

# Traumatic Event Crisis Intervention Plan

A traumatic event can be described as a sudden, unexpected event that has an emotional impact sufficient to overwhelm the usual effective coping skills of students and/or staff, and that causes significant psychological stress in usually healthy persons.

Crisis intervention is emotional first-aid, not therapy. The goals of intervention are to:

- Clarify and stabilize the situation.
- Mobilize resources.
- Return to normalization of routine for as many as possible, as soon as possible.
- Restore adaptive functioning.
- Facilitate healing and access to on-going help for those in need.

Assumptions about the needs of our students and staff following a traumatic event:

- To effectively process a student's grief, he/she will need a safe and secure environment.
- Coming to grips with one's own vulnerability and mortality often heightens the need to belong.
- A controlled and predictable environment facilitates the healing process.
- Each person must be free to choose how they wish to deal with their emotional needs.