

Partners in Prevention

• Class Descriptions

DE-ESCALATING STUDENTS AND SITUATIONS - *Kathie Axtell, WEA Chinook President*

Front office and ESPs are often the first staff in the building that must deal with issues that might escalate with students, parents, colleagues and strangers. Learn the cycle of de-escalation and the art of choosing the right words when conflicts and unsafe situations present themselves. Practical information to help you deal with your safety and those around you when you're on the "front line."

PSYCHOLOGY BEHIND SELF-HARMING BEHAVIORS—*Kathryn Harwood, Child Mental Health Professional and Lesley King, Guidance and Counseling, Frontier Middle School*

Explore the psychology behind self-harming behavior, appropriate responses with the school setting and treatment options within our community. Leave with a better understanding of this complicated issue.

ROLES OF SOCIAL MEDIA IN A DIGITAL WORLD... BEFORE, DURING AND AFTER A THREAT -*Eric Frank, Emergency Coordinator - Clark Regional Emergency Services Agency*

In today's world, sadly a day does not go by without hearing about another active threat or shooting. We live in an ever changing and fast paced world with information available everywhere and instantly. Social Media is used in almost every fashion of most of our lives. During tragedies that information is just as important. We will examine Social Media use, many of the platforms today's youth are using, and how being aware of what and how they share information could be valuable before, during and after an active threat situation in a school.

Many times we hear afterward, from friends and family of how out of character the actions by the shooter were compared to how he acted on a daily basis in their presence. We will take a close look and examine some a couple specific examples of how the online behaviors of the shooter's provided red flags regarding the actions to come. We will take a look at how as educators, we need to look for those potential red flags prior to an actual active threat happening in your school.

We will also take a look at how social media can be used and some suggestions about how as educators you do find your school as the target of one of these events, and finally we will take a glimpse at the steps needed after one of these events as you, your facility and your community heal from an active threat situation.

Continued...

Questions?

Contact Stephanie Mikos

Phone: 253-765-7076

Fax: 253-946-4735

smikos@washingtonea.org

Partners in Prevention

• Class Descriptions

RESILIENCE STRATEGIES FOR EDUCATORS: Creating a Self-Care Plan for Burnout, Stress & Compassion Fatigue

-Corinne Gannon, MSW, Ellsworth Elementary Counselor/Social Worker and Wendy Silverstone, LCSW, SMART Team Coordinator and Connect Evergreen Coalition Coordinator

Be given an overview of burnout, stress and compassion fatigue in the education setting. Participants will utilize the ProQOL (The Professional Quality of Life Scale) to do a self-assessment of their levels of compassion satisfaction, burn-out and secondary traumatic stress. Information will be provided on developing a personal self-care plan. Participants will create their own self-care plan.

RESPONDING TO TRAGIC INCIDENTS - *Kristin Schutte, M. Ed., Olympic Education Service District Student Service Center Coordinator, School Safety & Security Director and Michelle Dower, B.S., Olympic Educational Service District Student Service Center Coordinator*

In this session, learn key strategies in lessening the impact, how to coordinate efforts while determining the level of impact and provide support needed that impacts our schools. In addition, practice Psychological First Aid – what to say and how to support students, our peers and others.

RUN/HIDE/FIGHT - *Clark County Sheriff Department*

Run-Hide-Fight, these are the common reactions to most stressful situations that you can respond to in your work setting. This class will teach you ways to manage your responses to these confrontations and the ability to be successful in your daily work and life environments. Learn how to be a good listener, but not a good victim in the process.

SCHOOL SAFETY AND EMERGENCY MANAGEMENT - *Pat Nicholson, School Safety and Infectious Disease Control*

It's everyone's job! Unfortunately, the role of Educator's in school safety and health is often minimized and even overlooked. This class will highlight the unique and essential roles that educators have in creating and maintaining school health and safety, particularly during crisis events like tornadoes, hurricanes, and active shooter situations. Training will include crisis scenarios and mapping exercises. You will leave this class with the resources and information that educator's need to further their role, and become an essential partner in their own school and district's safety and health plans.

SITUATIONAL AWARENESS - *Shane Gardner, Manager of School Safety and Security, Evergreen Public Schools*

Share and learn from Shane's experience with over 16 years of Law Enforcement as it applies to your work environment. Lessons learned in this class will not only be applicable to your workplace, but will have real world value whether you are shopping at the mall or even going to a movie with your family. While we can't predict when and where a violent act may occur, we can prepare for it and improve our chances of survival.