

## ATTACHMENT 4.03

# CONSIDERATIONS FOR LONG-TERM SUPPORT

After the first week of postvention response, students will still need a significant amount of support available to them. To be thorough, the long-term support timeline begins the day of the memorial services for the deceased. These suggestions are general and will require adaptation throughout the postvention process.

### DAY OF MEMORIAL SERVICES

- Crisis counselors should be available at the school throughout the day of the memorial services for students who show up to school before/after services.
- It is recommended that school mental health staff be present at the memorial services to support students and staff who attend. They will identify students/staff that may require follow-up or additional monitoring throughout the weeks to come.

### ADDRESSING PARENT/GUARDIAN NEEDS

- Hosting a parent/guardian/caregiver meeting at the school that includes crisis counselors can help the parents feel supported and can increase trust between parents and the school. This is an opportunity for caregivers to safely express feelings and concerns, ask important questions, support each other, and learn about resources that are available to them.
  - If possible, it is recommended not to include the family members of the deceased at this meeting.

### ADDRESSING STAFF NEEDS

- At the end of the first and second weeks of postvention, invite all teachers and staff to an optional meeting after school where they can receive support from crisis counselors, ask questions, and debrief how things have been going in their classrooms.

- Check in with staff about whether they have noticed any students who they think might be struggling. This can provide staff with a sense of relief knowing that these students are being followed-up with and taken care of.
- Ensure that teachers and staff know that there is support available to them at any point throughout the school year and for any reason.

### ADDRESSING STUDENT NEEDS

- Crisis counselors/school mental health staff should be available consistently for the first two weeks after the event.
- Inform students each time crisis counselors are present – provide as much notice as possible and provide reminders on the day of.
- Students should be able to meet with a support-person individually or in small groups as needed.
- Consult as needed with HeadQuarters Kansas or your local mental health center to respond to any unique needs that may arise.
- After the initial two weeks, the school mental health team will assess the current level of need and determine a plan for tapered support going forward.
- If the school brings in mental health support or other resources from the community, it's important that those entities inform school mental health staff of any concerns.

### COMMUNICATE SUPPORT PLANS

- Ensure that students, staff, and parents are made aware of the plan for tapered support. Communicate any support plan updates accordingly. Setting expectations can bolster a sense of safety, security, and trust for the community.