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STRESS REACTIONS

COPING SKILLS

Critical incident stress

DAILY SELF CARE ROUTINE IS ESSENTIAL FOR ALL

SAFETY FIRST

- Research support nonsensorial lockdown drills
- Prep improves performance
- Children respond to calm adults



ESSENTIAL

- MHPs Involved
- Match developmental, psychological, physical needs
- Staff prepared
- Adults remove anyone reacting
- Post drill, ALL have access to mental health support
- Parental consent
- Make it safe for all



References

- NASP, NASRO, & Safe and Sound Schools. (2021). Best practice considerations for schools in active shooter and other armed assailant drills.
- National Association of School Psychologists.
www.nasponline.org/armed-assailant-drills

CONTACT INFORMATION

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