

# EMBRACING & EXPANDING POSTVENTION IN/FOR OUR SCHOOLS

## Community of Practice Launch

September 23, 2021

1:30 - 3:00 pm PST / 4:30 - 6:00 pm EST





**WELCOME.**

We're so grateful thrilled anxious all the big feelings happy to be with you in this new community.

# OUR CoP FACILITATORS & STAFF



**Zeruiah  
Buchanan, MPH  
Consultant  
(She/Her)**



**Francesca Osuna,  
MSW/MPH, PPSC  
Field Coach  
(She/Her/Ella)**



**Alica Forneret,  
SCRR Pedagogy of Grief  
Program Lead  
(She/Her)**



**Livia Rojas,  
SCRR Program  
Manager //  
Tech Lead  
(They/Them)**



**Leora Wolf-  
Prusan, Ed.D  
Project  
Director  
(She/Her)**

**Your CoP Co- Facilitators**

**Your CoP Support Staff**

# OUR SCRR Project Vision



*Promoting effective and sustainable change in the ways school communities and school leadership builds the skills, knowledge, and attributes necessary to recover and renew after a crisis.*

[www.schoolcrisishealing.org](http://www.schoolcrisishealing.org)

School crisis readiness is essential. Response is critical.

**And: what happens after matters, too.**





**Land. Time. Moment. (*breath*)**

# Community of Practice Goal



Our goal is to share our experience and wisdom to evolve the way we think (and the field thinks, supports, approaches, legislates) about suicide postvention in schools.

# How Might **Today Flow?**



## Orientation to our CoP-What, Why, How

- **Setting Norms**
- **Introductions (small groups)**

## Overview of Postvention, Recovery and Renewal

- **Group brainstorm**
- **Discussion (small groups)**

## Break

## Share out

## Close

- **Feedback to inform our CoP**
- **What's next?**



Unresolved  
and  
untended  
harm can  
result in  
more harm

Folks have  
been asking  
for this space  
to dialogue  
and design

The  
postvention  
space as a lot  
of room to  
expand and  
embrace new  
direction

And all of this was  
informed by year long  
conversations with leaders  
from across the country.  
This came from you by  
you.

**Why this? Why now?**

# Our Community of Practice



## What can you expect?

- Monthly sessions (except December)
- Usually, the 4th Thursday
- Bringing together a national audience of practitioners to share experience and wisdom
- Collaborative conceptualizing of what long-term postvention in our schools can look like, feel like (or stop looking like, feeling like)
- Opportunities to co-lead sessions!

# Our Community of Practice



## What is this CoP? What isn't it?

Therapy vs **therapeutic**

Not a train the trainer, not a sit and get - **dynamic and peer resourcing**

**Embodied**, but not a somatic training

We have a program & vision, and we're flexible and adaptable

We have expertise, **and so do you**

This seminar aims to hold three kinds of spaces

- A **processing space** (centering dialogue)
- A **learning space** (centering information)
- A **practice space** (centering interaction)

## Brave Space

- Actively Listening to Understand
- Attempt bravery in discomfort
- Embrace curiosity over analysis
- Actively Participating - use chat, speak up, share resources
- Intentions do not always translate to impact
- Explore with a beginner's mind; no one is born with critical consciousness
- Self-Care When You're Activated
- Practice contextual confidentiality
- Move in, move out
- And remember... **There is a conversation that only the people in this room right now can have. Find It.**

# Establishing **Language Norms**



Say This



Instead of  
This

Died by Suicide



Committed  
Suicide

Fatal Suicide



Completed  
Suicide

Non-Fatal Suicide



Attempted  
Suicide

They're Experiencing  
Suicidal Behavior\*

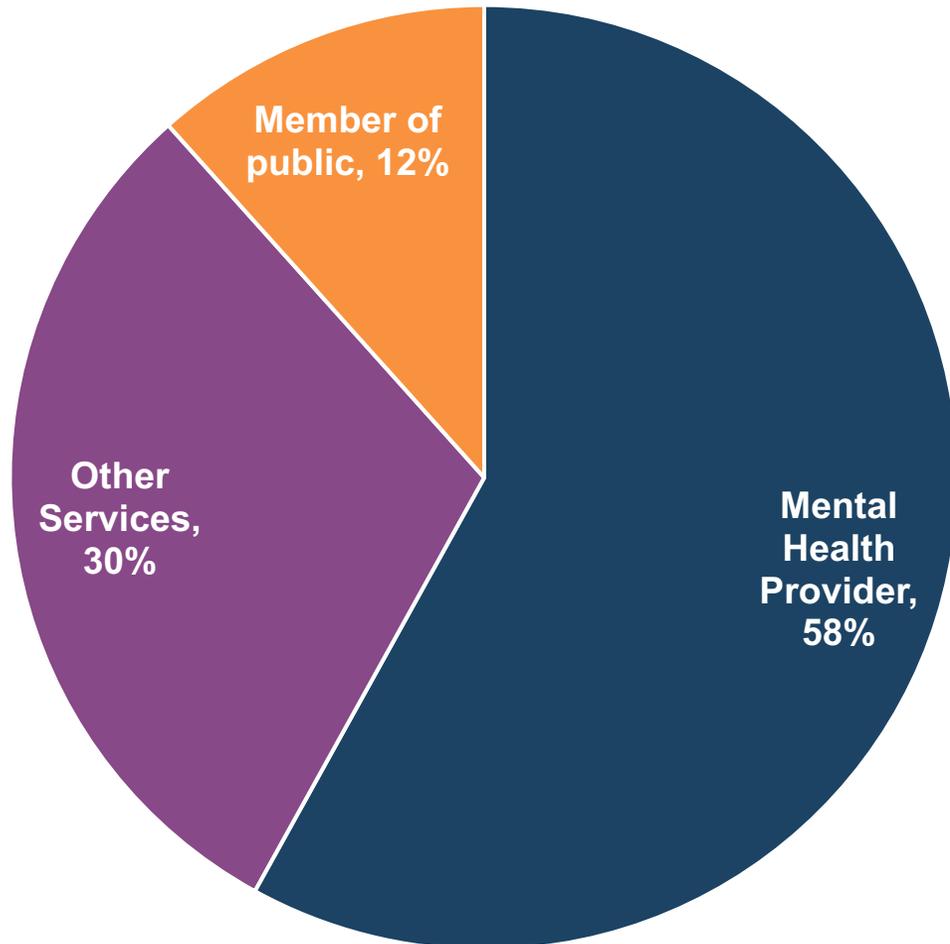


They're Suicidal

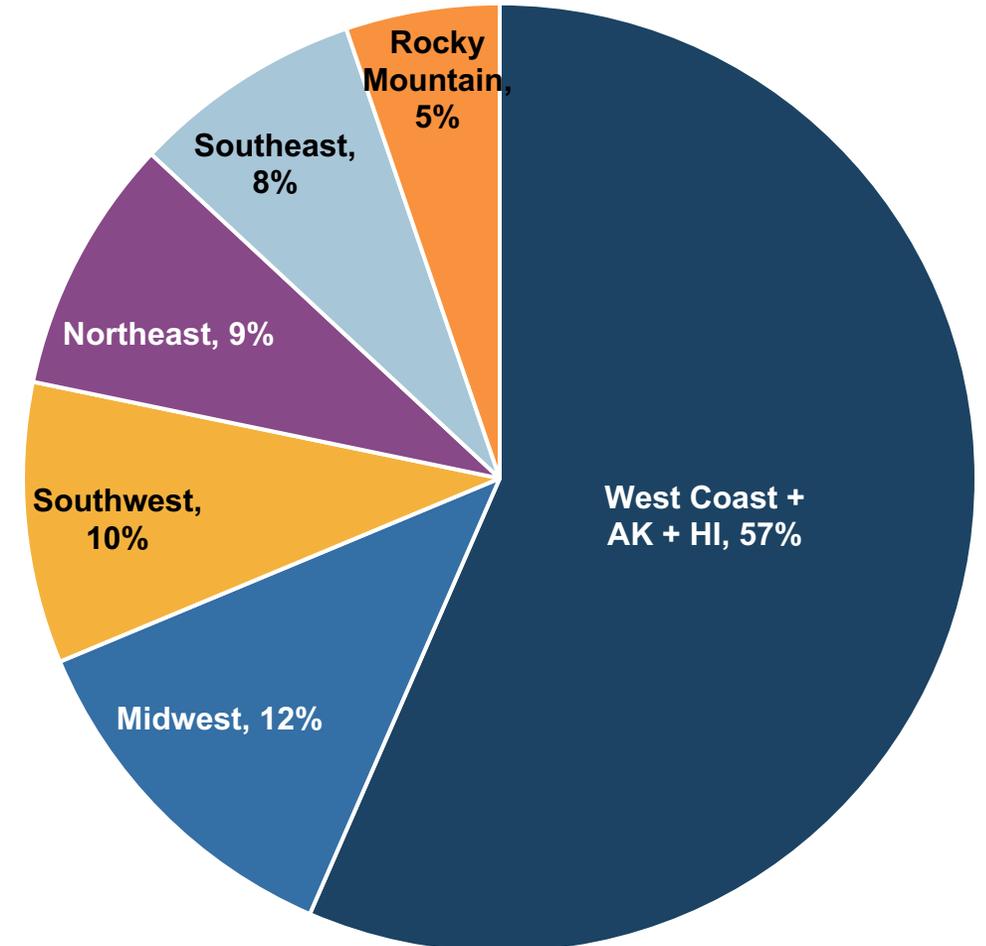
# Who's in **the Room?**



## By Role (%)



## By Region (%)



# Speed **Connecting!**



## **Please share your:**

- Name
- Pronouns (if you are comfortable)
- Location
- Current Work You Do
- Thoughts on what "expanding and embracing postvention" could mean

**Please plan for about 2 minutes  
per person**



**School Crisis Readiness,  
Response, Recovery &  
Renewal**

**Readiness (Before a big thing)**

- Past, present & future
- Competencies, Collaboration & Communication

**Response (During a big thing)**

- Present
- Protection & reduction of harm; mitigation of panic, identifying harm tipping points, responding to death and grief

**Recovery (the week, month, year after a big thing)**

- Past & the present
- Connectedness & Commonality
- Safety & Stabilization, Remembrance & Mourning, Reconnection & Integration (adapted from Herman, 1992)

**Renewal (A year + after a big thing)**

- Present & the future
- Constructing a coherent narrative: what happened to us? With us? By us?
- Name, navigate, normalize
- Healing & meaning Making
- Creating & reimagining

# What is school crisis recovery?

Big thing happening

- Event(s) + Compounded experiences + Effects
- Disempowerment + Disconnection

Recovery

- Regaining a sense of agency (power)
- Reestablishing connection



## FOUNDATIONS OF RECOVERY

The recovery phase requires crisis leadership in the first three months, six months, and years after a harmful event. Judith Herman was one of the first psychologists to codify the importance of recovery in *Trauma and Recovery* (1992). Herman posits that the central recovery modality is connectedness and commonality: finding peer support and resonance.

### Safety

Safety: Empowerment & restoring a sense of control

**Safety is a construct and is contextual.** Comprehensive safety includes more than physical safety; it also includes psychological, structural, interpersonal safety. Recovery leadership acknowledges the diverse experiences and needs that contribute to safety individually and collectively.

### Remembrance & Mourning

Commemoration and memorialization

**Remembrance and mourning is telling the story of the trauma or crisis (Herman, 1992).** This can happen collectively (assembly meetings) or separately by advisory, grade, classroom, etc. Recovery leaders plan for what spaces need to be held together as a whole, and which members need differentiated recovery spaces.

### Reconnection

Regulation, stabilization, re-orientation

**Reconnection is focused on creating a future in the context of the past and present hurt.** Recovery leaders bridge social connections to remind community members that, while crisis can fracture our connections to ourselves and each other, recovery encourages us to reconnect to ourselves and to each other.

COPING

RESILIENCE

POST TRAUMATIC GROWTH

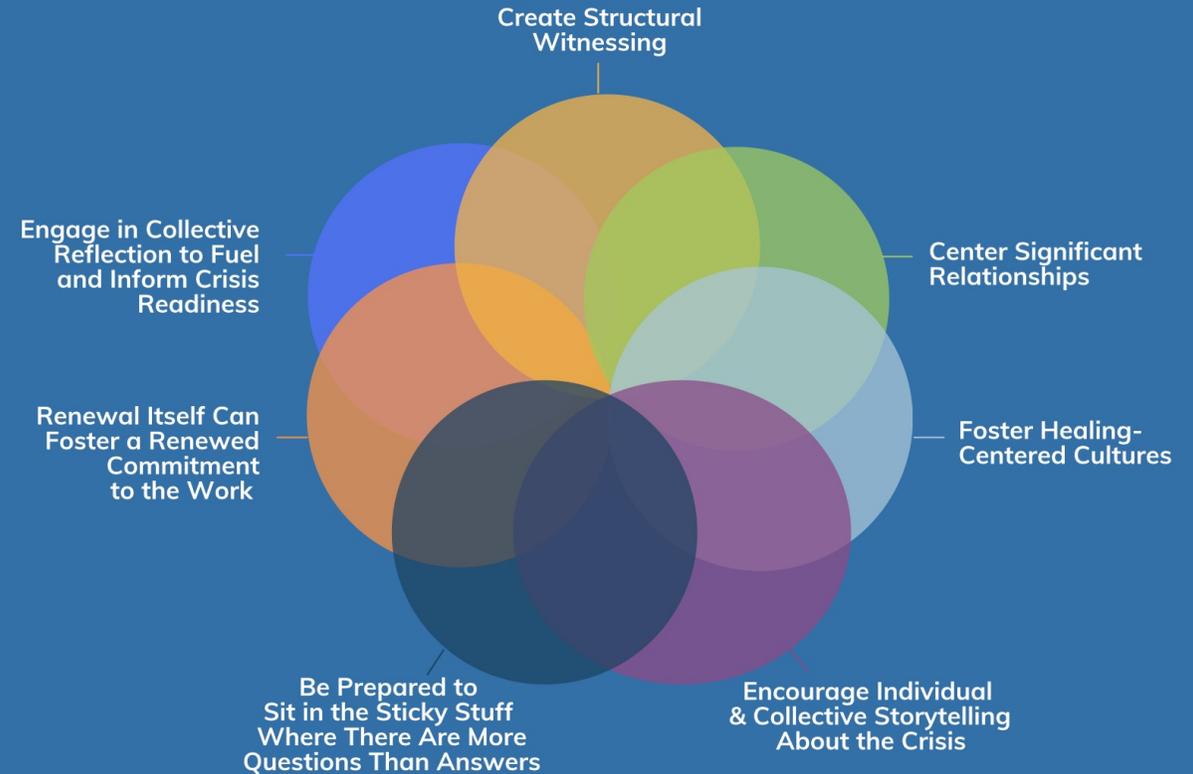
HEALING

MEANING MAKING



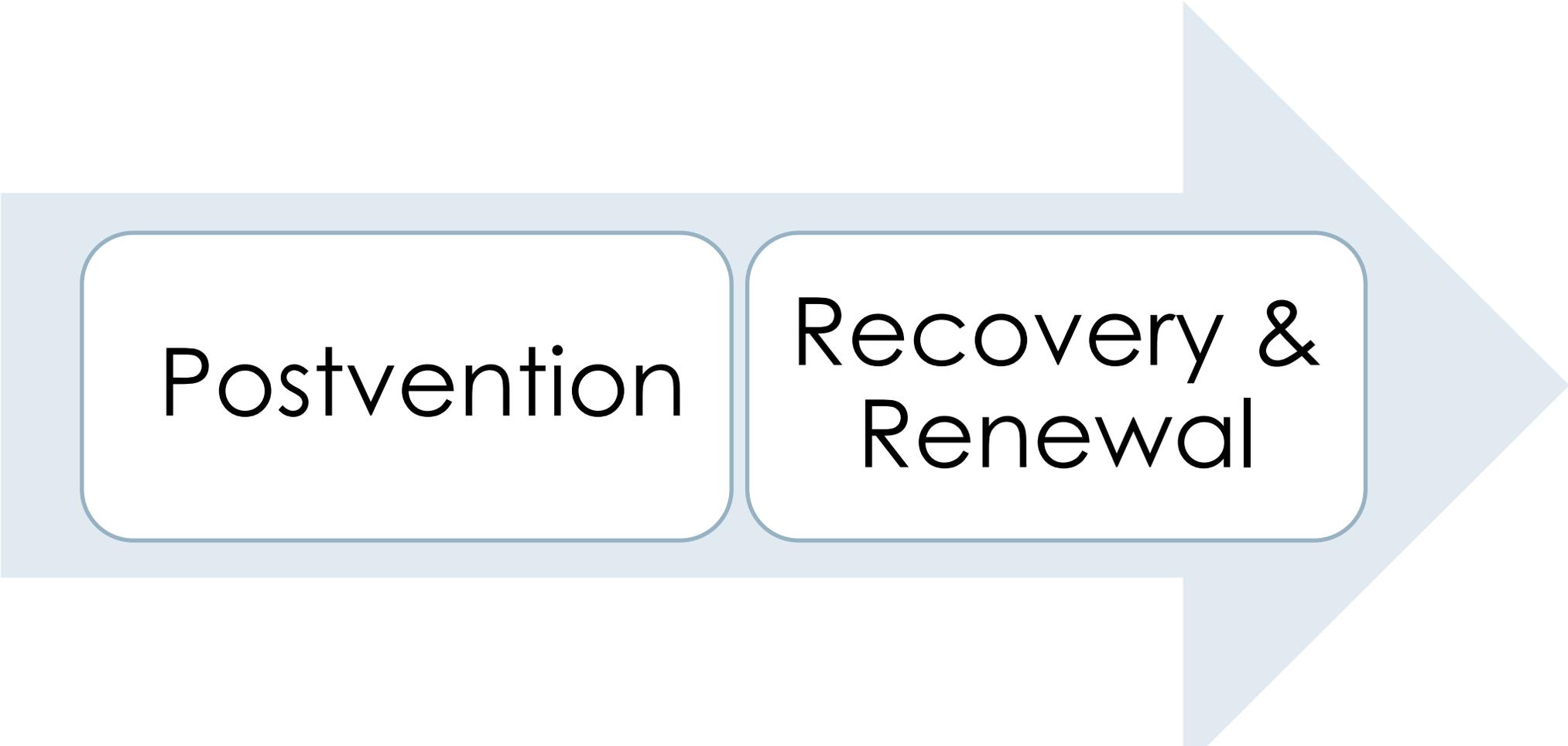
## ELEMENTS OF RENEWAL

This section introduces what renewal leadership looks like and offers seven elements that can foster school crisis renewal



Renewal involves the leaders themselves. This is the phase of crisis leadership where leaders are not only externally focused, but internally introspective. Renewal after a crisis asks for leaders of school communities, organizations, teams, or sites to help all involved make meaning of what is happening and what happened, to ground and try to make sense of things that don't make sense.

# Topics Of Discussion



IN OUR SCHOOL COMMUNITIES

## **Some of our essential questions...**

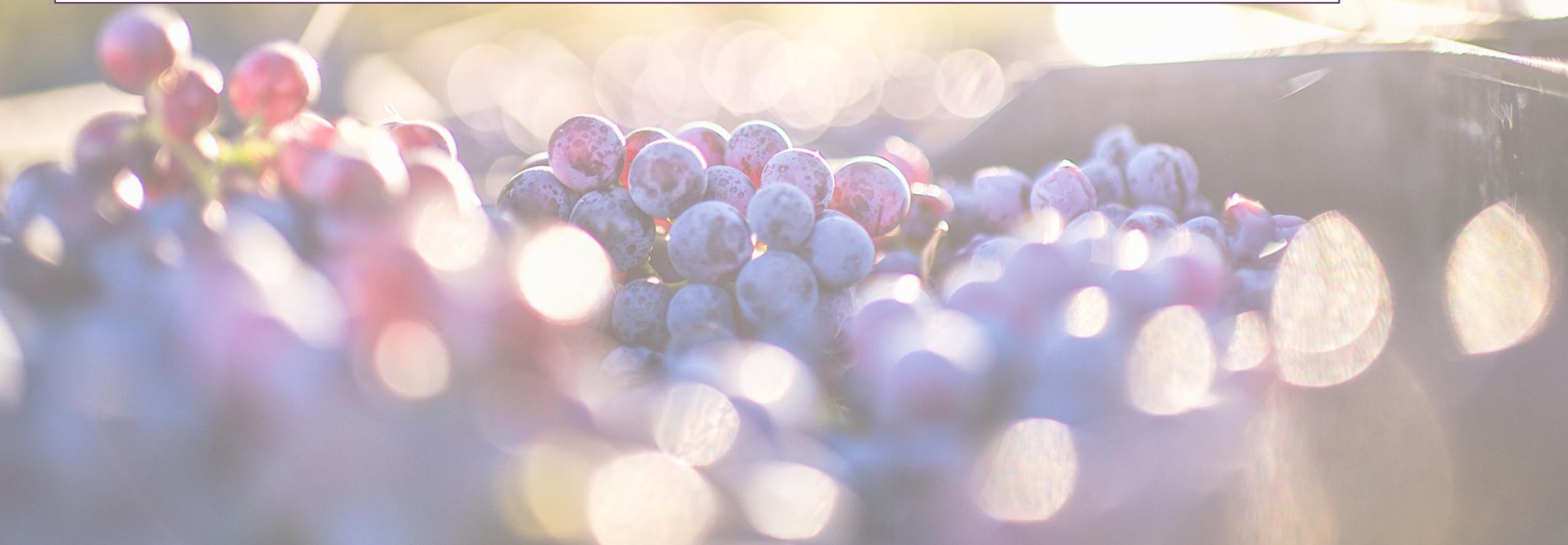
- How might suicide open us as school communities to understanding harm and hurt?
- How might we explore specific grief related to suicide (closure, healing)
- How might we create space and skills for us as leaders to process our own feelings (of failure, of sadness, of despair...especially after suicide clusters)
- How might we implement postvention in constant crisis?
- What might we learn from cultural traditions alongside suicide response and crisis work?
- How might we partner and support schools during and after suicide?
- What might trauma informed and healing centered postvention policies look like...

**And is postvention the right word, the right capture?**

Those are some of our questions.

**What are yours?**

**Question harvest** re: Recovery, Renewal, Postvention in and for our school communities



# Small Groups: Two Choices

## Envisioning Our Community of Practice



### Process & Preview about this CoP

- What are your hopes for this series?
- How have you learned in the past in professional settings?
- What supported the learning?
- How did you support your own learning?
- What has worked for you in CoPs or learning collaboratives before? What hasn't?

### Process & Preview about this Postvention x Recovery & Renewal in School Communities

- How might safety, mourning & remembering, and reconnection connect to postvention?
- How might coping, healing, meaning making, post traumatic growth connect to postvention?
- Now hearing a bit about recovery & renewal, what questions come up for you about how to embrace or expand postvention in our schools?
- How might our work together be student and educator centered?

**BREAK TIME!**





## Listening In:

Themes you  
heard

Curiosities  
surfaced

Wonderings you  
have

Excitements  
bubbling

**Learner Goal Setting: By our last session (May 2022!)...**

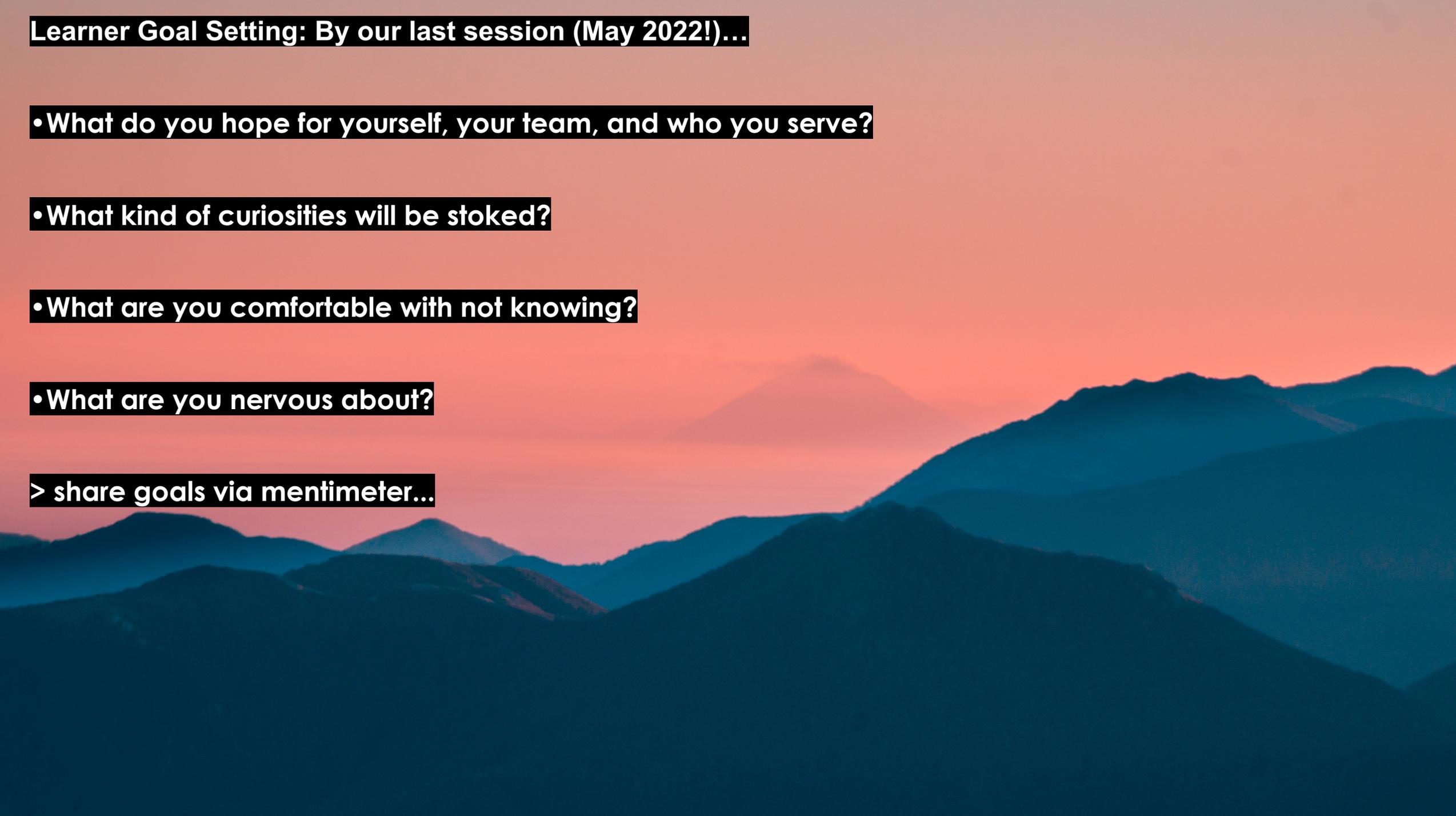
**•What do you hope for yourself, your team, and who you serve?**

**•What kind of curiosities will be stoked?**

**•What are you comfortable with not knowing?**

**•What are you nervous about?**

**> share goals via mentimeter...**



# What's Next?



Suicide  
Contagion

Memorialization

Social Media

Youth  
Collaboration

Culturally  
responsive  
postvention

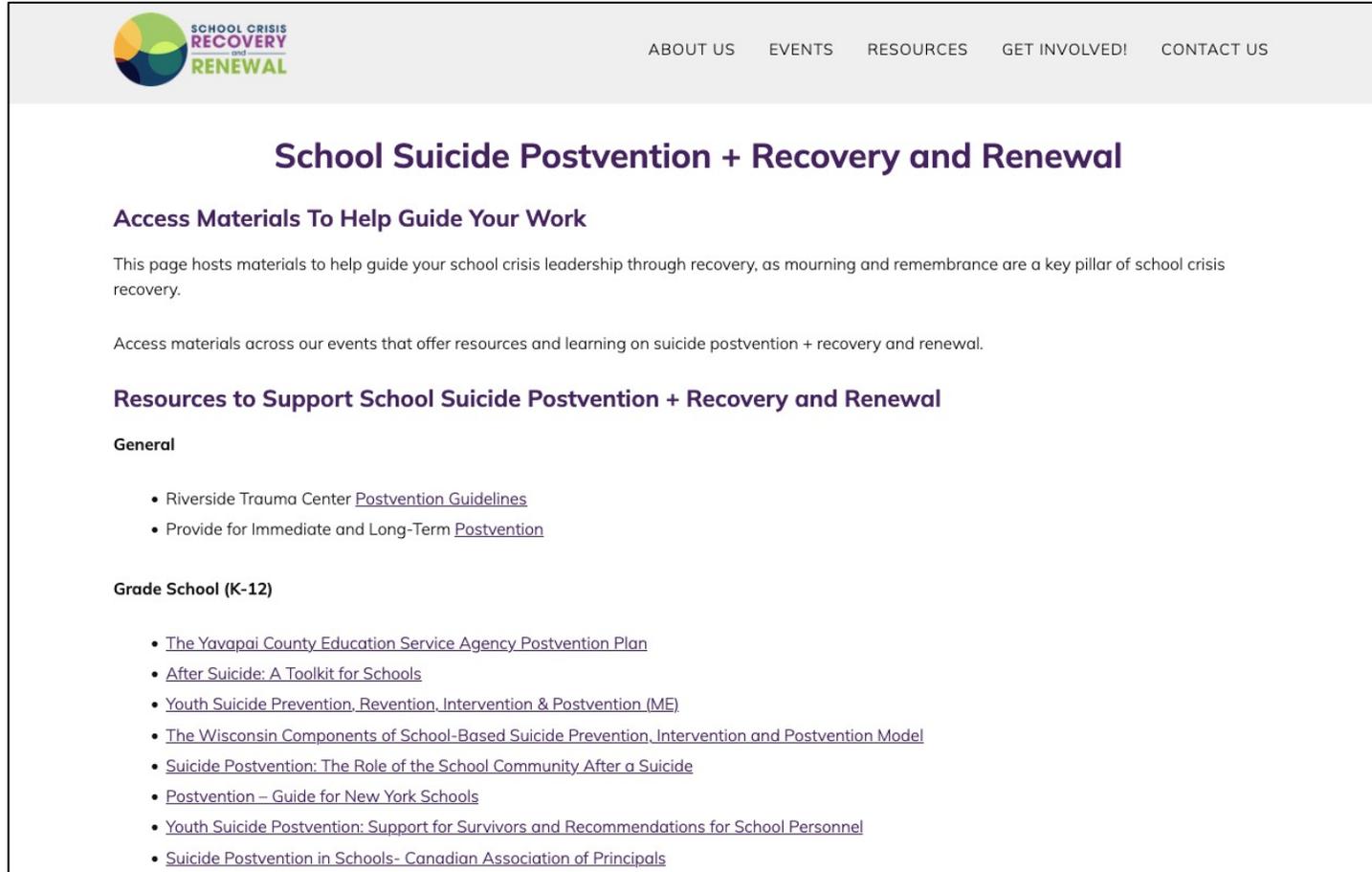
Experiences  
with  
postvention

Stigma

Non-fatal  
suicide and  
ideation

Policy  
Development

# Postvention Resource Page



The screenshot shows the website's header with the logo on the left and navigation links (ABOUT US, EVENTS, RESOURCES, GET INVOLVED!, CONTACT US) on the right. The main heading is "School Suicide Postvention + Recovery and Renewal". Below it is a sub-heading "Access Materials To Help Guide Your Work" followed by a paragraph explaining the page's purpose. Another paragraph mentions access to materials from events. The "Resources to Support School Suicide Postvention + Recovery and Renewal" section is divided into "General" and "Grade School (K-12)" categories, each with a list of resource links.

**SCHOOL CRISIS RECOVERY and RENEWAL**

ABOUT US   EVENTS   RESOURCES   GET INVOLVED!   CONTACT US

## School Suicide Postvention + Recovery and Renewal

### Access Materials To Help Guide Your Work

This page hosts materials to help guide your school crisis leadership through recovery, as mourning and remembrance are a key pillar of school crisis recovery.

Access materials across our events that offer resources and learning on suicide postvention + recovery and renewal.

### Resources to Support School Suicide Postvention + Recovery and Renewal

#### General

- Riverside Trauma Center [Postvention Guidelines](#)
- Provide for Immediate and Long-Term [Postvention](#)

#### Grade School (K-12)

- [The Yavapai County Education Service Agency Postvention Plan](#)
- [After Suicide: A Toolkit for Schools](#)
- [Youth Suicide Prevention, Revention, Intervention & Postvention \(ME\)](#)
- [The Wisconsin Components of School-Based Suicide Prevention, Intervention and Postvention Model](#)
- [Suicide Postvention: The Role of the School Community After a Suicide](#)
- [Postvention – Guide for New York Schools](#)
- [Youth Suicide Postvention: Support for Survivors and Recommendations for School Personnel](#)
- [Suicide Postvention in Schools- Canadian Association of Principals](#)

**Resource Page Link:**  
<https://bit.ly/scrr-sp2122>

**If you have resources to share, please send them our way!**

# Grounding



Find your breath

Notice your body

Notice what's rising up for you





**THANK YOU.**

**For joining. For trusting us. For building with us.  
For creating this community.**



SCHOOL CRISIS  
**RECOVERY**  
and  
**RENEWAL**

## Contact Info

**Email:** [SCRR@cars-rp.org](mailto:SCRR@cars-rp.org)

**Phone:** (888) 597.0995

**Website:** [www.schoolcrisishealing.org](http://www.schoolcrisishealing.org)

## Get social with us!

 **Facebook:** @scrr.project

 **Instagram:** @scrr\_project

 **Twitter:** @scrr\_project