

# LISTENING SESSIONS ON SCHOOL CRISIS AND RECOVERY

## HOW TO HELP YOUTH AFTER CRISIS: RECOMMENDATIONS FROM YOUTH WHO HAVE BEEN THROUGH CRISIS

### WHAT HELPS

#### SCHOOLS

**KNOW WHAT CRISIS IS**

BROADER DEFINITION

CAN YOU UNDERSTAND THE YOUTH?

**PROPER REPRESENTATION**

CHECK YOUR BIAS

PEER TO PEER SUPPORT

**ASK AND LISTEN**

WHAT DO YOU NEED + WANT?

**COMMUNICATE**  
WHAT RESOURCES ARE

**CREATE A PLAN**

YOUNG PERSON STEERS

YOUTH VOICE, YOUTH CHOICE

**FOLLOW UP**

NOT JUST THROUGH EMAIL

CHECK IN AT HOME, DORM

### WHAT HARMS

**LEAVING IT UP TO ADMINISTRATION**

NOT GIVING STUDENT CONTROL

INCLUDE TEACHERS + OTHER SUPPORTS

#### COMMUNITY

**BE A CONNECTOR**  
BETWEEN SUPPORT SYSTEMS

DON'T LEAVE IT TO ONE GROUP

**TRAINING**

STUDENTS

HOW TO TALK THINGS THROUGH

TEACHERS, FAMILY, PROVIDERS

HOW TO HELP STUDENTS IN CRISIS, WHAT TO EXPECT

ABOUT CRISIS, MENTAL HEALTH

BE CAREFUL HIRING COUNSELORS

**SHARE EXPERIENCES**

MAKE THINGS WE GO THROUGH LESS TABOO

GROUPS

SO YOU KNOW YOU'RE NOT ALONE

**BE IN COMMUNITY**  
WITH LIKE-MINDED INDIVIDUALS

**YOUTH EVENTS**

MENTORING PROGRAMS

MENTAL HEALTH FAIR

OPEN MIND  
OPEN HEART

#### PROVIDERS

**PERSPECTIVES + REPRESENTATION**

DIVERSIFY STAFF AND PROGRAMS

MORE PEOPLE TO TALK TO

**LISTEN**

**COMMUNITY OUTREACH**

**PROVIDE RESOURCES**

MAKE THEM EQUITABLE

FUND THEM

**STIGMA**  
**JUDGMENT**

SYSTEMS STEERING YOUTH AWAY FROM COMMUNITY

**CHOOSING IGNORANCE**

**NEGLECT**  
"IT'LL RESOLVE ITSELF"