



Drill Trauma

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DRILLS

NATIONAL ASSOCIATION OF SCHOOL PSYCHOLOGISTS
NATIONAL ASSOCIATION OF SCHOOL RESOURCE OFFICERS



- <https://www.youtube.com/watch?v=0IM4p62p3M0>

I LOVE YOU, MOM

- April Sullivan was pleasantly surprised by this text from her daughter last May, even though her eighth grade daughter wasn't supposed to be using her cellphone during school in Short Pump, Virginia.
- She didn't know that her child sent it while supposedly hiding from an intruder. You see, the girl didn't know the "code blue" was a drill.

Twinkle, Twinkle Little Star v2.0

LOCKDOWN, LOCKDOWN
LOCK THE DOOR
SHUT THE LIGHT OFF
SAY NO MORE
GO BEHIND THE DOOR
AND HIDE
WAIT UNTIL IT'S SAFE INSIDE
LOCKDOWN, LOCKDOWN
IT'S ALL DONE
NOW IT'S TIME TO HAVE
SOME FUN!

GENERATION LOCKDOWN

- NO SIMPLE ANSWER
- ACTIVE SHOOTER AND LOCKDOWN
- THE NEW NORMAL 1999
- RESEARCH IS SPLIT
 - Cost versus benefits
 - Empowerment vs potential harm
 - Community decision
 - Need to have counselors and/or psychologist available after drills

ACTIVE SHOOTER DRILLS

- Over past two decades, active shooter drills have ramped up in intensity, and students anxieties have swelled.
- Most parents can recall safety drills as children to prepare them for fires and tornados.
- Today's children, school safety drills are often geared towards "what to do" in an event of an armed intruder, which can cause anxiety for both students and parents.

STATISTICS

- Thirty-nine states require lockdown, active shooter or similar safety drills.
- Other states have less explicit requirements or leave it to districts, according to the Education Commission of the States.
- Of 51 million nationwide school students in public schools, there is no consensus on how these drills should be conducted.
- No data exist.

PLANNING

- Developmentally and age appropriate
- Disabilities-impede mobility and access instructions
 - Many need to drill more often-thus causing more psychological harm
- Sensory disabilities such as autism might heighten distress reaction.
- Intellectual disabilities might impede understanding a situation or instructions
- Second Language considerations
- Don't light the hallways on fire during a fire drill

ADULT BEHAVIOR

- Behavior of an adult directly affects the physical and psychological safety of students in a crisis.
- Well-trained; stay calm
- BUT...
 - Some teachers feel more traumatized than trained.
 - Scared straight tactics-super intense and traumatizing drills
 - Shot with rubber bullets
 - Canned Peas or river rock
 - Emotional distress

Training

- Participants should be fully informed of what's involved in training beforehand; given option to opt out ...consent is important in any safety training
- Debrief afterwards; access to mental health.
- Trauma history
- NO SURPRISE DRILLS-false sense of trauma
- Don't be Scared, be Prepared
- US Dept of Education: Recommends giving staff latitude to lock door, barricade doors, evacuate and last resort, fight back by throwing things or rushing the attacker.



BEFORE

- ORIENTATION- what to expect; developmentally appropriate, disabilities, language
- ANNOUNCE- always " This is a drill"
- TRAUMA HISTORY- take into account
- RECOGNIZE TRAUMATIC STRESS
- ADMINISTRATION IS PRESENT DURING DRILL
- INCLUDE MENTAL HEALTH
- SOCIAL MEDIA ALERTS
- MARK "SAFE ZONES" IN CLASSROOMS

DURING

- PROVIDE CLEAR, DIRECT INFORMATION-go, get out, evacuate vs run, hide, fight
- MODEL RESPONSE
- REASSURE DISTRESSED STUDENTS
- COMMUNICATE-factual information
- PARENTS AND MEDIA
- SOCIAL MEDIA-rumors and facts

AFTER

- COORDINATE WITH LAW ENFORCEMENT
- COMMUNICATE
- GUIDANCE FOR PARENTS
- RECOGNIZE TRAUMA REACTIONS
- TIME TO SHARE REACTIONS
- EVALUATE

ANXIETY

- Most prevalent among children 13-18
- Asthma induced by anxiety- coughing
- Crying
- Stomach aches
- Hyper-vigilance
- Chronic worry
- Stress headaches
- Heart-racing

- As educators we struggle to understand anxiety and its implications for student success in schools.
- Anxiety is an illness associated with general fear and worry.
- It is not nervousness, and it is most certainly not complacency.
- The fear of the unknown
- If perfection is not a possibility, then a student doesn't see the risk is worth taking.

PREPAREDNESS

- A vital component to any school safety plan is **Preparedness**
- To what level do you take it
- Provide orientation- define expectations
- Provide training based on capabilities
- Provide for mental health to follow up
- Encourage parents to talk with their child
- What can YOU do?

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