Public School Code created the School Safety and Security Committee (SSSC) within PCCD.
- One unique section of PCCD is The [Baseline Criteria \(pa.gov\)](#) dropdown that can provide a resource for school leaders to help determine their level of need.

The criteria documents organize behavioral health and safety and security-related equipment, trainings, policies, programs, and activities into a multi-levelled structure (i.e., from Level 1, which would be the most basic element, to Level 3, the most advanced). More detailed information about the Revised Baseline Criteria Standards as well as other resources to assist school entities is available in the documents below.

(New!) Webinar: [Baseline Criteria Standards for School Safety](#) - [Recording](#) | [Slides](#) (PDF) - January 2024

- [Revised Behavioral Health Baseline Criteria Standards \(2023\)](#) (PDF)
 - **(New!)** [Behavioral Health Baseline Criteria Standards with Grant Funding Examples](#) (PDF)
 - **(New!)** [Behavioral Health Baseline Criteria Self-Assessment Checklist Tool](#) (Excel)
 - [Reference Document – Crosswalk of 2023 Revised Behavioral Health Baseline Criteria with 2021 Version](#) (PDF)
- [Revised Physical Security Baseline Criteria Standards \(2023\)](#) (PDF)
 - **(New!)** [Physical Security Baseline Criteria Standards with Grant Funding Examples](#) (PDF)
 - **(New!)** [Physical Security Baseline Criteria Self-Assessment Checklist Tool](#) (Excel)
 - [Reference Document – Crosswalk of 2023 Revised Physical Security Baseline Criteria with 2021 Version](#) (PDF)

On May 31, 2023, the SSSC adopted revised Physical Security and Behavioral Health Baseline Criteria


updated to provide flexibility to meet the unique needs of school entities, and to address feedback provided by school entities during the 2022 School Mental Health and Safety/Security Grants process.


Pennsylvania Specific Resources:


[PCCD](#) > [School Safety and Security](#) > EPIS Evidence-Based Programs Addressing Mental Health

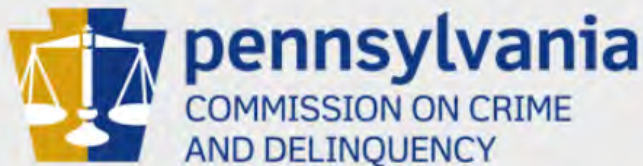
Addressing Mental Health Programs in Schools by Implementing Evidence-Based Programs

Penn State's Evidence-Based Prevention and Intervention Support (EPIS) provided a webinar in May 2021 to assist schools across Pennsylvania in addressing mental health for children and youth. The webinar recording, PowerPoint presentation and additional resources are available here:

[MH Evidence-Based Programs in Schools Webinar](#) 

[MH Evidence-Based Programs in Schools PowerPoint Presentation](#) 

[MH Evidence-Based Programs in Schools Resources Page](#) 



**NEWS AND
ANNOUNCEMENTS**

[Press Releases](#)

[Calendar](#)

PCCD offers a convenient one stop shop for evidence based resources

Mental health and wellness of students is a focus for all school leaders.

Schoolsafety.gov

[SchoolSafety.gov](https://www.schoolsafety.gov) | School Safety Resources

- Launched in 2020
- Official website of the United States Government
- Collaborative, interagency effort among:
 - Departments of Education
 - Health and Human Services
 - Homeland Security
 - Department of Justice
- This resource provides school leaders with actionable recommendations to create safe and supportive learning environments.

SchoolSafety.gov

About Topics Tools and Resources

School Safety Topics

Access the following topics for resources, guidance, and information to help you create a safer school. From each of these topic pages, you can sort resources available based upon stages of preparedness and subtopics.

- Bullying and Cyberbullying** >
 - Cyberbullying
 - Physical Bullying
 - Verbal Bullying
- Child Exploitation** >
 - Human Trafficking
 - Online Exploitation
- Cybersecurity** >
 - Data Breaches
 - Phishing
 - Ransomware
- Emergency Planning** >
 - Recovery
 - Training, Exercises, and Drills
- Infectious Diseases and Public Health** >
 - Distance Learning
 - In-Person Learning
 - Physical Spacing and Testing
 - Sanitation and Ventilation
- Mental Health** >
 - At-Risk Children
 - Conduct Issues
 - School-Based Mental Health Services
 - Substance Use
 - Suicide Management
 - Training, Partnership, and Capacity Building
- School Climate** >
- Targeted Violence** >
 - Physical Security
 - School Security Personnel
 - Violence Prevention
- Threat Assessment and Reporting** >

Abundance of topics:

Navigating schoolsafety.gov is very user friendly and provides filtering information for actions: before, during, or after a crisis occurs.

SchoolSafety.gov

Topics

- Bullying and Cyberbullying
- Child Exploitation
- Cybersecurity
- Emergency Planning
- Infectious Diseases and Public Health
- Mental Health**
- School Climate
- Targeted Violence
- Threat Assessment and Reporting

Home > Mental Health


Mental Health

Make schools safer by improving access to mental health services.

Students often come to school with complex physical and [mental health](#) concerns or social service needs. Access to mental health services helps to create a positive school climate, prevents worsening of mental health conditions, and leads to better outcomes for students.

Mental health challenges are common among students. According to the [National Research Council and Institute of Medicine](#), up to 1 in 5 children living in the United States experience a mental disorder every year. Symptoms often start in early childhood, although some may develop during the teenage years.

By supporting students who are experiencing mental health challenges, schools can help foster a sense of safety and promote better academic and behavioral outcomes. Providing access to mental health services can reduce mental, emotional, and behavioral difficulties with students at risk.



Subtopics

- At-Risk Children ⓘ
- Conduct Issues ⓘ
- School-Based Mental Health Services ⓘ
- Substance Use ⓘ
- Suicide Management ⓘ
- Training, Partnership, and Capacity Building ⓘ

Filter Resources

Action

- Prevent
- Protect and Mitigate
- Respond and Recover

Subtopic

- At-Risk Children
- Conduct Issues
- School-Based Mental Health Services
- Substance Use
- Suicide Management
- Training, Partnership, and Capacity Building

Safety.gov Resource Library:

WEBPAGE



What Are the Signs of Having a Problem With Drugs?

Department of Health and Human Services

This webpage lists signs that may indicate a young person has an addiction or problem with drugs.

FACT SHEET



Understanding Depression – Young Adults: Get the Facts

Department of Health and Human Services, 2017

This fact sheet offers young adults information on living with depression. It explores the causes of depression and approaches to treatment.

FACT SHEET



Understanding Anxiety Disorders – Young Adult: Get the Facts

Department of Health and Human Services, 2017

This fact sheet offers young adults information on living with an anxiety disorder. It explores the causes of anxiety disorders and approaches to treatment.

[DIRECT LINK: Recovery Resources](#)

Resource Spotlight

Strategies and Resources to Create a Positive School Climate

A positive school climate can have profound impacts on student success, safety, and well-being. This new SchoolSafety.gov infographic outlines strategies and resources to foster a positive school climate and create an environment where students feel safe, supported, welcome, and accepted.

[Download Now](#)



Extensive Landing Page

Scrolling to the bottom of the homepage: <https://www.schoolsafety.gov/> provides leaders with **Easy to navigate calendar of events, grant opportunities, & how to get started tools**

SchoolSafety.gov | About | Topics | Tools and Resources

Upcoming Opportunities

Learn about upcoming events, grants, and other opportunities for your school or district.

Discover upcoming school safety events and grants below to help support school's or school district's safety efforts.

Grants

- April 8** | Community Programs for Outreach and Intervention with Youth and Young Adults at Clinical High Risk for Psychosis [Learn More](#)
- April 8** | Statewide Family Network Program [Learn More](#)

Events

- April 4, June 5, and August 7, 2024** | Preventing Mass Attacks in Our Communities [Learn More](#)
- April 9** | School Mental Health Virtual Learning Series: Mental Health Literacy: What Is and Why Is It Important? [Learn More](#)

[View All Grants](#) | [View All Events](#)

SchoolSafety.gov

SchoolSafety.gov | About | Topics | Tools and Resources

Tools to Get Started

Start with these tools to discover the right resources for your school

[View All Tools](#)

Grants Finder Tool

Use the Grants Finder Tool to find applicable funding opportunities to help keep your school community safe.

[Find a Grant](#)

The background features several abstract geometric shapes in various shades of teal and a single red circle. The shapes include large rounded rectangles, teardrop-like forms, and smaller circles, some with a fine dotted pattern. The overall composition is modern and minimalist.

Thank you for your time.

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- U.S. Department of Education, Office of Safe and Drug-Free Schools. (2007). *Practical information on crisis planning: A guide for schools and communities.* 2023. <https://rems.ed.gov/docs/>
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