



DUNSHAUGHLIN COMMUNITY College

CRITICAL INCIDENT PLAN

Introduction

'Dunshaughlin Community College is committed to the provision of a complete education maximising student potential to the highest possible standards through a highly committed staff in a modern well equipped college. We strive to create an atmosphere of mutual respect in a happy, caring, supportive but challenging and well structured environment.

A demanding environment can also be a caring environment.'

In keeping with the School Mission Statement Dunshaughlin Community College aims to protect the wellbeing of its students and staff by providing a safe and nurturing environment at all times.

This policy refers to the response taken by this school should a critical incident occur.

The staff and management of Dunshaughlin Community College have formulated a number of policies and procedures to be followed with a view to ensuring the physical and psychological safety of both staff and students, and the creation of a supportive and caring ethos in the school, in ordinary time as well as in the event of a critical incident. Such policies include the school's Admissions Policy; its Pastoral Care Policy; the Special Education Needs Policy; the school's Child Protection Policy; the Anti-Bullying Policy; the Health and Safety Policy and the school's Code of Behaviour. The staff and management have established a Critical Incident Management Team (CIMT) to steer the development and implementation of the plan.

Context for development of the Policy and Plan

In drawing up this policy and plan the CIMT has consulted the following resource documents provided to schools:

- *Responding to Critical Incidents: Guidelines & Resource Materials for Schools (2016)* National Educational Psychological Service (NEPS 2016)
- *Responding to a Critical Incident: Pack for Schools* (NEPS 2003)
- *Responding to Critical Incidents; Guidelines for Schools (NEPS 2007)*
- *Template for the development of a Critical Incident Policy and Plan (NEPS)*
- *Suicide Prevention in Schools: Best Practice Guidelines* (IAS, National Suicide Review Group 2002)

Definition of a critical incident:

The staff and management of Dunshaughlin Community College recognise a critical incident to be “an incident or sequence of events that overwhelms the normal coping mechanism of the school”.¹ Critical incidents may involve one or more students or staff members, or members of our local community.

Critical incidents of their very nature tend to occur without warning and at any time of the day or night. This policy provides guidance for those whose task it is to manage such incidents. However, each crisis situation will demand a different set of responses.

Types of incidents might include but are not limited to:

- The death of a member of the school community through accident, violence, suicide or suspected suicide or other unexpected death
- An intrusion into the school
- An accident involving members of the school community
- An accident/tragedy in the wider school community
- Serious damage to the school building through fire, flood, vandalism, etc
- The disappearance of a member of the school community
- Family bereavement
- Serious emergency on school premises

¹ Source: Responding to Critical Incidents: Guidelines for Schools – NEPS. 20070

- Serious violence or the threat of serious violence to a member of the school community either within or without the school
- Serious injury or death of a student while involved in a school activity

Aim

The aim of the CIMP is to help school management and staff to react quickly and effectively in the event of an incident, to enable us to maintain a sense of control and to ensure that appropriate support is offered to students and staff. Having a good plan should also help ensure that the effects on the students and staff will be limited. It should enable us to effect a return to normality as soon as possible.

Creation of a coping supportive and caring ethos in the school

We have put systems in place to help to build resilience in both staff and students, thus preparing them to cope with a range of life events. These include measures to address both the physical and psychological safety of the school community.

1. Physical safety:

Some of the measures taken by the school to ensure the physical safety of the students include:

- Evacuation plan formulated and clearly visible in each room
- Regular fire drills occur
- Fully functional and regularly serviced Fire Alarm System
- Fire exits and extinguishers are regularly checked
- Health and Safety Plan (and rules) for all practical rooms and laboratories
- Supervision in the school before and after school and during all breaks
- Scheduled First Aid providers
- Induction for all new students and staff

2. Psychological safety

The management and staff of Dunshaughlin Community College aim to use available programmes and resources to address the personal and social development of students, to enhance a sense of safety and security in the school and issues and to provide opportunities for reflection and discussion.

Some of the measures taken by the school to ensure the psychological wellbeing of the students include:

- Social, Personal and Health Education (SPHE) is integrated into the work of the school. It is addressed in the curriculum by addressing issues such as grief and loss; communication skills; stress and anger management; resilience; conflict management; problem solving; help-seeking; bullying; decision making and alcohol and drug prevention. Promotion of mental health is included in this provision.
- Staff have access to training for their role in SPHE.
- Staff are familiar with the Child Protection Guidelines and Procedures and details of how to proceed with suspicions or disclosures are familiar to all staff
- Annual Wellbeing Week
- Information is provided on mental health in general and such specific areas as signs and symptoms of depression and anxiety.
- The school has a designated Tutorial time each morning in which class tutors are available to listen to the concerns of students in their care and respond accordingly.
- The school offers the Friends for Life Programme to students, a WHO recognised course which seeks to build resilience and positive relationships among young people.
- Staff are informed in the area of suicide awareness and interventions for suicidal students.
- Staff are offered formal training in suicide prevention through the ASIST (Applied Suicide Intervention Skills Training) and SafeTALK 'suicide alertness for everyone' half day training programme that prepares participants to identify persons with thoughts of suicide and connect them to suicide first aid resources.
- The school has developed links with a range of external agencies including:
 - National Education Psychological Services (NEPS)
 - Primary Care Psychology
 - Child and Family Mental Health Services (CAMHS)
 - Louth Meath Education and Training Board (ETB)
 - Social Services
 - National Council for Special Education (NCSE)
 - Túsla
 - Special Education Needs Officer (SENO)
 - Tusla (EWS)

- Community Gardai
 - Local Clergy
 - Professional Development Service for Teachers (PDST)
 - JCT
- Inputs to students by external providers are carefully considered in the light of criteria about student safety, the appropriateness of the content, and the expertise of the providers.
 - The school has a clear policy on bullying and deals with bullying in accordance with this policy.
 - There is a care system in place in the school. The Student Support Team comprised of the Deputy Principal, the two Guidance Counsellors, the SEN Coordinator, Year Head, Tutor and Positive Behaviour Liaison teacher meet each week to review provision of pastoral care and to address specific cases.
 - Students who are identified as being at risk are referred to the designated staff member (e.g. guidance counsellor or support teacher), concerns are explored and the appropriate level of assistance and support is provided. Where appropriate, a referral is made to an appropriate agency.
 - Staff are informed about how to access support for themselves.

Critical Incident Management Team (CIMT)

A CIMT has been established in line with best practice. The members of the team were selected on a voluntary basis and will retain their roles for at least one school year. The members of the team will meet annually to review and update the policy and plan. Each member of the team has a dedicated critical incident folder. This contains a copy of the policy and plan and materials particular to their role, to be used in the event of an incident. Each member of the team has been assigned a key role in line with best practice.

The members of the CIMT are:

- Principal
- Deputy Principals
- Guidance Counsellors
- Year Head
- Tutor
- SEN Coordinator
- SPHE Coordinator
- The School Secretary
- The Critical Incident Management Team may co-opt other members of staff to

assist them, should they deem it necessary.

- The Principal will act as Team Leader or in his absence the Deputy Principal(s)

The key roles are as follows:

- Team leader
- Garda liaison
- Staff liaison
- Student liaison
- Agency liaison
- Parent liaison
- Community liaison
- Communications Officer
- Attendance Tracker
- Administrator

Outlined below are some of the key responsibilities of each role:

Team leader: Ms. Bridget Bennett (Principal)

- Alerts the team members to the crisis and convenes a meeting
- Coordinates the tasks of the team
- Liaises with the Board of Management; DES; NEPS; SEC; LMETB
- Liaises with the bereaved family

Child Protection & Safeguarding Designated Liaison Person (DLP): Ms Cathy Byrne

Child Protection & Safeguarding Deputy Designated Liaison Person (DDLDP): Ms Bridget Bennett

Garda liaison: Ms Bridget Bennett

- Liaises with the Gardaí

- Ensures that information about deaths is checked out before being shared

Staff liaison: Ms. Bridget Bennett

- Leads briefing meetings for staff on the facts as known, gives staff members an opportunity to express their feelings and ask questions, outlines the routine for the day
- Advises staff on the procedures for identification of vulnerable students
- Provides materials for staff (from their critical incident folder)
- Keeps staff updated as day progresses
- Is alert to vulnerable staff members and makes contact with them individually. Advises them of availability of counselling services such as EAS and gives them the contact number.

Student liaison: Ms. Marie Gaffney and Student Support Team

- Co-ordinate information from tutors and year heads about students they are concerned about
- Alerts other staff to vulnerable students (appropriately)
- Provides materials for students (from their critical incident folder)
- Keeps records of students seen by external agency staff
- Looks after setting up and supervision of 'quiet' room where agreed

Agency liaison: Ms. Cathy Byrne

- Maintains up to date lists of contact numbers of emergency support services and other external contacts and resources
- Liaises with agencies in the community for support and onward referral
- Is alert to need to check credentials of individuals offering support
- Coordinates the involvement of these agencies
- Updates team members on the involvement of external agencies

Parent liaison: Ms. Cathy Byrne and Student Support Team

- Visits the bereaved family with the team leader

- Arranges parent meetings, if held
- May facilitate such meetings, and manage 'questions and answers'
- Manages the 'consent' issues in accordance with agreed school policy
- Ensures that sample letters are typed up, on the school's system and ready for adaptation
- Sets up room for meetings with parents
- Maintains a record of parents seen
- Meets with individual parents
- Provides appropriate materials for parents (from their critical incident folder)

Community Liaison: Mr. Kevin Reilly

- Maintains an up to date list of contact names and numbers for local community organisations.
- Ensures that accurate information is provided to local community groups who are linked in with the school.
- Liaises with organisations in the community for support.
- Provides information on an on-going basis where appropriate

Communications Officer: Ms. Bridget Bennett

- In advance of an incident, will consider issues that may arise and how they might be responded to (e.g. students being interviewed, photographers on the premises, etc)
- Will draw up press statement, give media briefings and interviews (as agreed by school management)
- Will coordinate the monitoring of communications relating to the incident.

Administrator: School Secretary

- Maintenance of up to date telephone numbers of
 - Parents or guardians
 - Teachers
 - Emergency support services

- Takes telephone calls and notes those that need to be responded to
- Ensures that templates are on the school's system in advance and ready for adaptation
- Reminds agency staff to wear name badges
- Prepares and sends out letters, emails and faxes
- Photocopies materials needed
- Maintains records

Attendance Tracking: Year Head

- In the immediate aftermath of the critical incident special care will be paid to attendance of students.
- All absences will be carefully monitored.
- Students signing in/out must be accompanied by a parent.

Record Keeping

In the event of an incident each member of the team will keep records of phone calls made and received, letters sent and received, meetings held, persons met, interventions used, material used etc.

Ms Deirdre Stapleton will have a key role in receiving and logging telephone calls, sending letters, photocopying materials, etc.

Procedures to be followed in the Event of a Critical Incident Occurring

1. Hearing the News

Once a critical incident comes to the attention of a member of the school community, he/she should, where possible and practical, inform the senior management of the school. However, where it is apparent that an emergency situation exists, it may be necessary to call one or other of the emergency services in the first instance.

2. Establish the Facts

Before taking any action, it is crucial that the school has the correct information regarding the crisis. Therefore, it is important that senior management and involved staff gather to establish the facts – this may involve contacting Hospitals, Gardai, Emergency / Medical Services, Parents, etc.

3. Senior Management to Convene a Meeting of the Critical Incident Team

Once the facts of the crisis have been established, a meeting of available members of the Critical Incident Team should be called. This group will need to agree an immediate plan of action, which may involve:

- Informing staff and students – where feasible all staff should be informed in the first instance.
- Contacting parents
- Visiting families most intimately touched by the crisis
- Organising a school assembly
- Liaising with relevant support groups – Counsellors, HSE, NEPS, LMETB, DES, etc.
- Agreeing a factual and sensitive statement with regard to the crisis – with a view to dispelling rumours while not adding to the distress of those involved or invading their privacy.
- Assigning tasks to members of the Critical Incident Team as outlined above
- Organising a timetable for the school to respond to the crisis – wherever possible adhering to normal timetables and routines – while avoiding any signs of insensitivity to those touched most intimately by the crisis.
- Where a funeral is involved and the school proposes to be involved in the funeral in some way, it will be necessary to liaise with the bereaved family regarding any such involvement; it should not be automatically assumed that the family will be happy to go along with whatever the school decides. Indeed, any public actions on the part of the school at the time of any such a bereavement should be discussed with the bereaved or their representatives before being embarked upon.

- Organising a staff meeting and deciding whether or not an outside professional will be invited to that meeting. Where students are going to be in the school, it is critical that appropriate supervision be put in a place for all students whose teachers or supervisors maybe involved in meetings.

4. Staff Meeting

All staff (including support staff) should be invited to the meeting. The following matters should be addressed by the meeting:

- A sensitive account of the facts as known, having regard for the privacy of those involved in the incident. Information needs to be provided on a need-to-know basis.
- The views and feelings of staff.
- How, by whom and in what setting students and other members of the school community should be informed of the incident.
- An outline of the timetable that the Critical Incident Team has drawn up for responding to the crisis – the timetable may, if necessary and feasible, be amended at this meeting.
- Details regarding the outside agencies that have been contacted and the support programme that will be put in place for staff, students and other members of the school community.
- Procedure for identifying vulnerable students.

5. Informing Students

It is important that all those needing to be informed of the incident receive the necessary information as soon as is practicable. In the course of preparing to inform students, the following matters should be taken in to account.

- It will be helpful if a common statement is agreed before students are informed.
- Consideration should be given to providing those delegated the task of informing students with an agreed script. But, of course, each person will have his/her own way of relating to his/her group of students.
- If at all possible, all students should be told at the same time in class groups no larger than normal class size.
- The ideal person to inform a group of students is someone who knows them well and has their trust. Where a member of staff indicates that he/she would be uncomfortable undertaking the task of informing a group of students, his/her view should be respected.
- Indeed, where a member of staff feels, for whatever reason, that he/she is unable to be involved in the school's direct response to a serious trauma, he/she should be allowed to opt out readily.

- Clear unambiguous information (the facts as they are known) will reduce the spread of rumour. However, it is important to recognise that everyone does not have to be given full details of the event. Again, information needs to be provided on a need-to-know basis.
- Details of a critical incident will obviously need to be communicated to a group of students in a sensitive manner and those informing a group of students should check the list of those they are informing carefully and note if there are any students in the group who are likely to be more seriously affected by the information than others.
- Those informing students of the details of the incident should spend a reasonable amount of time with the students to allow them to react to news of the incident.
- Where news of the death of a member of the school community is being communicated to students, it should be acknowledged that young and old will all find it difficult to cope with the sad news and that support will be provided through the Guidance Counsellors, NEPS and other support services.
- The statement should highlight the support that will be available to students in respect of the incident – both in the immediate and longer term.
- Where a clear plan of action has been agreed in respect of the incident this should be conveyed to the students. Where a plan is in the process of being prepared the students should also be advised of this and of the time/date that they may expect to be advised of the details of such a plan.
- In the case of a suspected suicide, great care should be taken not to use the term “suicide” until it has been established categorically that the student’s death was as a result of suicide. Even then, it is important to respect the privacy and sensitivity of the deceased’s family and friends.

6. Where an Accident has Occurred on a School Activity / Trip

Different situations will call for different responses but the following points should be considered.

- The preparation of a clear statement to assist those contacting the relatives of those who have been injured or affected by the incident.
- It is preferable to have a group of people involved so that all concerned are informed in or around the same time.
- Those contacted should be offered as much practical help as possible – transport, phone numbers, relevant contact persons and other resources
- Those contacting the most affected by the incident should check to see if the contacted are on their own and therefore in need of support.
- Ideally, the most seriously affected should be spoken to face to face rather than by phone.
- The communication should contain some element which allows the person conveying it to check that it has been fully understood.

7. Liaising with the Press

It is important that the school plan for the distinct possibility that the media will enquire about the incident, by nominating one person only to act as the spokesperson. In preparing a press statement the following issues need to be considered.

- Priority should be given to the sensitivities and needs of those affected directly by the incident.
- Other than where it is manifestly in the interest of those affected by the incident, the names, addresses and phone numbers of those affected by the crisis should not be provided to the media.
- Statements should be confined to the facts as known and conjecture should be avoided –other than where it is manifestly in the interests of those affected to speculate on what may have happened.
- Give some thought, in advance, to the kinds of question that the media are likely to ask. Where possible and practical, seek the advice of someone who has experience in dealing with the media prior to talking to the media.
- Understand that the media are not necessarily the enemy. Reporters also have a job to do and the public is entitled to information that neither impinges on the privacy of those affected by the incident nor exacerbates the incident.
- Do not feel that you have to answer a question from a reporter simply because it is asked. Where there is good reason for not answering a question, the reporter should be informed politely that you do wish to answer it.
- There are two ways in which the media may be spoken to – on the record and off the record. When a matter is put on the record, you are essentially giving the journalist the right to report what you say. On the other hand, if you speak off the record to a reporter, you are not giving them the right to report what you say. It may be good idea to, at the outset, talk to the reporter off the record and then only go on the record when you are clear on what you are happy to see reported in the media. Indeed, before initiating any discussion with a reporter, it may be prudent to clarify the issue of 'off the record' and 'on the record'.
- Agree a specific time and place for media briefings – either on a once-off or on-going basis.
- A Press Statement should be simple and brief. It should, where appropriate, express the sorrow of the entire school community at the sudden death of one of their members and it should extend sympathy to the bereaved family. Again, other than where there is a clear need to do otherwise, the statement should be adhered to –and not elaborated on – in all communications with the media and it should be familiar to every member of the school staff.

8. Others to be Informed

Others will need to be informed of the incident in due course.

- **Chairperson of the Board of Management:** As soon as is practical, the Chairperson of the Board of Management should be informed and it will be the responsibility of the Chairperson to decide whether an emergency meeting of the Board is necessary. Whether or not to close the school will depend on the judgment of the Chairperson and the Principal. Should it be decided to close the school, it is advisable to do so ONLY after informing the students both of the details of the incident and of the routine that the school will follow over the coming days.
- **Parent Body:** As soon as is practical, all parents should be informed in writing of all relevant details of the incident-again on a need-to-know basis. The correspondence to parents should also provide clear information in respect of the following: how the school proposes to respond to the incident in the short, medium and long term, and how parents may assist both their own sons/daughters and other students in recovering from any trauma that the incident may have caused them.
- **School Insurers:** Some incidents may require the school to inform their insurers.
- **State Examination Commission:** If the case of the death of a student, the State Examinations Commission should be informed.

Summary of Actions and Roles Assigned:

Short Term Actions: First Day	
Task	Assigned Person
Gather accurate information: Who, what, where, when?	Principal and Deputy Principals Student Support Team
Contact appropriate agencies	Deputy Principal: Cathy Byrne
Convene a CMIT Meeting	Principal: Bridget Bennett
Arrange supervision of students	Deputy Principal: Kevin Reilly
Hold staff meeting	Principal: Bridget Bennett
Agree schedule for the day	Deputy Principal: Kevin Reilly
Inform Parents	Cathy Byrne and Student Support Team
Inform students – (close friends and students with learning difficulties to be told separately)	Principal, Deputy Principals and Student Support Team
Compile a list of vulnerable students	Student Support Team and Year Heads
Make contact with the bereaved family	Principal: Bridget Bennett
Prepare and agree media statement and deal with media	Principal: Bridget Bennett
Hold end of day staff debriefing	Principal: Bridget Bennett

Medium Term Actions: 24-72 hours	
Task	Assigned Person
Convene a meeting of the CIMT to review the events of day 1	Critical Incident Management Team
Meet external agencies	Principal, Deputy Principals and Student Support Team
Meet whole staff	Principal and Deputy Principals
Arrange Support for individuals, groups, parents, students and teachers	Deputy Principal: Cathy Byrne Student Support Team
Plan the re-integration of staff and students	Principal and Deputy Principals
Plan visit to bereaved families	Principal and Deputy Principals
Plan visits to injured	Principal and Deputy Principals
Liaise with families regarding funeral arrangements, attendance and participation at funeral service	Principal: Bridget Bennett
Make decisions about school closures	Principal: Bridget Bennett

Long Term Actions: Beyond 72 hours	
Task	Assigned Person
Monitor students for continuing signs of stress	Class teachers
Liaise with agencies regarding referrals	Student Support Team
Plan for the return of bereaved student(s)	Principal, Deputy Principals, Guidance Counsellors and Year Head
Evaluate response to incident and amend Critical Incident Plan appropriately	Critical Incident Team
Inform new staff	Deputy Principals
Decide on appropriate way to deal with anniversaries	Principal and Deputy Principals

Confidentiality and good name considerations

The management and staff of Dunshaughlin Community College have a responsibility to protect the privacy and good name of the people involved in any incident and will be sensitive to the consequences of any public statements. The members of the school staff will bear this in mind, and will seek to ensure that students do so also. For instance, the term 'suicide' will not be used unless there is solid information that death was due to suicide, *and* that the family involved consents to its use. The phrases 'tragic death' or 'sudden death' may be used instead. Similarly, the word 'murder' should not be used until it is legally established that a murder was committed. The term 'violent death' may be used instead.

Critical incident rooms:

In the event of a critical incident,

- *Room 50* will be the main room used to meet the staff,
- *The Assembly Area and the library* will be used for meetings with students,
- *Board Room* for parents
- *Board Room* for press
- *Guidance Office* for individual sessions with students
- *Deputy Principal and Year Head Offices* for other visitors
- *Library* for a "quiet" space for students

School Tours and Trips:

In the case of School Tours, the Tour Leader will compile an information pack to include:

- Name of the Tour Leader
- A list of all participating teachers and pupils
- A list of mobile phone numbers for all participating teachers and pupils
- Passport details and (in the case of tours outside the country)
- Photographs of participating pupils
- Home contact numbers and mobiles of all involved
- Relevant medical information on pupils and permission forms from parents in case of a medical emergency
- Insurance details
- Copy of itinerary

A copy of this file should be left with the Principal prior to departure

Critical Incident Debriefing

As soon as is practicable after the core elements of the crisis (critical incident) have ended, the College will take every reasonable step to provide all members of the school community, who were most deeply affected by the incident/crisis, with an opportunity to participate in a critical incident debriefing programme. Furthermore, the College will seek to persuade those who may be reticent about taking part in such a programme of the advantages of taking part in it.

Consultation and communication regarding the plan

The relevant staff was consulted and their views sought in the preparation of this policy and plan. Our school's final policy and plan in relation to responding to critical incidents has been presented to all staff for review and agreement. Each member of the critical incident team has a personal copy.

Parent representatives were also consulted and asked for their comments.


All new and temporary staff will be informed of the details of the plan by the Deputy Principals

The plan will be updated annually (*October of each year*).

Conclusion:

While it is hoped that this policy will be of assistance in the event of a crisis occurring in our school community, it is nevertheless important to recognise that this policy cannot replace the most vital qualities needed in dealing with such personal issues as suicide, bereavement and loss – the sensitivity, care and compassion we offer to one another and to our students on a daily basis.

Signed:



Chairperson (BOM) Acting
Budget Bennett

Principal

Date: 2nd October 2023

Date: 2nd October 2023

Appendix A: Principal's Checklist

The following is a checklist of things to consider on the morning of a tragedy. They are not written in order of what must come first etc. It is important for a Principal to take time to plan what he/she must do and what is appropriate to say to all concerned.

- Take time to let the news sink in.
- Gather the facts – what has happened, when, how, where, and who is injured or dead.
- Consult Responding to Critical Incidents: Guidelines for Schools and Resource Materials for Schools (available on the DES website www.education.ie)
- Is it an incident requiring a NEPS Response at Level 1, 2 or 3
- Who do I need to call (see Emergency Contact List – R21)
- Meet with the Critical Incident Management Team including Year Head and Tutor
- Meet with other agencies, if involved, to agree on roles and procedures
- Have administration staff photocopy appropriate literature
- Arrange for the supervision of students
- Address the staff meeting
- Discuss school routine for the first day with the staff.
- Meet with key staff who can offer student support and decide on the format for this.
- Make staff aware of students who are particularly vulnerable and what supports will be available to them.
- Check in with staff in the staff room during the day and keep abreast of what is happening in the school.
- Be aware of any particular teachers who may be particularly distressed, e.g. teachers who are recently bereaved themselves or who have had prior experience of suicide in their family.
- Identify particular students who may need to be told individually, e.g. close friends, relatives etc.
- Identify vulnerable students
- Inform the students that a student has tragically died and explain that this is something everyone will find difficult to cope with. Explain school routine for the day, and support and back-up for the students
- Make contact with the family of the deceased.
- Find out details of the funeral etc. and communicate this to staff and students.
- Draft a media statement (see R4)
- Prepare for a media interview (see Section 9)
- Draft a letter to parents (see R2, R3)
- Meet with the CIMT to review the day and arrange an early morning meeting for the following day

MAINTAIN THE NORMAL ROUTINE IF AT ALL POSSIBLE

Appendix B: School Emergency Contacts Sheet

Agency:	Contact Details
NEPS	(01) 8896400 Mary Everard (087) 9202588
HSE Primary Care	(01) 8024127
CAMHS: Niamh Murphy	 (087) 278 8704
GPs Dr. Breda Clifford (GMS) Dr. Marguerite Barr Dr. Maria Casey, Dunshaughlin Health Care Unit, Dunshaughlin, Co. Meath Dr Helen O' Neill, The Boyne Suite, Dunshaughlin	 (01) 8024103 (01) 8024125
Education and Welfare Officer: Folasade (Fola) Ilori	 (087) 7218403 Folasade.ilori@tusla.ie
Jigsaw Navan	(046) 9071702 (087) 9435757
Local Clergy: Fr Sean Henry Very Rev Fr Joseph Clavin Rev Eugene Griffin	Tel: (01) 825 9114 Email: shenrypp@dcparish.ie Tel: (01) 824 1976 Email: office@dcparish.ie (01) 825 9114 <u>Mobile:</u> 086 811 2311 (01) 824 1976 Monday to Friday (10:30am – 1:30pm) 01 825 9114 The Rectory 1 The Close Plunkett Hall

	Dunboyne Co Meath Phone: 01-8253288 E-mail: rectoratdunboyne@gmail.co
Local Garda	(01) 8010600
Fire	999 or 112
Employee Assistance Service	1800 411 057

Staff Contact Numbers:

Staff contact numbers are kept and on Facility and regularly updated by administration staff.

Appendix C: Student Contact Record

This form should be used by school staff to record the details of students supported following a critical incident. This information should be collated by the Critical Incident Management Team

[illegible]

Appendix D: Sample Letter to Parents/ Guardians – Sudden Death / Accident

Dear Parents/Guardians,

The school has experienced (the sudden death/injury) to one of our students/staff. We are deeply saddened by this death/injury (*Brief details of the incident, and in the case of death, perhaps some positive remembrances of persons lost*). Our thoughts are with (*family name*).

We have support structures in place to help your child cope with this tragedy (*outline details*)

It is possible that your son may have some feelings that he may like to discuss with you. You can help your son by taking time to listen to him and encouraging him to express his feelings. It is important to give truthful information that is appropriate to his age.

You can help your child by taking time to listen and by encouraging him / her to express feelings. All children are different and will express their feelings in different ways. It is not uncommon for children to have difficulty concentrating or be fearful, anxious, or irritable. They may have become withdrawn, cry, complain of physical aches and pains, have difficulty sleeping or have nightmares. Some may not want to eat. These are generally short term reactions. Over the course of the coming days, please keep an eye on your child and allow him / her to express their feelings without criticism.

Although classes will continue as usual, I anticipate that the next few days will be difficult for everyone.

We have enclosed some information which you may find useful in helping your child through a difficult time.

Young people frequently turn to social media to see what others are saying, or to find out more. At these times it is important that you monitor their use and engage with them about what they read. We urge you to reinforce the need to be extremely sensitive and careful about what they post.

If you would like any advice or support you may contact the following people at school (*Details*)

Principal

Appendix E: Sample Letter to Parents/ Guardians – Violent Death

Dear Parents

I need to inform you about a very sad event that has happened.

A child/young person from the neighbourhood, who is the brother of _____, a student here at school, was killed as a result of (a violent attack, violent incident in the street etc.) earlier this week. We are all profoundly saddened by his death.

We have shared this information and have had discussions with all of our students so that they know what has happened. School staff members have been available for students on an ongoing basis today. Other support personnel (including psychologists etc, according to actual arrangements) are available to advise staff in their support of students.

The death of any young person is tragic, but a violent death is even more difficult. It is hard to have to teach our children about the violence in our world and to accept that sometimes we do not have the power to prevent it.

This death may cause a variety of reactions in your child. Some children/young people may be afraid for their own life and for the lives of those they love. Take time to listen to their fears and reassure them that what has happened is rare.

We have enclosed some additional information that may be useful during this time.

The media are in the vicinity of the school and may approach you or your children. You need not respond to their questions if you are approached. We will not allow the media to interview your child at school and our general advice is that you should not let your children be interviewed. They are not mature enough to judge what to say and may say something they will regret later.

In these times, young people tend to turn to social media to see what others are saying, or to find out more. While social media can be of great consolation, we would urge you to reinforce the need to be extremely sensitive around what your son/daughter might post to others.

Our thoughts are with (family name) and with each of you.

Sincerely,

Principal

Appendix F: Sample letter requesting consent for Involvement of Outside Professionals.

Dear Parents/Guardians,

Following the recent (tragedy/ death of _____) we have arranged specialist support for students in the school who need particular help. _____ is available to help us with this work. The support will usually consist of talking to students either in small groups or on a one to one basis, and offering reassurance and advice as appropriate.

Your son has been identified as one of the students who would benefit from meeting with _____. If you would like your son to receive this support, please sign the attached permission slip and return it to the school by _____.

If you would like further information on the above or if you would like to talk to the psychologist, please indicate this on the slip, or contact the school.

Principal

I/We consent to having our son meet with _____

I understand that my son may meet _____ in an individual or group session, depending on the arrangements that are thought most appropriate.

Name of Student: _____

Class: _____

Date of Birth: _____

Signed: _____

(Parents /Guardians)

Appendix G: First Aid Training

The following staff members have completed a First Aid Course:

- Maria Carroll
- Garvan Gormley
- Paula Carr
- Mary Galvin

Location of Defibrillator:

- Outside First Aid Room

Persons Trained to use the defibrillators:

All Staff CPR4Schools Wed 25th Sept 2019

Appendix H: Sample Announcement to the Media

My name is (Name) and I am the principal of (Name) School. We learned this morning of the death of (one of our students or Name of student). This is a terrible tragedy for _____ family(ies), our school and our community. We are deeply saddened by these events. Our sympathy and thoughts are with (Name) family and friends.

Name of student/students was a (5th year boy) and will be greatly missed by all who knew him.

We have been in contact with his/her parents and they have requested that we all understand their need for privacy at this difficult time.

Offers of support have been pouring in and are greatly appreciated. Our school has implemented our Critical Incident Management Plan.

Psychologists from the National Educational Psychological Service (NEPS) and (insert other information if relevant) have been with us all day supporting and advising teachers in their efforts to assist our students at this time.

The teachers have been helping students to deal with the tragic event.

The school has been open to parents to support them and to offer them advice and guidance.

We would ask you to respect our privacy at this time.

Thank you.

Resources

Resource 1: A Classroom Session following news of a Critical Incident

Handout for Teachers

Normally, the class teacher, class tutor or other teacher who knows the students should be the person to inform them of the events and lead the classroom session. Students generally feel safe and secure with someone they know. If the teacher feels uncomfortable with this role another staff member may share the task. Teachers should have the opportunity to opt out of this work if they feel unable to handle it and other arrangements should be made for that class group.

The aim of the session is to break the news to give the students an opportunity to discuss what has happened and to express their thoughts and feelings in a secure environment. The teacher needs to listen and be empathic.

The session needs to be tailored to the age and developmental level of the class group.

The outline of the session is as follows:

Step 1 : Giving the facts and dispelling rumours

Step 2 : Sharing stories and allowing and encouraging the sharing of thoughts and the expression of feelings

Step 3 : Normalising the reactions

Step 4 : Worries (for younger children)

Step 5 : Advising about social media usage

Step 6 : Empowerment

Step 7 : Closure

Step 8 : Free Time

Step 9 : Recovery

Step 1: Giving the facts and dispelling rumours.

Tell the students in a calm, low key and factual voice

What has happened

Who was involved

When it happened

The plan for the day

Sample Script: *I have something very sad I want to share with you. The factual information agreed upon by the staff e.g. (name of student), who attends our school and was missing, has been found. You will probably be aware, through social media, that he is dead. Yesterday, the Gardai found his body. They are investigating what has happened and will let us know as soon as they find out more information. I am feeling very sad about what's happened. Let's spend some time together now helping each other to talk about how we feel about what has happened.*

Step 2: Sharing stories

Take some time for discussion. Students may wish to tell their story of the event. As a result they will feel less alone because of their common shared experiences. Assisting them to verbalise their experiences helps their recovery. For those students who find it difficult to verbalise their experiences, or for students with learning difficulties, it may be helpful to allow them to express their feelings and recount their experiences in other ways. Writing stories or using art can be particularly helpful, especially for younger students. A number of materials that can be used are suggested in 'Resources for Schools' pg 45. Give the students a choice as to how they want to represent their experiences. Have a box of tissues at hand.

Sample script: *To help us today, we are going to make a memory box for (name of deceased). You can draw a picture of a time you remember with (name of the deceased) or write a poem or a letter to him. If you like we can put these in a nice box and give it to (name of deceased) family sometime soon. This will help them to see how important (name of deceased) was.*

Step 3: Normalising the reactions

Tell the children that they will all react differently to what has happened and that there is no right or wrong way. List some possible feelings and reactions, (see R9). Explain that their reactions are normal responses to abnormal circumstances. Let the students know that the reactions or symptoms will go away in time. Tell them that if the symptoms haven't gone after a few weeks, they should let you or their parents know. In addition to conversations they may have with friends on social media they may need to talk to someone in person about how they are feeling. Depending on the incident and the age of the students distribute handouts Resources 3, 4, 5 & 6.

Step 4: Worries (for younger children)

Sample script: *You may be worried about (name of the deceased) - that they might be sad or lonely or hungry or cold. When someone dies they don't feel cold or hungry or feelings like that anymore. You may be worried that the same thing could happen to you or someone in your family. What happened to (name of deceased) doesn't happen very often.*

If the classmate has been ill, you could say. *He was very sick and the chances of this happening to someone else you know are low.*

Step 5: Advising about Social Media Usage

Discussions may begin with an outline of the various social media currently being used by members of the group. The value of these as a way of keeping in contact with and supporting friends should be acknowledged. Students may be asked for experiences of ways in which such communication has

helped them as well as examples of ways in which it has gone wrong. Media involving live communication such as Skype or Viber are generally more conducive to support and less open to misunderstanding than text-based means. Students will be encouraged to consider how much social media usage is too much, particularly late into the night. More guidance on social media use is contained in Resource 15.

Step 6: Empowerment

Help the students to identify strategies that they might use to help manage their reaction, for example, talking to family and friends, getting enough sleep, taking plenty of exercise and appropriate use of social media - may all help. If appropriate, students can share strategies that

Step 8: Free Time

After the discussion the teacher may want to allow the student's some play time in the playground or free time in the classroom or an agreed area, depending on the age.

Step 9: Recovery

It may be useful to continue to do these activities at intervals during the days following and to intersperse them throughout the curriculum in the coming days.

Normal routines should generally be returned to as soon as possible:

- Students should be encouraged to resume sports and other extra-curricular activities
- Help students to identify or establish some supports; help them to identify who they go to for different kinds of help
- It is appropriate that the class curriculum is adjusted or adapted. For example, teachers should avoid presenting new learning material for a while following an incident as concentration may be impaired
- Use opportunities which arise within ordinary class work, where coping and support can be reinforced
- Students could be encouraged to discuss how to avoid future crisis and lessons learnt from their experiences. There will also be opportunities for structured discussion within the school's social, personal, and health education programmes. Social Personal & Health Education (SPHE) curriculum time is an ideal context in which to offer support.

Resource 2: Children's Understanding and Reaction to Death According to Age

Handout for Teachers

Ages 9 – 12 Years

- Understand the finality and universality of death
- Awareness of their own mortality and may worry about their own death
- May display psychosomatic symptoms i.e. physical complaints like tummy aches
- May wish to stay at home close to parents
- May display anger.

How you can help - Dispel fears about their own health or the health of other loved ones by offering reassurance

- Encourage them to go to school
- Allow them to express their anger, offering appropriate ways to do so

Adolescents

- Fully understand the finality, universality and inevitability of death. Their experience of death is similar to adults
- May have a range of feelings: guilt, regret, anger, loneliness etc.
- Death adds to the already confused array of emotions experienced by adolescents
- May appear to not care about the death
- May seek support outside of the family.

How you can help

- Offer them time to listen
- Allow them to express their grief in their own way
- Be prepared for mood swings.
- Don't feel left out if they seem to value their friends more than their parents
- Children's use of social media should be monitored and supported by parents.

If parents are grieving themselves, they may be emotionally unable to support their other children. In this instance, another supportive adult in the child's life, e.g. other family members, friends, neighbours may need to offer emotional support.

It should be remembered that for children with special educational needs, their understanding of what has happened will be in line with their developmental age

Resource 3: Stages of Grief

Handout for teachers

Grief is a normal, healthy and predictable response to loss. Although there are distinct phases in the grieving process, people go through these stages in different sequences and at different paces. Generally the grieving process in adults is thought to take about two years, while with children and adolescents it may be over a more extended time-frame with different issues arising as they go through developmental milestones.

Denial, numbness, shock (up to 6 weeks)

- Death of the person may be denied
- Emerging feelings may be suppressed
- Refusal to talk about the death
- Bereaved keeps very busy to avoid thinking about the death
- Bereaved may show signs of confusion and forget everyday routines
- Children in shock may display either silent withdrawal or outbursts of crying

Acute grief/searching and longing for deceased (6 weeks to 4 months)

- Acute sadness – crying
- Physical pangs of pain including loss of appetite and disturbed sleep
- Emotional pain accompanied by dejection, hopelessness, lack of concentration
- Fears of life after death, nightmares, ghosts
- Disorganisation
- Strong guilt feelings and questioning of self and others, particularly in the case of a sudden death
- Feelings of anger at the departed for leaving them
- Bereaved may reject offers to comfort them

Adaptation to life without the deceased (6 months to 18 months)

- People begin to adjust to their lives without the person who is gone
- Sense of isolation
- Fearful of forgetting the deceased
- Less crying and irritability
- Exacerbation of existing personality problems. Children with low self-esteem may be at a greater risk of emotional/behavioural difficulties.

Normalisation of life

- Getting on with life
- Returned sense of humour and play
- Able to participate emotionally in new relationships
- Changed relationship with the deceased – able to think of the deceased without pain
- Reduction in physical/emotional symptoms
- Less guilt

Resource 4: How to cope when something terrible happens

Handout for Students

- Reach out – people do care
- Talk to your friends, family and teachers - talking is the most healing medicine
- Remember you are normal and having normal reactions – don't label yourself as crazy or mad • It is ok to cry
- It is ok to smile
- If your feelings and reactions seem different from those of your friends, remember everyone reacts differently
- When the stress level is high there is a temptation to try to numb the feelings with alcohol and drugs. This complicates the problems, rather than relieving them
- Some people find that writing or drawing is helpful. What about writing a note or letter to the family of the person who died or the person themselves?
- Spend time with people who have a positive influence on you
- Make as many daily decisions as possible. This will give you a feeling of control over your life, e.g. if someone asks you what you want to eat – answer them, even if you're not sure
- Recurring thoughts, dreams or flashbacks are normal – don't try to fight them – they'll decrease over time and become less painful
- Make a special effort to take care of yourself during this time. Try to get some extra sleep, eat nutritious foods and get some exercise, even if it is just a walk
- Sticking to your "normal" routine helps. Structure your time – keep busy
- Take time out – go for a walk or kick a football
- Provide some balance to the negative things that have gone on by doing something special or fun for yourself. Think about something that makes you feel good. Then make it happen- like going to the cinema, listening to music, calling a friend, etc. Laughter is a good medicine. Watch a funny movie or play a silly game with younger children to lighten your spirits.
- Use of social media can help but do not rely on it as your only source of support

Useful websites:

www.spunout.ie

www.youth.ie

www.reachout.com

Above all, realise that what you are experiencing is normal following a traumatic event. Be understanding of yourself and others.

Resource 5: Reactions to a Critical Incident

Handout for students

Following the recent sad event, you may now be experiencing some strong emotional or physical reactions. There is no 'right' or 'wrong' way to feel but here is a list of difficulties that people sometimes experience following such an event.

FEELINGS:

Fear

Guilt

Shame

Regret

Anger

Tearfulness

Loneliness

Anxiety Mood swings

Shock

Yearning

Numbness

Confusion

Isolation

Insecurity

BEHAVIOURAL:

Nightmares

Social withdrawal

Over reliance on use of social media

Irritability

Loss of concentration

Forgetfulness

Physical/Verbal aggression

Misuse of drugs, including alcohol

Anxiety Mood swings

Shock Yearning Numbness Confusion Isolation Insecurity

THOUGHTS:

Disbelief

Denial

Sense of unreality

Preoccupation with images of the event/person

PHYSICAL:

Tiredness

Sleeplessness

Headaches

Stomach Problems

Bowel/ Bladder problems

Loss or increase in appetite

Resource 6: Grief after Suicide or Suspected Suicide

Handout for Students

Remember there is no right or wrong way to react when someone you know dies. People will have many different reactions to what has happened.

- Know that you can survive, even if you feel you can't
- You may feel overwhelmed and frightened by your feelings. This is normal. You're not going crazy; you are grieving
- You may not feel a strong reaction to what has happened. This is ok
- You may experience feelings of guilt, confusion, forgetfulness and anger. Again these feelings are all normal
- You may feel angry at the person who has died, at yourself, at God, at everyone and everything. It is ok to express it
- You may feel guilty about what you did or did not do. Suicide is the act of an individual, for which we cannot take responsibility
- You may never have an answer as to "why" but it is ok to keep asking "why" until you no longer need to ask or you are satisfied with partial answers
- Sometimes people make decisions over which we have no control. It was not your choice
- Feeling low is temporary, suicide is permanent. Suicide is a permanent solution to a temporary problem. If you are feeling low or having a difficult time, ask for help
- Allow yourself to cry, this will help you to heal
- Healing takes time. Allow yourself the time you need to grieve
- Every person grieves differently and at a different pace
- Delay making any big decisions if possible
- This is the hardest thing you will ever do. Be patient with yourself
- Spend time with people who are willing to listen when you need to talk and who also understand your need to be silent
- Seek professional help if you feel overwhelmed
- If you are thinking of trying to kill yourself, you must talk to a trusted adult
- Avoid people who try to tell you what to feel and how to feel it and, in particular, those who think you should "be over it by now."

- Ask in school about a support group for survivors that provides a safe place for you to express your feelings, or simply a place to go to be with other survivors who are experiencing some of the same things you're going through
- Allow yourself to laugh with others and at yourself. This is healing
- Useful websites: www.spunout.ie; www.youth.ie; www.reachout.com.au.

Resource 7: Reintegration of the Bereaved Child in School

Handout for School

Some suggestions are offered here which may help prepare the school and the bereaved child for their return to school. They will help to ensure that the individual, the other students and the staff feel more comfortable and at ease.

- Visit the bereaved student at home to see what he/she would like to happen when they return to school
- Talk to the student's class about how people are affected by grief and encourage them to share their own feelings. Ask about how they have coped with bereavements in their own lives and what has helped
- Discuss how difficult it may be for their classmate to come back to school. Ask how they would like to be treated if they were returning to school after a death. This might be done in pairs or small groups, thus encouraging all to be involved. It will also ensure that a range of preferences are expressed, reinforcing the fact that different people will have different preferences as to how they are treated. Some people may want to discuss what has happened, while others may want to be left alone. In general, bereaved students say that they would like others to treat them as before rather than being 'over-nice' to them. However, it is a delicate balance as they don't want people to behave as if nothing has happened at all
- It may help if, in advance of the student's return to school, classmates have sent cards or notes or drawn pictures for the bereaved classmate. This will let her/him know that they are in their thoughts
- When they return, acknowledge their loss "I'm sorry that (name of deceased) died. I know that you are sad. It is ok to cry". (In Post-Primary schools, check that this is done in the first class of the day and not in every class. Teachers can express their own sympathies separately once the general re-entry to class has been managed.)
- When the student returns, they may have difficulty concentrating or joining in class activities. Be understanding
- Allow them access to a 'quiet room' where he/she can go to be alone. You might suggest: "We can set up a signal for you to use if you need to leave the class at any time". (Ensure supervision)
- Link the student in with the guidance counsellor for support if needed. • Listen when they want to talk: "If you need to talk at any time, I am here to listen"
- Carry on normal routines and normal approaches to discipline
- They may have difficulty completing homework and assignments: "If you are having difficulty doing your homework it is ok to do as much as you can for a while"
- Allow them as much time as they need to grieve.

Resource 8: Ways to help your child through this difficult time

Handout for Parents

Children do not need to be taught how to grieve. They will do it naturally and in healthy ways if we allow them and if we provide a safe atmosphere, permission and example to do so.

- Listen carefully. Let them tell their story. Tell them that the reactions they are having are normal
- Pay extra attention, spend extra time with them, and be more nurturing and comforting.
- Reassure them that they are safe
- Don't tell them that they are "lucky it wasn't worse". People are not consoled by such statements. Instead, tell them that you are sorry such an event has occurred and you want to understand and help them
- Do not be surprised by changes in behaviour or personality. They will return to their usual selves in time
- Don't take their anger or other feelings personally. Help them to understand the relationship between anger and trauma. Help them find safe ways to express their feelings e.g. by drawing, exercise, or talking
- Help them to understand that defiance, aggression and risk behaviour is a way to avoid feeling the pain, hurt and or fear they are feeling
- When going out, let them know where you are going and when you will be back.
- If you are out for a long time telephone and reassure them
- Tolerate regressive behaviour such as nail biting, thumb sucking, or the need for a night light
- Share your own experience of being frightened of something and getting through it
- If they are feeling guilt or shame, emphasise that they did not choose for this to happen and that they are not to blame. Even if they were angry with the person who died, or had been mean to them, this did not make it happen Work with the school support services and other available services. As well as advising your child about appropriate use of social media, monitor their use, particularly during this vulnerable time.

Useful website: www.webwise.ie

Resource 9: A General Interview Guide for Guidance Counsellors, Chaplains and Other Designated Staff

Teacher Handout

This can be used to help explore a student's reaction to a critical incident and how it is impacting on them. It can help the student to express their thoughts, feelings and emotions in a safe environment with a caring adult.

Student's name: _____

Birth date: _____

Age: _____

Sex: M F

Class/Year: _____

We are concerned about how things are going for you. Our talk today will help us to discuss what's going well and what's not going so well. If you want me to keep what we talk about between me and you, I will do that – except for those things that I need to discuss with others in order to help you. For example, if you or someone else is at risk in any way, I could not keep that confidential. My job is to help and I will need to do something about it.

In answering, please provide as much detail as you can. At times, I will ask you to tell me a bit more about your thoughts and feelings.

1. Where were you when the event occurred?
2. What did you see or what did you hear about what happened?
3. How are you feeling now?
4. How well do you know those who were hurt or killed?
5. Has anything like this happened to you or any of your family before?
6. How will your life be different now?
7. How do you think this will affect your family in the days to come?
8. What bothers you the most about what happened?
9. Do you think anyone could have done something to prevent it? Yes No Who?
10. What could you/they have done?

11. Thinking back on what happened:

	not at all	a little	more than a little	very
How angry do you feel about it?	1	2	3	4
How sad do you feel about it?	1	2	3	4
How guilty do you feel about it?	1	2	3	4
How scared do you feel?	1	2	3	4

12. What changes have there been in your life or routine because of what happened?

13. What do you usually do when you need help with a personal problem?

14. Which friends and who at home can you talk to about this? 15. Do you use social media to keep in touch with friends?

16. What are you going to do when you leave school today? If you are uncertain, let's talk about what you should do.

Resource 10: Students at Risk

Handout for Teachers

This checklist may be used as an aid by school staff who are concerned about a student. It should be remembered that the checking of a number of items for any one student may point to other problems. Indication of a number of these factors in any one student should always be followed up.

Unexpected reduction of academic performance

Talking about suicide

Ideas and themes of depression, death and suicide in their work

Making statements about hopelessness, helplessness or worthlessness

Change in mood and marked emotional instability

Significant grief or stress

Withdrawal from relationships

Break up of an important relationship

Discipline problems, being in trouble in school

Withdrawal from extra-curricular activities

Giving personal belongings away

Loss of interest in things one cares about

Neglect of physical appearance

Physical symptoms with emotional cause

High risk behaviours

Alcohol or drug abuse

Bullying or victimization

History of suicidal behaviour e.g. cutting or overdose risk behaviours

Family history of suicide/attempted suicide

Over use or reliance on social media

Resource 11: Exploring suicide Risk and guidance if a student is expressing suicide ideation

Handout for Teachers

A student may express suicide ideation or exhibit behaviours that are of concern. The school has a responsibility to make an assessment and take action. The term 'risk assessment' is used in quite a specific sense and such an assessment needs to be carried out by a trained professional. This note is intended to help those professionals (designated school staff, such as guidance counsellors or chaplains) most immediately available to the student, to make a judgement as to whether a student is at risk. Where there is a serious concern about a student, then a referral should be made immediately. It is not easy to gauge the seriousness of such behaviour. The school is not responsible for deciding on the seriousness of the risk. Generally, all threats or reported threats should be taken seriously even if it may appear to be 'attention-seeking'

What should a teacher do?

Listen. If a student seeks out a teacher to discuss their concerns about suicide, they have an idea that the teacher may be a help to them. Indicate concern and a willingness to help. There may not be time to discuss it properly when the student first approaches. Arrange a time to talk and prepare for the meeting.

Review available information: Review any significant changes observed in the student over recent weeks. The list of warning signs in R14 should be used to guide a review discussion with concerned staff.

Don't be afraid to use the word 'suicide'. Getting the word out in the open may help the student feel that his/her cry for help has been heard.

Have a sensitive but direct and open discussion with the student. If a student has been reported to be talking about suicide, they should be asked openly, ***"Are you thinking about killing yourself?"*** This will offer the student the opportunity to talk about their feelings and their thoughts. If they confirm that they have been thinking about it, then this should be explored by raising the following issues with the student:

Previous attempt: Has the student attempted suicide before? You might ask, ***"Have you ever tried to harm yourself before?"*** If the answer to this is "Yes", then the risk increases.

Personal/family history: The level of risk increases with the number and seriousness of personal/family difficulties e.g. relationship breakdown, loss of friendship, problems with the law, parental separation, recent bereavement, serious illness etc. ***"How have things been going for you recently; has anything significant happened in your life recently?"***

Physical/emotional history: A student who has experienced major personal difficulties, whether as a result of physical (recent hospitalisation, chronic illness) or significant emotional difficulties (depression, loneliness, guilt, anger etc.) is more at risk. ***"How have things been going for you? Have you been ill? Has anything significant happened to you recently?"***

Plan: Does the student have a plan? If 'yes', ask "How do you intend to do it?" Does he/she have a particular day in mind? "When are you thinking of doing it?" Has he/she written suicide notes? The more concrete the plan the more serious the threat.

Means: Does the student have the means and a place to do it. Ask "How do you intend to do it?" Are the means available lethal? Have they access to a rope or pills? "Where would you do it?" Will the student be in a place where they can be rescued? For example, do they intend to carry out the action when both parents are out and their siblings also?

Onward referral: The greater the number of "Yes" answers, the higher the risk and the greater the need for immediate onward referral. Parents should be informed and asked to bring the student to their GP or to another service and report what the student has said. Advise about use of Accident and Emergency Services if parents have concerns about accessing a GP out of hours.

Do not send the student home alone if there are concerns. Release the student to the parents if concerns for safety exist. Explain to the student that you have to take action and let them know what action you are taking. If a student is under 18 year's teachers are obliged to inform the parents even without the student's consent.

Record the information and the actions taken. Share this with the relevant person in management. Share information as considered necessary with other staff member (e.g. student support team, class / subject teacher) taking into consideration the student's right to confidentiality.

Return to school: A plan for reintegration of the student will be the responsibility of a designated person from the student support team. Consider the timing of the student's return if there has been an absence from school. Discuss the return with the parents and student. Should the student be under medical supervision? Can the parents provide advice for the school from the medical team who assessed the student? How would the student like to have the absence explained?

Share information about the return as considered necessary (for example with management, student support team, class/subject teacher as appropriate) and with other staff members, remembering confidentiality. Monitoring in the first few days will be an important part of the plan. Have a staff member available to meet them on arrival. Ensure that all teachers know that the student has been through a difficult time. Let the student know which staff member is available if support is needed. Keep routine as normal as possible. Ensure that there is a current family/guardian contact number available should difficulty arise.

Share information about the return as considered necessary (for example with management, student support team, class/subject teacher as appropriate) and with other staff members, remembering confidentiality. Monitoring in the first few days will be an important part of the plan. Have a staff member available to meet them on arrival. Ensure that all teachers know that the student has been through a difficult time. Let the student know which staff member is available if support is needed. Keep routine as normal as possible. Ensure that there is a current family/guardian contact number available should difficulty arise.

Monitor the behaviour of friends and other students who may be providing support to the student to ensure that they are not taking on too much responsibility for the wellbeing of the student.

Where a previous suicide has occurred in a school be aware of the possibility of copycat or suicide contagion which occurs when suicidal behaviour is imitated (see 7.6 in the Guidelines).

Preventative and preparatory guidance for schools:

School systems are not only responsible for the intellectual needs of students but also for their emotional, social, and physical wellbeing. A preventative whole school approach to supporting mental health schools should ensure implementation of the Well-Being Guidelines for Mental Health Promotion and Suicide Prevention available on the DES website. This includes ensuring that the SPHE curriculum is consistently delivered in the school. SPHE provides a framework for educating young people about their health and wellbeing in a planned and structured way. It is advised to ensure that mental health awareness is included in curriculum delivery at all levels in the school.

If the school does not have a Student Support/Care Team in place consider setting one up. The document Student Support Teams in Post-Primary Schools is a useful resource and available on the DES website. It will provide a system for tracking and monitoring the students who have difficulties. Having such a system reduces anxiety for staff who have the concern as it shares the burden.

Schools are advised to have some members of staff trained in ASIST professional development provided by HSE. Information is available on www.nosp.ie

Resource 12: Frequently asked questions

Resource for Principal

The following is a summary of questions often asked by Principals in the aftermath of a critical incident.

Q. What do I do first on hearing news of the incident/death?

A. If the source of the news is the affected family, express condolences and get as many facts as possible – sensitively. If it is from another source, check for veracity; obtain the facts; the numbers injured etc. Ascertain who is to contact the next of kin. The Gardaí may have already undertaken this role.

Q. Who do I contact for help?

A. If the school is closed (weekends/holidays) contact members of the Critical Incident Management Team with a view to setting up a meeting. Contact the Board of Management and/or outside agencies e.g. NEPS/Health Service Executive. If the State Examinations are in progress, contact the State Examinations Commission (SEC) (0906 442700) as soon as possible, in order to alert the Examination and Assessment Manager (EAM) for the school.

Q. What should I do first thing on the first morning back at school?

A. Call a meeting of the Critical Incident Management Team. If the team is not available call a meeting of the BOM and Senior Management. Set up a team for the duration of the crisis.

Q. What should be on the agenda for this meeting?

- A. 1. A statement of the facts as known.
2. Delegation of responsibilities.
3. Preparation of what to say at a staff meeting.
4. Preparation of what to say to students.
5. Initial schedule for the day.
6. Preparation of a letter to parents.
7. Discussion of support services/agencies whose support may be needed and agreement about who will contact them.
8. Preparation of a media statement, if appropriate.

Q. How do I manage communication?

A. Schools will need to manage telephone and email contacts as this can be stressful. Assign one or two suitable people to this task. Provide clear guidance on what to say or write. An agreed factual statement should be available. This can be placed on the schools' social media site.

Q. How do I keep staff up to date?

A. The staff room is a very important room for teachers on this day. Informal briefings can take place during the breaks, as well as more formal meetings at the beginning and end of each day.

Q. How do I dovetail the school's part in the funeral / religious ceremonies with the wishes of the parents?

A. The local clergy/parish priest may be the main link person here. Ensure that the parents' wishes are respected and that participation of any students or friends is agreed with them. Ensure that beliefs about death or particular customs about funerals of different religious or ethnic groups are understood and respected.

Q. How do I handle staff members who want to opt out?

A. All staff would be expected to attend meetings held to disseminate information. However, it should be made clear to staff at these meetings that opting out of support type work is possible if they feel quite unable to cope. Be aware that some staff may be particularly vulnerable and watch out for them.

Q. How do I handle the media?

A. Delegate one suitable person to deal with the media. Prepare a media statement.

- State that it is a difficult time for the school community
- Emphasis should be on what is being done to support staff and students
- The 'Media Guidelines for the Portrayal of Suicide' suggest that the media can help prevent copy-cat suicides by not mentioning specific details of the suicide e.g. location and method used; not using colourful phrases to romanticise it; not citing causes of suicide and thereby indirectly suggesting suicide as an option. These guidelines should be adhered to by the school in any communication with the media
- Allow limited and controlled access to the media by providing a press room
- The SEC can help if the incident is during exam time. Teacher unions, trustees of schools and management bodies may also have press officers who are able to advise, if appropriate.

Q. What/when should I tell staff/students about the incident?

A. Give the facts, as you know them. This is the best way to counter rumour and fantasy. It should be done as soon as possible to prevent staff and students hearing from other, sometimes inappropriate, sources.

Q. What if I feel upset myself and find it difficult to talk?

A. It is very important to let children know that it is natural and acceptable to be upset and to

Q. What if some students do not appear to grieve?

A. Children do not need to be taught how to grieve. They will do it naturally and in healthy ways if we allow them and if we provide a safe atmosphere, permission and example to do so. Don't assume that because overt signs are absent, the person is not grieving. Each individual has his/her own personal way of grieving. It is important that these different individual ways are respected and seen as normal.

Q. How long does it take to come to terms with bereavement?

A. There is no definite answer to this. Each individual progresses at his/her own pace and there are enormous variations, (see Resource 3).

Q. How soon should brothers and sisters or friends who are closely involved be encouraged to return to school?

A. They should usually return fairly quickly. They need the support of their peer group and the routine of school will offer them some sense of normality. Their presence at school will offer others an opportunity to express their grief. The sooner they return the easier it is for them to reintegrate. This advice should, however, be tempered by any particularly unusual circumstances and decisions will ultimately be made by parents/guardians.

Q. Where a lot of well-intentioned friends are calling to the house and perhaps staying out late at night, what should I advise a grieving family to do?

A. Encourage them to set clear limits, when friends can call and when they should leave. Often the bereaved adults need to be reminded that setting clear limits is good. Friends may stay too long because they do not know when or how to leave the house. School can help by suggesting time limits to the friends. This is especially important at exam time when rest is essential.

Q. What can I do about phone texting or social media use, especially if unreliable (or inappropriate) messages are being passed about?

A. A critical incident highlights the need for a well-established school policy on this issue. (see Resource 15). Students should be advised that they are being given reliable and up-to date information by the school. They should be encouraged to report to a teacher all social media communication received which are at variance with the facts as known, or which are a cause of worry or concern - especially about friends.

Q. How long do we leave the memory area in the classroom / corridor?

A. Sometimes out of respect for the deceased a space / table is set up with a picture, candles flowers, messages, cards, etc. This can offer a focal point in the initial days of grieving. The items can be brought to the funeral service as part of the offertory procession.

Resource 13: Frequently asked questions

Resource for Teachers

The following is a summary of questions often asked by teachers in the aftermath of a critical incident.

Q. I would like to opt out of support type work for personal reasons. Is this OK?

A. It has been found that their teachers are the best people to support students in school in times of distress because they are with people they know and trust. Accordingly, all teachers and other school staff members are encouraged to help the students at these times. However, nobody should be obliged to do this work and people should be able to opt out of it if they feel they need to. This may be for a number of reasons, including recent personal bereavement, experience of a loss similar to that occurring in the particular incident or other circumstances. However, in order to stay in touch, they would need to be in attendance at staff meetings where information is disseminated in relation to the incident.

Q. I have no qualifications to help out in this area. Shouldn't the job should be left to the experts?

A. You probably have more skills here than you realise. Your experience, competence and skills as a teacher and as an expert in dealing with children and young people are invaluable. Most importantly, the students know you. Students need a safe environment in which to come to terms with what has happened. This security is often enhanced by being able to discuss the events with a familiar teacher in the first instance.

Q. What should I do in the classroom to be helpful?

A. You should acknowledge the situation and clarify the facts, as they are known. Honesty is essential. Encourage questions so that the students have a clear understanding. Try to establish normal routines as soon as possible – but balance this with allowing students opportunities to discuss the incident and to express their thoughts and feelings. Encourage them to resume extra-curricular activities and help them to identify where they can go to for support. Encourage them to be supportive of one another.

Q. What are the signs of grief that I may notice in students?

A. After bereavement students may have a wide range of different reactions – some may become quiet and withdrawn, while others may seem to be aggressive, irritable or angry. They may have mood swings or lack concentration. Try to handle all these 'normal' reactions with patience, do not seem surprised by them and do not get cross (see Resources 2, 3 & 4). If students come from a background where there is family breakdown, serious illness, alcohol or drug related or other difficulties, then you need to take extra note of any behavioural changes.

Q. What if I think that some students are not grieving normally? A. There is no such thing as a 'correct' way to grieve. Some people cry, some may laugh or become giddy, some show no reaction. The important thing is that all these different ways are natural and normal and you should try to help the student understand this.

Q. What skills do I have that are important?

A. Listening skills are probably the most important. People who have experienced loss or trauma generally feel that talking helps them to cope with their feelings. When you sense a student wants to talk, try to make the time. Be reassuring and patient while gently encouraging them to talk about the loss. Reassure the student that you are there to help.

Q. Is there any one important thing I should say?

A. Yes – emphasise that grieving is a normal healthy process following a traumatic incident. It is the person's way of coping with the event. It is also normal for people to react in different ways – there is no 'right' way to grieve.

Q. Is it a good idea to organise a classroom session following a critical incident?

A. Some schools do and they have found this to be very effective. You will find notes on leading a class session after news of an incident in R5. An advantage here is that students may feel safer and more secure with their regular classroom teacher.

Q. What should I do if I feel that a student needs more professional support? A. Discuss the issue with the principal or guidance counsellor. They, in turn, may wish to discuss it with the NEPS psychologist or other support services and with the student's parents. The outcome may be a referral to the appropriate service.

Q. What is the overall message in helping bereaved children?

A. "You will get through this difficult time and we are here to help if you need support. Take care of yourself and look out for each other. If you need help, or a friend is in difficulty, it is best to talk to us rather than relying totally on social media.

Q. When should I get back to a normal teaching routine with a class?

A. It is important to give students sufficient time and space to share their feelings and to come to terms with what has happened. However, it is also important to move towards a normal routine as soon as possible. Getting on with the regular and familiar pattern of school life helps reduce stress. Avoid introducing new material in the immediate aftermath of an incident or bereavement, as grief and shock can interfere with concentration and motivation. It is often a good idea to consult the students themselves about returning to the normal routine.

Q. What do I do about the empty chair/a student's belongings etc.?

A. A helpful strategy might be to involve students in a discussion about what to do about the chair. This might also present an opportunity to move to a new phase in the process. With regard to the student's belongings, it might be useful to put together a folder or a 'memory box' of the student's work for the parents. This can be given to them at an appropriate time.

Q. Is there a danger that by talking about suicide you make it appear to be an option for others?

Talking about the death helps people to make sense of what has happened. People can cope with the truth, but suicide must never be represented as a valid option. There should be no criticism of the person who has died. Separate the person from the behaviour. It is important to talk about how

a person can get to the point where suicide may seem to be the only option but emphasise that it is not a good option. Feeling low is usually a temporary thing, whereas suicide is permanent. With suicide the intention may have been to change life circumstances rather than end life. There is always help available if a person can take the step of reaching out for it. Encourage students to seek help if they need it.

Resource 14: Frequently asked questions

Resource for Parents

The following is a summary of questions frequently asked by parents after a critical incident.

Q. This incident has upset my daughter/son. As there are many rumours circulating, I would like to know what really happened. How can I find that information?

A. The school will inform students and parents of the core details of the incident insofar as they are known. It sometimes takes some time for the true facts to emerge. In the meantime, it is important to stick to the facts as known. Discourage rumour or gossip as it is often incorrect and can be distressing for the families and friends of those involved. Information on social media is not reliable and always needs to be checked.

Q. Will help be available to the students in the school?

A. This will depend on the particular situation. The school will usually put a plan in place for supporting students. This support may include classroom discussion, small group discussion or individual support for students who need it. If there is particular concern about your son or daughter, you will be informed.

Q. How can I help my child?

A. You are the natural support for your child. He/she may want to discuss their feelings and thoughts with you. You can help by listening carefully. You should tell them it is ok to feel the way they do, that people react in many different ways and that they should talk rather than bottle things up. Advise on and monitor safe use of social media.

Q. How long will the grief last?

A. There is no quick answer to this. It varies from individual to individual and according to circumstances. It will also be affected by the closeness of the child to the event or to person who died. Memories of other bereavements may also be brought up by the incident. Be patient and understanding. It can take time.

Q. Since the incident occurred my child has difficulty in sleeping, complains of headaches etc. Can I be sure these are related to the incident?

A. Grief can affect one physically as well as emotionally and these and other symptoms may be part of a grief reaction. If they persist, consult a doctor for a check-up.

Q. If my child remains very upset what should I do?

A. If your child remains distressed after a period of six weeks or so, he/she may need additional support, but there is no fixed rule about the length of the grieving process. If you are very concerned at any point, it is best to seek more help through your GP/ HSE Services.

Q. In what ways are adolescents different from other children?

A. During adolescence there are a lot of changes going on for young people and some may feel confused about themselves and the world around them. Grief tends to heighten these feelings and increase the confusion. At this time, too, the individual may look more to friends than to family for support and comfort. Don't feel rejected by this. Just be available to listen when they need to talk and make sure they know you are there for them when they need you.

Resource 15: Guidance on Social Media Use and Critical Incidents

Handout for School

Social media is now part of everyday communication and information sharing. Most school students are avid and competent users. Social media messages speed up the rate at which information is shared. This can have a significant influence on the behaviour of young people during a critical incident. Some social media communication may occur without the knowledge of school staff that leads to distress among students or their parents/guardians.

The following information may help schools to consider issues related to social media use when dealing with a critical incident.

- It is essential that schools take account of the need to have competency in the use of social media among management and staff. If the members of the CIMT have particular concerns or fears about social media, they should consult those familiar with its use. Senior-students e.g. sixth-year members of the student council could also be asked for help. Normalising social media use by the students during a critical incident is very important.
- Schools should include social media literacy in the school curriculum. It is essential that school management, staff and students understand the role of social media, and its positive and negative aspects. A positive disposition to social media by the school may encourage thoughtful use by students during a critical incident.
- Agreement on appropriate use of social media during a critical incident should be included in the school's Acceptable Use Policy (AUP). All school staff should follow agreed online professional protocols as prescribed by the New Code of Professional Conduct by Teachers i.e. "Teachers should ensure that any communication with pupils/students, colleagues, parents, school management and others is appropriate, including communication via electronic media, such as email, texting and social media etc." (The Teacher Council, 2012). The CIMT may also remind staff, students and other relevant community members about their AUP during times of crises.
- When dealing with a critical incident it is advised that schools act quickly and with caution. A message could be placed on the school website and on any other school social media account along the following lines:

'You may be aware of a recent event within the school community. We ask you to respect the family's privacy and sensitivities by considering if you should post any comments, especially on social media. We will inform you through the normal channels of any relevant developments.'

- School can use social media to provide up to date information for all concerned throughout the various stages of the incident. Positive messages and appropriate advice for young people and their parents/guardians can be provided. One important message would be to remind parents/guardians to discuss social media use with their children and monitor use more actively following a crisis.
- It is important that CIMT members are familiar with safe messaging guidelines and the document Media Guidelines for Reporting Suicide and Self-harm. Safe messaging guidelines should be followed when sending messages to staff, students, community or the media following a death by suicide. Media personnel if making contact with the school during a critical incident should be provided with

the guidelines. Should the need arise during a crisis, schools can contact the Department of Education and Skills Press Office for advice and support or in the case of Education and Training Board schools the Board head office.

- Young people often post Rest In Peace (RIP) messages on social media sites when tragedies occur. These posts can be heartfelt and emotional particularly in cases of death by suicide. Messages such as "I miss you and will see you soon" or "I will follow in your path" should cause concern and be followed up with the individual concerned. The death by suicide of an individual may influence others. Young people are especially prone to contagion. Those who are emotionally vulnerable may act on suicidal impulses.
- Activity on social networking sites during a critical incident can be a source of potentially important information, such as suicide pacts, identification of vulnerable groups or individual young people who may be at increased risk of suicide. Given privacy restrictions to people's personal web pages, distressing information may be posted without the knowledge of parents or school management. It is likely that users will block access so activity of this nature will not be accessible to everyone.
- Monitoring sites raises issues of privacy and surveillance. Schools are not advised to engage in monitoring. However should schools become aware of inappropriate posts by students, they could inform the parents /guardians and encourage them to request that it is deleted. The easiest way to have a post removed is for the person who originally posted it to delete it from their account or request its removal. Service providers will not usually remove posts unless content is contrary to the Acceptable Use Policy.

Resource 16: Teachers helping students in time of crisis or emergency

Handout for Teachers

1.LISTEN 2. PROTECT 3. CONNECT 4. MODEL & 5. TEACH!

THINK ABOUT your students' "DIRECT EXPERIENCE" with the event i.e. FIRST-HAND EXPERIENCE of the event (physically experiencing or directly seeing it as it happens).

After the event, changes can happen in students' thoughts, feelings, and behaviours. Your students may worry about family members, classmates, friends, or pets they care about, and may worry that it will happen again. Common reactions to disasters, school crises and emergencies include trouble sleeping, problems at school and with friends, trouble concentrating and listening, and not finishing work or assignments. Your students may become more irritable, sad, angry, or worried as they think about what has happened, and as they experience recovery efforts after the event.

When students share their experiences, thoughts and feelings about the event, LISTEN for RISK FACTORS for adverse reactions.

Risk factors that may indicate a counselling referral is needed for students include:

- loss of a family member, schoolmate, or friend
- observing serious injury or the death of another person
- family members or friends missing after the event, past traumatic experiences or losses
- getting hurt or becoming sick due to the event
- home loss, family moves, changes in neighbourhoods / schools, and/or loss of belongings

If a student has had any of these experiences, you may wish to consider referring her or him to the HSE services. Your NEPS psychologist will be available to provide support and advice. Now that you know what can affect your students after a disaster, school crisis, or emergency, you're ready to.

Listen, Protect, Connect, Model & Teach

1.LISTEN, Protect, Connect – Model & Teach

The first step after an event is to listen and pay attention to what they say and how they act. Your students may also show their feelings in non-verbal ways, like increased behavioural problems or increased withdrawal.

Let your students know you are willing to listen and talk about the event, or to make referrals to talk to an appropriate professional, if they prefer it. Use the following questions to talk with your students. You can listen for clues that indicate when students are having a hard time. Write down a few examples that may be helpful to note:

- What might be preventing a student from coming to or staying in school?
- What might be preventing a student from paying attention in class or doing homework?
- What might be preventing a student from returning to other school based activities

Listen, observe, and note any changes in:

- behaviour and/or mood
- school performance
- interactions with schoolmates and teachers
- participation in school-based activities
- behaviours at home that parents discuss with you

Listen, **2. PROTECT**, Connect, Model & Teach You can help make your students feel better by doing some or all of the following:

- Answer questions simply and honestly, clearing up any confusion students may have about what happened.
- Let your students know that they are not alone in their reactions.
- Provide opportunities for your students to talk, draw, and play, but don't force it.
- Talk to your students about what is being done by the school and community to keep everyone safe from harm.
- Watch for anything in the environment that could re-traumatize your students.
- Keep your eyes and ears open for bullying behaviours.
- Maintain daily routines, activities, and structure with clear expectations, consistent rules, and
- Make adjustments to assignments to be sensitive to students' current level of functioning.
- Limit access to live television and the Internet that show disturbing scenes of the event.
- Remember, what is not upsetting to adults may upset and confuse students, and vice versa.
- Encourage students to "take a break" from the crisis focus with activities unrelated to the event.
- Find ways for your students to feel helpful to your classroom, the school, and the community.
- List other things you do that help your students feel better. Sharing this list with other teachers may increase ideas to help your students.

Listen, Protect, **3. CONNECT**, Model & Teach

Reaching out to people in your school and community will help your students after a school crisis, or emergency. These connections will build strength for everyone. Consider ways to make some or all of the following connections:

- “Check in” with students on a regular basis.
- Find resources that can be supportive to your students and staff.
- Keep communication open with others involved in your students’ lives (parents, other teachers, coaches, etc.).
- Restore interactive school activities, including sports, club meetings, student projects, and student councils.
- Encourage student activities with friends, including class projects and extracurricular activities.
- Empathise with your students by allowing a little more time for them to learn new materials.
- Build on your students’ strengths by encouraging them to find ways to help them use what they have learned in the past to help them deal with the event.
- Remind your students that major disasters, crises, and emergencies are rare.
- Discuss feeling safe and times they have felt safe.
- List programs and activities that connect you and your students with the community.
- Share your list with other teachers to create a larger list of activities and resources.

Listen, Protect, Connect, **4. MODEL** & Teach

As you help your students after a disaster, crisis, or emergency, your efforts may be more successful – and you may be less stressed – if you keep in mind:

- It is good to be aware of your own thoughts, feelings, and reactions, these can be seen and may affect your students.
- How you cope and behave after an event will influence how your students cope and behave. Your students will be watching you for both verbal and non-verbal cues.
- Monitor conversations that students may hear.
- Acknowledge the difficulty of the situation, but demonstrate how people can come together to cope after such an event.

Listen, Protect, Connect, Model & **5. TEACH**

Talk to your students about expected reactions after a crisis (emotional, behavioural, cognitive, and physiological). There are “normal” reactions to abnormal events.

- Different people may have very different reactions, even within the same family.
- After the event, people may also have different amounts of time they need to cope and adjust.
- Encourage your students to identify and use positive coping strategies to help them after the event.
- Help your students problem-solve to get through each day successfully.
- Help your students set small “doable” goals and share in these achievements as “wins” for the students and your classroom
- Remind students that with time and assistance, things generally get better. If they don’t, they should let a parent or teacher know.
- Over time, you, your students, their families, your classroom, can EXPECT RECOVERY

Adapted by the National Educational Psychological Service (NEPS) for Irish schools from Psychological First Aid materials developed by the American Red Cross (2014 and FEMA, see www.ready.gov).

Resource 17: Suggested Websites for Accessing Resources and Training

NEPS has identified the following websites which schools may find helpful. However, all materials should be reviewed at school level to ensure that they conform to school ethos and policy before they are used.

TRAINING

ASIST Training:

ASIST (Applied Suicide Intervention Skills Training) is a two-day interactive workshop in suicide first-aid. It is suitable for all kinds of caregivers - health workers, teachers, community workers, Gardaí, youth workers, volunteers, people responding to family, friends and co-workers. It is free of charge. If you'd like to make a difference in your community, you may wish to access ASIST training and learn how to help. Information can be obtained on the website of the National Office for Suicide Prevention www.nosp.ie

SafeTALK:

SafeTALK 'suicide alertness for everyone' is a half day training programme that prepares participants to identify persons with thoughts of suicide and connect them to suicide first aid resources. These specific skills are called suicide alertness and are taught with the expectation that the person learning them will use them to help reduce suicide risk in their communities. Participants learn how to provide practical help to persons with thoughts of suicide in only a few hours. Following a SafeTALK workshop you will be more willing and able to perform an important helping role for persons with thoughts of suicide.

Resource 18: Useful Websites

Handout for Teachers and Parents

Barnardos provide resources and advice on www.barnardos.ie/resources,
www.barnardos.ie/teenhelp

The Childhood Bereavement Network (CBN) is a multi-professional federation of organisations and individuals working with bereaved children and young people.

www.irishchildhoodbereavementnetwork.ie

Cruse Bereavement Care exists to promote the wellbeing of bereaved people and to enable anyone bereaved by death to understand their grief and cope with their loss.

www.crusebereavementcare.org.uk

The **Professional Development for Teachers (PDST) Health and Wellbeing Team** provide support for teachers at primary and post-primary level in physical education (PE) and social personal and health education (SPHE) which includes anti-bullying, child protection, mental health and wellbeing, relationships and sexuality education (RSE) and other SPHE related areas. Supports offered to schools include in-service for principals, co-ordinators, teachers of SPHE, whole staff groups; programme planning; school policy development; schools visits. www.pdst.ie

The former SPHE Support Service has been integrated into the Health and Wellbeing team of the PDST. Visit www.sphe.ie for further information and to book post-primary SPHE courses

The National Office for Suicide Prevention (NOSP) was established to oversee the implementation of 'Reach Out' the National Strategy for Action on Suicide Prevention, and to co-ordinate suicide prevention efforts around the country. The NOSP works closely with the HSE Suicide Prevention Officers. Up-to-date contact details for suicide prevention officers can be found on the NOSP website www.nosp.ie

The **Irish Association for Suicidology (IAS)** sets out to be a forum for all individuals and voluntary groups involved in any aspect of suicidology for the exchange of knowledge gained from differing perspectives and experiences www.ias.ie

Irish Hospice Foundation - www.hospice-foundation.ie

Lifelines supports all people who are affected in anyway by self-injury within the United Kingdom and beyond. It supports people who self-injure, and their family and friends. www.selfharm.org

Winstonswish Foundation , help for grieving children and their families. www.winstonswish.org.uk

Resources and support for those dealing with suicide, depression or emotional distress, particularly teenagers and young adults. www.papyrus-uk.org

A national charity committed to improving the mental health of all children and young people. www.youngminds.org.uk

An Irish website covering all aspects of health, lifestyle, culture and craic. It's an online youth information centre, a magazine, a health clinic, a contact directory, a youth media forum a take action initiative, a community building place and lots more. www.spunout.ie

A site that focuses on issues relating to youth in Ireland today. www.youth.ie

An Australian site that helps young people through tough times. www.reachout.com.au

Mental Health Ireland aims to promote positive mental health and to actively support persons with a mental illness, their families and carers by identifying their needs and advocating their rights. The pro teen matters web magazine, which is created by young people for young people, has information about physical and mental health, frequently asked questions, competitions, jokes and stories. www.mentalhelathireland.ie

Non-judgemental information and support. www.gayswitchboard.ie

HELP LINES

Remind students that if they need someone to talk to, at any time of the day or night, they can ring either:

Childline: 1800 666 666 (Free calls)

The Samaritans: 1850 60 90 90 (Local call cost)