

**Amagansett Union Free School District**  
**P.O. Box 7062**  
**Amagansett, New York 11930**

**“Being Proactive Instead of Reactive”**

As crises occur, we need to be equipped to respond to a wide range of events such as a natural disaster, student or staff death, school shooting and talk of suicide. To prepare in the event of a crisis, the Amagansett School has proactively put into place the following actions;

- Every year, as required by State law, we conduct a minimum of 12 fire and school safety drills. Four of these drills must include lockdowns and lockouts after which discussions are held on their effectiveness
- Our District Wide Safety and confidential Building Safety plans are reviewed annually and as needed with local authorities and staff
- New York State is the first in the nation to require mental health education in the schools. Effective July 1, 2018, the State regulation requires that it be taught as part of the general health class. Our health curriculum, *The Great Body Shop*, has already been aligned to the New York State Requirements
- Resources have and will continue to be provided to the staff for integrated health instruction.
- Security at building entrances has been enhanced through the use of restrictive FOBs and cameras have been placed at strategic locations around the campus which store data and can be reviewed as needed. Exterior doors remain locked at all times. Visitors to the school are required to sign in and wear a badge
- We are investigating making application to join the Long Island School Practitioner Action Network (LISPAN). LISPAN is a voluntary network of school-based mental health crisis team members created to help member schools meet the needs of students, staff and families following a crisis. LISPAN will be called upon if the resources needed extend beyond what any given school district is able to provide on its own. Currently there are 24 member school districts and BOCES
- The administration has distributed and reviewed with all staff, a “what to look for guide to warning signs for mental health disorders”. They include anxiety, behavioral and eating disorder indicators. Staff are required to report any signs of any of the above or other concerns to the Principal, School Psychologist or School Nurse
- The Shared Decision Making committee is cognizant of the enhanced safety procedures

- We utilize Student Behavior Referrals, Teacher/Staff Referrals after which the data is then entered into the student management system to identify any patterns of behavior meriting attention
- **Second Step** Character Education and Bullying Curriculum is delivered by classroom teachers to all grades
- Funding has been increased in the 2018-2019 district budget for enhanced security services
- Student assistance groups are formed and facilitated by the School Psychologist, as needed
- We are investigating **Mindfulness**, in conjunction with meditation, for future implementation as part of a social-emotional component of a study of school climate
- You can help by being mindful of the slogan "if you see or hear something", let the school or local authorities know

## Below you will find Links to help answer any questions

### Links

Research-based training on crisis preparedness response: [www.nasponline.org/prepare](http://www.nasponline.org/prepare)

#### **General Mental Health Resources for Schools (NYSED)**

New York State Office of Mental Health [www.omh.ny.gov/](http://www.omh.ny.gov/)

National Institute of Mental Health - An excellent source for packaged mental health training programs is through the National Center for School Mental Health at the University of Maryland.

<http://csmh.umaryland.edu/>

A Framework for Safe and Successful Schools <http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/a-framework-for-safe-and-successful>

#### **Second Step Character Education**

[http://www.secondstep.org/early-learning-curriculum?gclid=EAIaIQobChMI4bWDmMu82QIVhYTIC2DIQ1WEAAYASAAEgJJO\\_D\\_BwE](http://www.secondstep.org/early-learning-curriculum?gclid=EAIaIQobChMI4bWDmMu82QIVhYTIC2DIQ1WEAAYASAAEgJJO_D_BwE)

#### **Mindfulness**

<https://www.mindful.org/what-is-mindfulness/>

#### **Trauma Informed Care**

Adverse Childhood Experiences (ACES) 101  
<https://acestoohigh.com/aces-101/>

Child Trauma Toolkit for Educators

[http://www.nctsn.org/sites/default/files/assets/pdfs/Child\\_Trauma\\_Toolkit\\_Final.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/Child_Trauma_Toolkit_Final.pdf)

Child Trauma Toolkit for Educators (Spanish version)

[http://nctsn.org/sites/default/files/SP\\_Child\\_Trauma\\_Toolkit\\_111009\\_FINAL.pdf](http://nctsn.org/sites/default/files/SP_Child_Trauma_Toolkit_111009_FINAL.pdf)

Monroe County Research to Practice Council White Paper on Creating a Trauma Informed System of Care

<https://www.monroecounty.gov/File/Mental%20health/Trauma%20SOC%20White%20Paper.pdf>

Trauma and Learning Policy Initiative's guidance on Helping Traumatized Children Learn

<https://traumasensitiveschools.org/about-tlpi/>

### ***National Center for Child Traumatic Stress***

Resources for School Personnel

<http://www.nctsn.org/resources/audiences/school-personnel>

School Resources List

[http://www.nctsn.org/sites/default/files/assets/pdfs/school\\_resource\\_list\\_final.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/school_resource_list_final.pdf)

A checklist for School Personnel to Implement and Evaluate the Mental Health Component of Your School Crisis and Emergency Plan

[http://www.nctsn.org/sites/default/files/assets/pdfs/Challenger%20Newsletter%20Checklist-final-sw\\_rvsd.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/Challenger%20Newsletter%20Checklist-final-sw_rvsd.pdf)

### ***Violence Prevention***

School-Based Programs to Reduce Violence

<https://www.thecommunityguide.org/topic/violence>

Striving to Reduce Youth Violence Everywhere (STRYVE)

<https://vetoviolence.cdc.gov/apps/stryve/>

### ***Local Resources for Schools***

The Early Recognition, Coordination and Screening Initiative – A New York State Office of Mental Health funded initiative to cultivate cooperative relationships with local primary care practices, schools and other community-based programs, to promote early identification through social emotional developmental screening and linkages to services.

<http://www.p12.nysed.gov/ssd/documents/ERS2016.pdf>

Mental Health Association of NYS (MHANYS) offers training in Mental Health First Aid for Youth  
<https://www.mentalhealthfirstaid.org/>

Community Mental Health Promotion (CMHP) –local Mental Health Associations that often work with schools to provide education and training  
<https://mhanys.org/about-us/affiliates/>

New York State Suicide Prevention County Coalitions – the local coalitions that work with the NYS Suicide Prevention Center  
<http://www.preventsuicideny.org/my-county-coalition>

National Alliance for the Mentally Ill / NYS – Parents & Teachers as Allies, a 2-hour in- service program to help school professionals identify the early warning signs of early- onset mental illnesses in children and adolescents in schools  
<http://www.naminys.org/mental-health-programs/details/parents-and-teachers-as-allies/>

### ***Suicide Prevention***

[http://media.wix.com/ugd/ef5da1\\_176748adb283415989c01f1f3d26d9f0.pdf](http://media.wix.com/ugd/ef5da1_176748adb283415989c01f1f3d26d9f0.pdf)  
<http://www.preventsuicideny.org>  
<http://www.preventsuicideny.org/training-programs-1>

### ***Postvention***

Guidance on memorials after a suicide  
[www.preventsuicideny.org/resources](http://www.preventsuicideny.org/resources) (click on postvention)

Postvention Standards Manual: A Guide for a School's Response in the Aftermath of a Sudden Death  
[http://media.wix.com/ugd/ef5da1\\_bdb01b0b55a345178717f7afe6689f53.pdf](http://media.wix.com/ugd/ef5da1_bdb01b0b55a345178717f7afe6689f53.pdf)