From Prevention to Postvention: One County’s School-based Approach

Monroe County, New York
Mission

To implement and maintain a community and school-based consortium of culturally sensitive and clinically appropriate training, support, and resource services to assist schools in responding to the emotional needs of children, teachers, and other school personnel, which arise from trauma, violence, illness, grief and loss.
The Prevention-Postvention Cycle within a Multi-Tiered System of Support
Structure and Philosophy

“Children carry more between home & school than lunch and a backpack. Working together we can lighten their load.”

~National Association of School Psychologists
Structure of TIG

**Core Curriculum**
- Five day sequence
- Appropriate for any staff
- Increases awareness
- Increases capacity to respond

**Back-up Support**
- Players on the bench
- 38 component schools/districts
- Evidence informed response model
- Decreases vicarious trauma
- Increases efficacy of response

**County Leadership**
- Centralized communication
- Neutral facilitation
- Initial Planning & Funding
- Access to resources
Essential Infrastructure

- Sustainable training model
- Memorandum of Understanding
- Primary Contacts
- Advisory Board
- Centralized request process
- Crisis Response Plans
- Collective learning
Essential Elements

- Trauma-Informed
- Positive School Climate
- Equity
- Suicide Knowledgeable
TIG & Suicide Prevention

Tier 1: What you do for all...
TIG Core Curriculum

- Trauma
- Grief & Loss at School
- Suicide Risk & Intervention
- Chronic Illness
- School Violence: Prevention & Intervention
  - Team Development & Back-Up Support
  - Critical Incident Stress Management (CISM)
Trauma-Informed...

n=1464

ACES Total Score Category
- No ACES Flags
- 1 ACES Flag
- 2 ACES Flags
- 3 ACES Flags
- 4 or More ACES Flags

Distribution by ACES Total Score Category
- 16% (236)
- 30% (438)
- 12% (173)
- 25% (366)
- 17% (251)
49% of student with 4 or more ACEs reported engaging in self-injury

42% of students with 4 or more ACEs reported considering suicide in the past year

34% of students with 4 or more ACEs reported attempting suicide in the past year
Positive School Climate…

- Establishes connections
- Fosters help-seeking
- Ability to Be in the Know
- Positive collective experience
Knowledgeable about Suicide...

Suicide Prevention is Everyone’s Job

Knowledge of:

- Atypical vs. typical
- Warning signs/risk factors
- Connections/referral options
TIG & Suicide Intervention

Tiers 2 & 3: What you do for some...
TIG Core Curriculum

- Trauma
- Grief & Loss at School
- Suicide Risk & Intervention
- Chronic Illness
- School Violence: Prevention & Intervention
- Team Development & Back-Up Support
- Critical Incident Stress Management (CISM)
Equity…
Knowledgeable about Suicide...

Consistent Assessment

Core competencies:

- Knowledge of Crisis Services
- Ability to communicate
- Wrap-around/sustained support plans
TIG & Suicide Postvention
Tiers 1, 2, & 3: There’s something for everyone...
TIG Core Curriculum

- Trauma
  - Grief & Loss at School
- Suicide Risk & Intervention
- Chronic Illness
- School Violence: Prevention & Intervention
- Team Development & Back-Up Support
- Critical Incident Stress Management (CISM)
Strategic Plan

• Who
• What
• When
• How
Essential Skills: Critical Incident Stress Management (CISM)
Ensure Health:

- Use Wellness Plans
- Flexible response
- Process review
- CISM Debrief responders
Monitor over Time

- Strategic Check-ins
- Communication Options:
  - Anniversaries
  - Memorials
  - Milestone events
- Additional Referrals
- Individualized Support Planning
Lather - Rinse - Repeat
Next Steps & New Opportunities

The Consortium on Trauma, Illness & Grief in Schools
<table>
<thead>
<tr>
<th>TIG Districts</th>
<th>2005-06</th>
<th>2011-12</th>
<th>2016-17</th>
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<tbody>
<tr>
<td><strong>2001-03</strong></td>
<td>Gates-Chili, Hilton, Pittsford, West Irondequoit</td>
<td>Caledonia-Mumford</td>
<td>Palmyra-Macedon, Williamson Central</td>
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<tr>
<td></td>
<td>Gates-Chili, Hilton, Pittsford, West Irondequoit</td>
<td>Aquinas Institute, Fairport, Penfield, Spencerport</td>
<td>McQuaid Jesuit, Our Lady of Mercy</td>
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<tr>
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<td>2008-09 Honeoye Falls-Lima</td>
<td>2009-10 East Rochester, Churchville-Chili, Gananda</td>
<td>Kendall</td>
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<td>2013-14 Rochester City</td>
<td>2014-15</td>
<td>2015-16</td>
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<td>2016-17</td>
<td>Canandaigua</td>
<td>2017-18</td>
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<td></td>
<td>New</td>
<td>Bishop Kearney, Byron-Bergen, Discovery Charter, Genesee Valley Educational Partnership, North Rose-Wolcott, Red Creek, Renaissance Academy, Victor, Waterloo</td>
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Essential Collaborations

- Suicide Prevention Coalition
- School – MH Clinic
- School – Hospital
- Directors of Community Services
- URMC – Program Evaluation
- Monroe 2 BOCES
The Road to Resilience

Dr. Kenneth Ginsburg