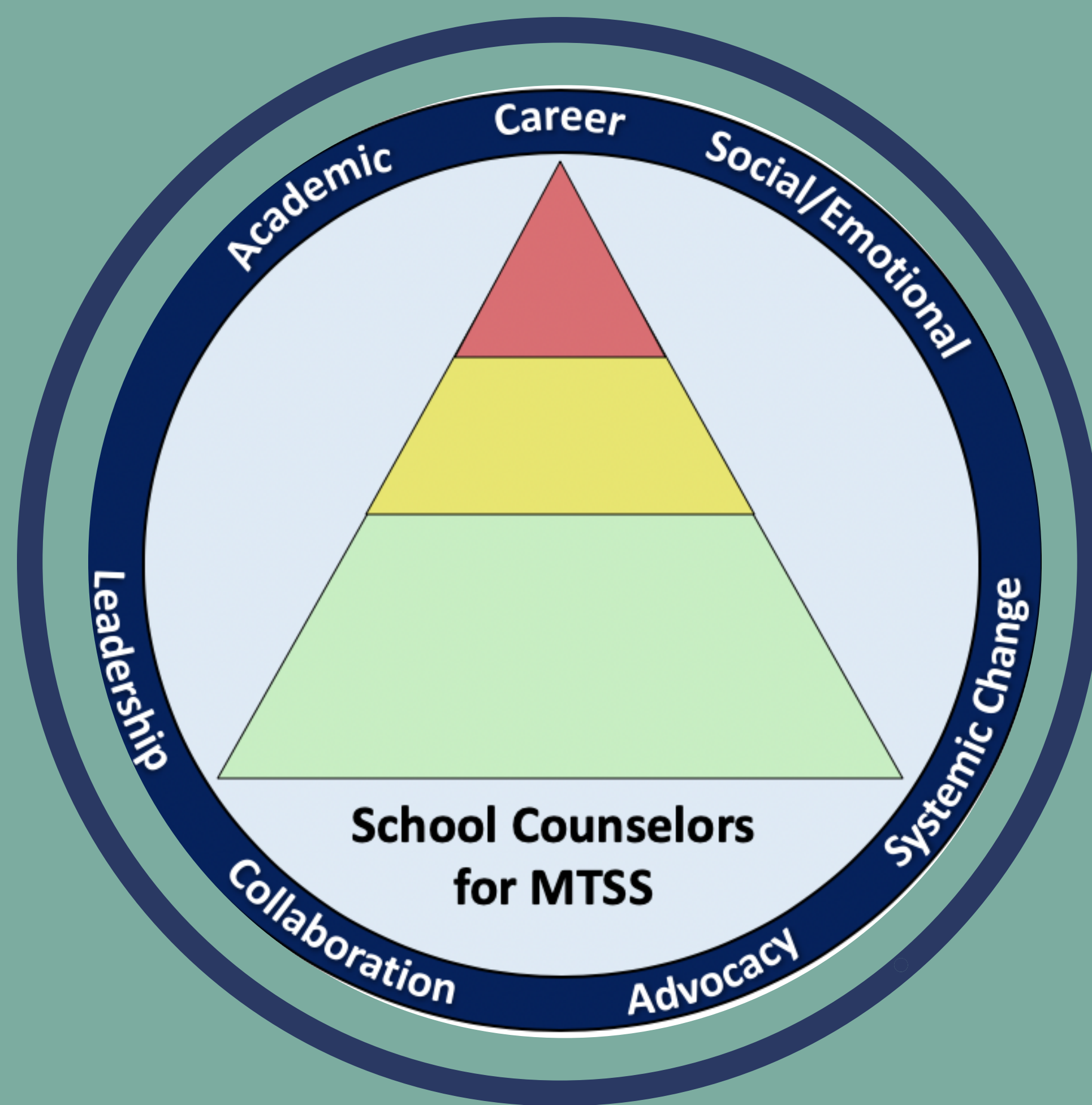


# School Counselors for MTSS CRISIS RESPONSE WITH MTSS IN MIND

## COVID-19 RESOURCE

During this time of uncertainty how do we effectively and systemically support all students as crises arise?



### TIER 1

## WHAT ARE WE DOING FOR ALL STUDENTS?

1. COLLABORATING WITH CRISIS TEAM
2. TEACHING HEALTHY COPING STRATEGIES
3. PROVIDING REGULAR CONTACT WITH CARING ADULTS
4. CONDUCTING REGULAR NEEDS ASSESSMENTS TO DRIVE INTERVENTION

### TIER 2

## WHAT ARE WE DOING FOR SOME STUDENTS?

1. PROVIDING VIRTUAL SMALL GROUP COUNSELING WITH COUNSELOR
2. TEACHING TARGETED PSYCHOEDUCATIONAL INSTRUCTION
3. FACILITATING PARENT/STUDENT VIDEO CHAT WITH COUNSELOR
4. HOSTING PARENT SUPPORT GROUPS

### TIER 3

## WHAT ARE WE DOING FOR A FEW STUDENTS?

1. PROVIDING 1:1 COUNSELING (WORKING IN PAIRS)
2. KEEPING OUR STUDENT ON THE LINE UNTIL CRISIS IS RESOLVED OR A PLAN IS MADE OR BOTH
3. CHECKING IN ON STUDENT REGULARLY AFTER CRISIS
4. POSTING CRISIS LINE INFORMATION ON WEBSITE

## HELPFUL RESOURCES:

1. ASCA TOOLKIT: CRISIS PLANNING AND RESPONSE DURING A PANDEMIC/VIRTUAL SCHOOL COUNSELING [HTTPS://WWW.SCHOOLCOUNSELOR.ORG/SCHOOL-COUNSELORS/PROFESSIONAL-DEVELOPMENT/LEARN-MORE/CRISIS-PLANNING-AND-RESPONSE](https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/crisis-planning-and-response)
2. SAMHSA DISASTER DISTRESS HELPLINE: CALL 1-800-985-5990 OR TEXT TALKWITHUS TO 66746
3. NATIONAL SUICIDE PREVENTION LIFELINE: CALL 800-273-8255 OR CHAT WITH LIFELINE
4. CRISIS TEXTLINE: TEXT TALK TO 741741
5. COUNSELOR ETHICS IN DISASTER RELIEF [HTTPS://WWW.COUNSELING.ORG/DOCS/DEFAULT-SOURCE/ETHICS/ETHICS-COLUMNS/ETHICS\\_JANUARY\\_2018\\_DISASTER-MENTAL-HEALTH.PDF?SFVRSN=BA25522C\\_4](https://www.counseling.org/docs/default-source/ethics/ethics-columns/ethics_january_2018_disaster-mental-health.pdf?sfvrsn=ba25522c_4)[HTTPS://WWW.SCHOOLCRISISCENTER.ORG/](https://www.schoolcrisiscenter.org/)
6. CENTER FOR SCHOOL CRISIS AND BEREAVEMENT [HTTPS://WWW.SCHOOLCRISISCENTER.ORG/](https://www.schoolcrisiscenter.org/)

