

Package For Emergency Events In Schools and Communities



Heads Up CIO is a world leader in the field of trauma support providing a prevent and rapid response service that is completely unique to the UK.



Our emergency service is designed for immediate implementation for victims of terrorist attacks and other major disasters. Our growing national team of specially-trained mental health therapists deliver Cognitive Psychological First Aid to enable people in shock to move towards being fully functional at the scene of an incident.

We want to ensure that the people of the United Kingdom are prepared. By developing resilience within our communities, together we can become stronger and reduce anxiety.

Psychological First Aid for Schools

CORTEX-CPFA

How do I talk to children about death!

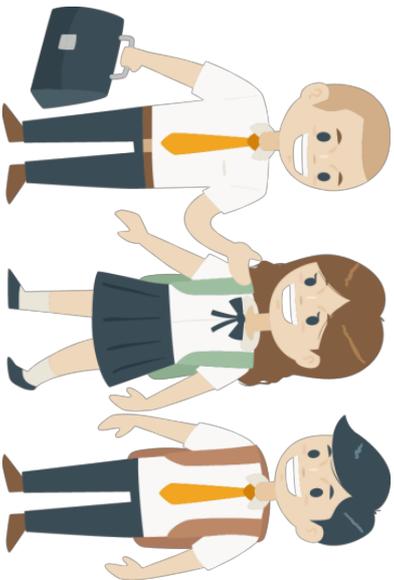
- Be truthful
- Give short simple honest and age-appropriate answers to their questions
- Listen carefully to their feelings without judgement (there are no wrong feelings)
- Be ready to discuss the same things or answer the same questions over and over again
- Do not be afraid to say that you don't know the answer to a question
- Ask what they want to know and give answers that fit those questions
- Let them know that they can come to talk to you at any time

WORKSHOPS

BIG LOTTERY FUNDED

Our unique workshops are based on the DNA v programme for young people of all ages and the CORTEX cognitive psychological first aid protocols for 16 + promoting resilience and giving are trainees an actual practical protocol of what to do when someone close to them is in psychological shock.

STUDENTS



- 1 Students should be given age-appropriate psychoeducation of trauma reactions
- 2 Depathologise and demystify acute stress reaction signs and symptoms.
- 3 Reassure students that this and more is normal within the first few days of a traumatic event and that they are not sick or crazy this is a normal reaction to an abnormal situation.
- 4 Students should be given a strong message of resilience and inner strength.
- 5 Students should be encouraged but not forced to reach out to support of adults and friends upon need.

Acute Stress Reaction symptoms

Physical

sleep disturbances
change in mood
change in behaviour
disturbing thoughts

Emotional

Fear
Anger
Guilt
Sadness



Behavioural changes:

- Clinginess to friends, family and teachers.
- Preference to be alone
- Not talking with others
- Difficulty having fun
- Difficulty concentrating
- Avoidance of scary places
- Avoidance of people
- Avoidance of sounds
- Avoidance of smells

*Survivors guilt
(believing it was
their fault)*

IMPORTANT

Children can be signposted to mental health workers when appropriate or when the display concerning or risky behaviour.

Remember! children like anybody else can be resilience and bounce back from crisis we can intervene with children in a way that bolsters their self efficacy while not conveying witness or pathology.

Children need easy to access information on easy ways to cope and relax so that they are well equipped with self regulation skills to navigate stormy emotions and cognitions.

❖ Unhealthy coping behaviours

Avoiding family and friends

Using drugs

Using alcohol

Doing other risky, illegal or dangerous behaviours

Doing any avoiding behaviour to avoid thinking about what happened.

❖ Healthy Coping Behaviours

Proper sleep

Proper diet

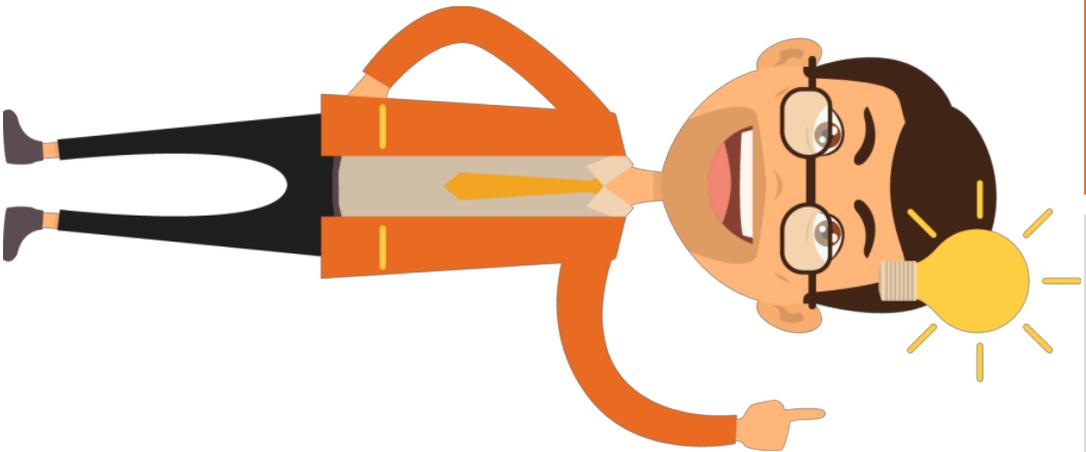
Listening to music

Sticking to schedule as best as possible

Hanging out with friends and other social activities.

Playing outside

Reaching out to a trusted adult for help



PARENTS

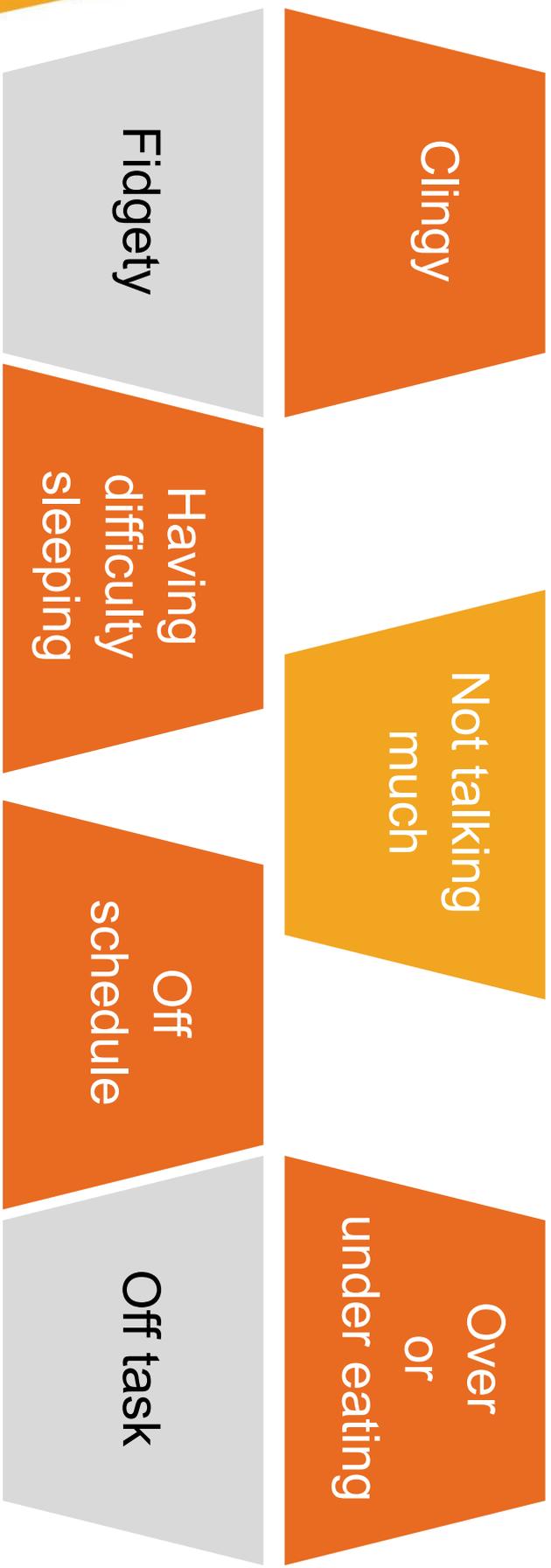
Familiarise yourself with appropriate manner of discussing crisis tragedy or death.

Your reaction should be a calming and resilient presence.

Normalise and accept changes in your child's behaviour.

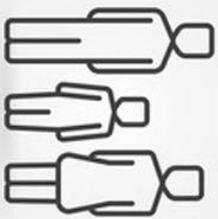
Assure and support your child that this is a normal reaction.

Be flexible and adaptive to the following changes in your children: They may be



Children may be using social media to express themselves and be on their phones more than usual.

IMPORTANT



Make sure you become knowledgeable of your children's school plan and be in touch with teachers school counselors and others to have a unified voice and plan for your child's resilience.

Parents should also be educated in the following



Relaxation techniques

Destress techniques

Methods for regulating difficult emotions and thoughts

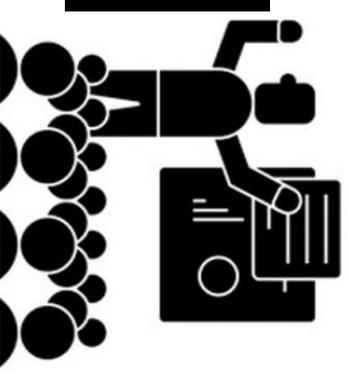
SELF CARE FOR PARENTS

Important that parents and caregivers take care of themselves! Ensure you have strength to take care of your child by seeking support for yourself from friends and loved ones.

Seek guidance when necessary.

WORKSHOP

Our workshop for parents will ensure they have the correct information and order to guide their children in emotional and cognitive regulation as well as in relaxing and destressing techniques.



TEACHERS

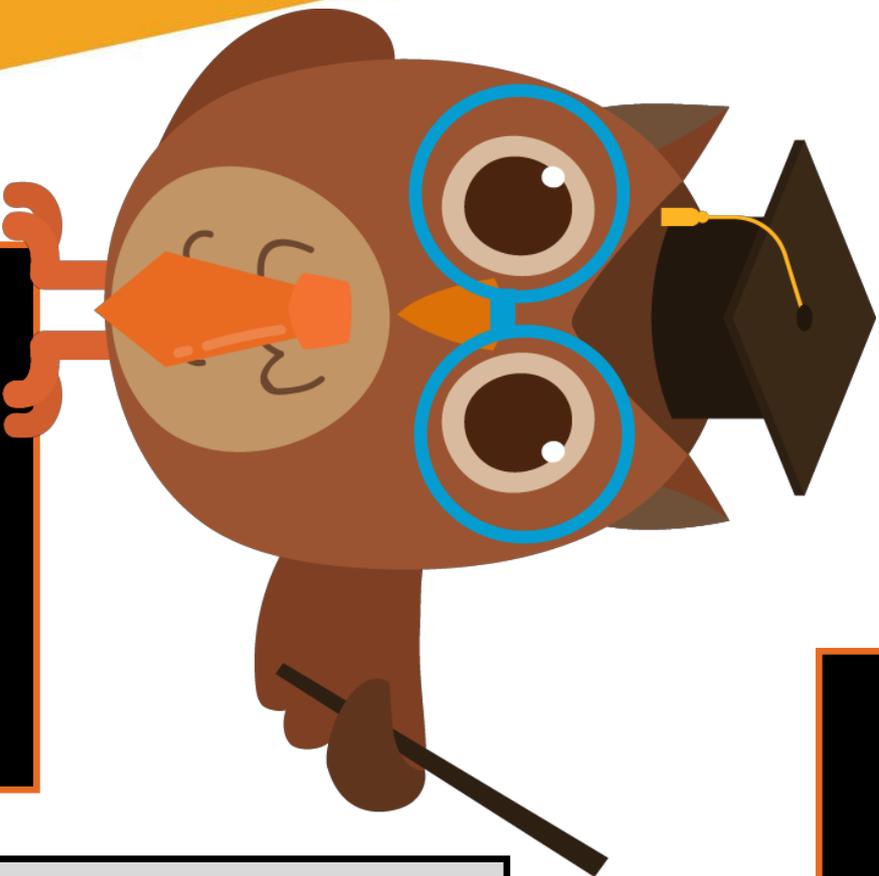
Due to possible behavioral changes in students teachers must be prepared to be more flexible and patient in regards to discipline.

Bring your student back into routine while simultaneously considering pushing off deadlines and scheduling time for teaching and practicing calming techniques if necessary or appropriate.

Not all behaviour can be excused although it is important to bear in mind how some unruly behaviour may be part of a students reaction to the tragedy that has been experienced.

Teachers should have a supportive and understanding stance this will help rally students together and bounce back from tragedy creating a culture of strength and resilience.

Be prepared to support students who are suffering and normalise trauma reactions that they may be experiencing.



It is important to teach that not all questions can be answered or how this may not be an appropriate time or method know which to seek answers.

This type of work is a skill that teachers should be suitably trained and prepared to perform after a crisis in school.

Be prepared to offer legitimate answers to students questions.

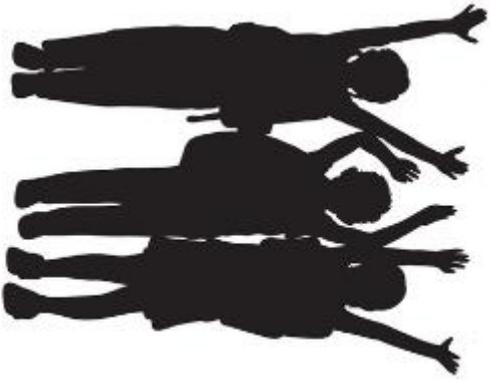
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Teachers may have experienced their own trauma or loss and be in need of help themselves we cannot give what we don't have teachers must take care of their own emotional and physical needs in order to properly assist those under their care

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Children's resilience may be enhanced by these 10 factors:



1

Support from parents friends family school teachers and community.

2

Strengthening of emotional resources that help to buffer negative consequences of daily life.

3

Feeling safe at home school and in the community.

4

Developing a high self-esteem.

5

Possessing a sense of self-efficacy - a child's belief that they can be successful in different settings and situations.

6

Having a sense of meaning and purpose in one's life - which might include spiritual or cultural beliefs, connections with others or goals and dreams.

7

Being able to articulate what in herself values are important to them

8

Possessing talents or skills in certain areas (example the arts, athletics, academics, martial arts)

9

Possessing a variety of adaptive and flexible coping skills that you can use in different situations.

10

Being able to name and notice emotions thoughts memories and body sensations and be willing to have them.

IMPORTANT

If you suspect your child is in need of emergency help and/or medical attention please contact your GP, visit your local A&E department or dial 999 in case of emergency

WORKSHOP

Our Social and Emotional Learning support programme for young people and our CORTEX Cognitive psychological first aid program will teach and practice:

- + Emotional and cognitive regulation
- + Development of self values and ability to articulate them
- + Strengthening of emotional resources
- + Developing a sense of self-efficacy and self-esteem
- + How to develop a sense of purpose and meaning in in one's life



We are here to help you drive change.

Together we will shape the future!

workshops available:

- ❖ Social and emotional learning support programme for young people and teachers
- ❖ CORTEx Psychological first aid program for sixth form students and teachers
- ❖ Parents support workshop
- ❖ Teachers support workshop
- ❖ Video conference workshop with experts

With thanks to United Hatzalah Psychotrauma for their contribution and continued support.

