

Beyond the Crossing Guard: The New Age of School Safety

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What Does Safety Encompass at MECHS?

- Student Mental Health and Wellness
- Staff Professional Learning related to Social & Emotional Awareness
- ALICE



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Identifying Student Needs

- Universal Screeners
- New Student Intake
- Site specific student focus groups
- Georgia Health Survey Results



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SY 18/19 MECHS Georgia Student Health Survey Data



Mental Health Indicators	Number of Students	Percentage
Within past 30 days felt sad/depressed	551	32% (3-5 days or more)
Within past 30 days experienced anxiety/suddenly overwhelmed with fear	511	25% (9% daily)
Within past 12 months seriously considered self-harm	247	13.58%
Within past 12 months seriously considered suicide	203	10.39%
Within past 12 months have attempted suicide	109	6%

Self-Harm MECHS Historical Data



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School Year	17/18	18/19
Mental Health Services	34	86
Crisis Interventions	78	111
Suicide Referrals	52	47
Referrals to Community Agencies	60	121
Student Death by Suicide/Suspicious Circumstances	5	1

MECHS Student Social & Emotional Learning Opportunities

- BASE Odysseyware
- Overcoming Obstacles
- Within My Reach
- Site specific groups as identified by site needs
- Individual counseling through community partnerships



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The Big 3



Mountain Education Charter High School

The Big 3 (Rest, Tools, Shelter)

35.0672030

The three most essential pieces of gear that any backpacker carries: sleeping bag, backpack and shelter. Rest assured through this course you will receive tools to help you build your shelter in life after graduation.

Student Name _____

	Activity	Staff Responsible	Complete	Initial
NEW	New Student Profile Activities	Student Information Clerk		
	PACC (Personal Assessment of Core Competencies)			
	Learning Styles Inventory			
	BRIDGE			
	Student Self-Report			
	New Student Orientation	Social Worker		
	New Student Intake Interview	Counselor		
	Ridge Runner Tales	Mentor		
	Self Awareness			
	Self Management			
HIKE	Self Care			
	Social Awareness			
	Relationships			
	Responsible Decision Making			
	Thru Hike Seminars	<input type="checkbox"/> Social Worker/Counselor		
O	Self Awareness			
	Self Management			
	Self Care			
	Social Awareness			
	Relationships			
W	Responsible Decision Making			
	Capstone Project			
	Greater Than Yourself*	Outdoor Ed		

20+CC	Postsecondary Preparation		
	Articulation of Long-term Career Goal	CS/BRIDGE	
	Education		
	Application	CS/DE	
	Entrance exam (Accuplacer, SAT, ACT, etc.)		
20+CC	Complete FAFSA		
	Apply for scholarships (including local)		
	Military		
	Recruiter connection	CS/BRIDGE	
	Graduation Preparation	Grad Coach	
20+CC	Complete graduation packet		
	Order cap & gown		
	Order invitations		



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Wrap Around Services

- Mental Health Counseling through APEX grant
- Telemental Health Services
- School Based Health Care
- Partnerships with Community Based Agencies



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Building a Layered Approach to Suicide Prevention

Signs of Suicide - SOS concentrates on teaching students to recognize the signs of suicide and depression in themselves and others. It also teaches specific actions needed to respond to those signs.



safeTALK - Four hour training which teaches participants to recognize “invitations” of those having thoughts of suicide and how to connect them with a suicide first-aid caregiver.

ASIST -Two day interactive training which teaches suicide intervention using the Pathway for Assisting Life (PAL) for suicide first-aid caregivers.



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Getting from
“What is wrong with these students to what happened to
these students.”



YOUTH
MENTAL
HEALTH
FIRST AID®

Youth Mental Health First Aid - Typical adolescent development and topics such as anxiety, depression, substance use, disruptive behavior disorders

CIT Youth-in-Crisis - NAMI led class for SROs to identify youth in crisis and skills to intervene in the least restrictive way while preserving safety of all.



National Alliance on Mental Illness

nami Georgia



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Trauma Skilled Schools and Safety

Traumatic events can influence attitudes, emotional health, school behavior patterns, student engagement, and learning.

TSS is a school safety enhancement measure because it reduces the likelihood that a trauma-impacted student will direct displaced aggression toward the school, educators or peers.



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A L I C E



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This ALICE training will involve active drills. If you would like to opt out due to physical or emotional concerns, we ask you to stand in the designated area during drills. This training involves squatting, lifting light objects, quickly evacuating a classroom, throwing soft objects, & the possibility of being shot with soft NERF bullets. The audio & video footage you will see are real.

If at any time you feel unsafe, loudly say the safe word “SAFETY**.”**

Violent Critical Incidents - Defined

Any event at any location where a person (or persons) attempts to harm innocent people by any means and regardless of motivation.

Survival is always based on one of two outcomes:

1. *The event is taken back under control by those who can render the event no longer dangerous, or*
2. *People remove themselves from the danger area and get to safe area*

ALICE teaches How, When and Why to do both!

Alice



TRADITIONAL SCHOOL SCENARIO

Evacuate or Stay Put?



Columbine High School, Library, April 20, 1999

- **Lessons Learned:** There were many, but the primary one has often been missed... there was plenty of time and opportunity to get out.

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- Proactive approach
- Provides additional options beyond traditional lockdown
- Assumes every event is not the same
- ALICE is NOT sequential
- Increases odds of survival
- Research based



ALERT = Initial Awareness

PA announcement, (Can be heard external? Are there deaf-spots?)

Gunfire, screaming, loud noises (sensory input)

Text or emergency notification

Intelligent Projector

WHO makes and WHO receives?



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= Lockdown

Traditional lockdown procedure PLUS

- Barricade the door
- Spread out within the room with Counter devices.
- Do not huddle.
- Look for alternate escape routes (another door/window)
- Do NOT open the door for anyone.
- Dial 911 when it is safe to do so
- First Aid supplies



Glass can be and has been defeated!

School Shooting:

- 1. Columbine
 - 2. Sandy Hook
 - 3. Hastings
 - 4. Red Lake
-





= Inform

Pass on real time information

- A Continuation of ALERT
- What, Where, When, Who, How

Typical Communication Methods

- PA System
- Phones
- Radios

New Technology Methods?

How to COUNTER



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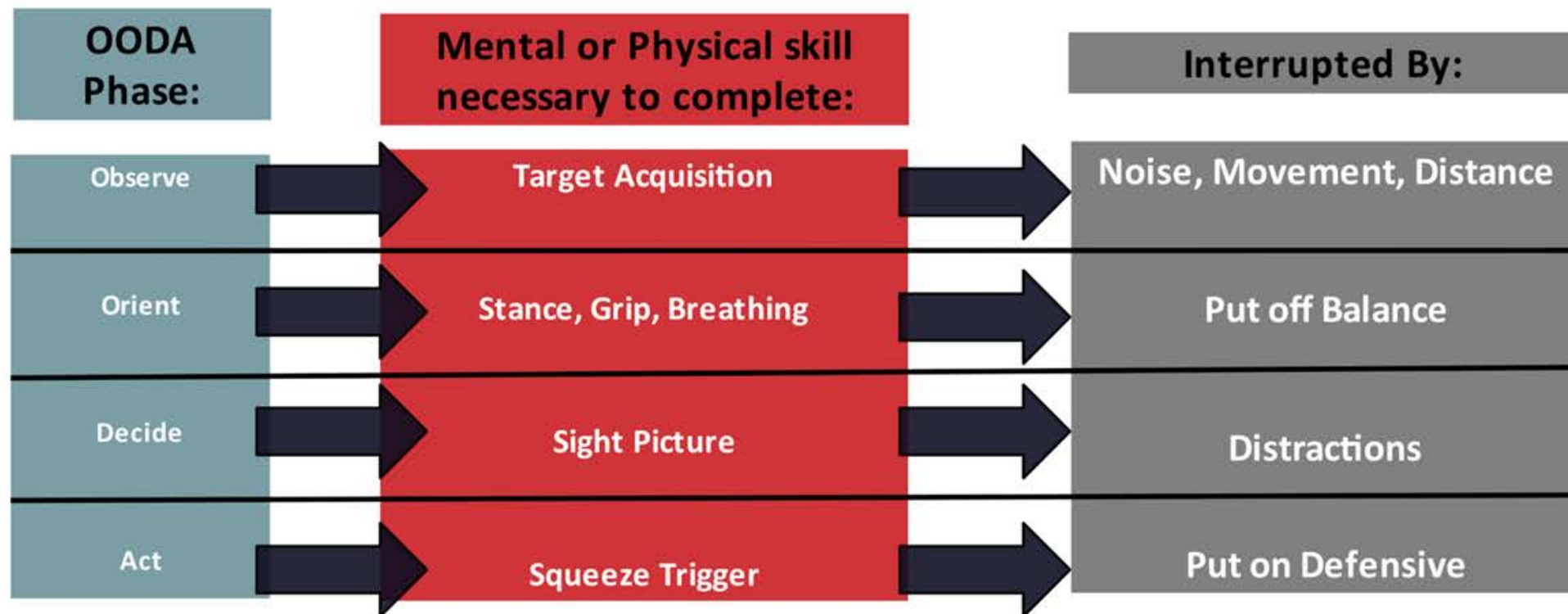


= Counter

Interrupt process of shooting accurately:

- Target acquisition
- Sight picture/Sight alignment
- Trigger control
- Stance
- Grip
- Breathing

Why Counter works:





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= Evacuate

The preferred response

- Occupants must have authority to leave building
- Leave all belongings behind
- No Vehicles
- Removes as many potential targets
- Removes need for parents to come to scene.
- Evacuate to a rally point.



ALERT

Initial Alert may be a gunshot, PA announcement, etc...
Avoid code words.

LOCKDOWN

If Evacuation is not a safe option, barricade entry points.
Prepare to Evacuate or Counter if needed.

INFORM

Communicate real time information on shooter location.
Use clear and direct language using any communication
means possible.

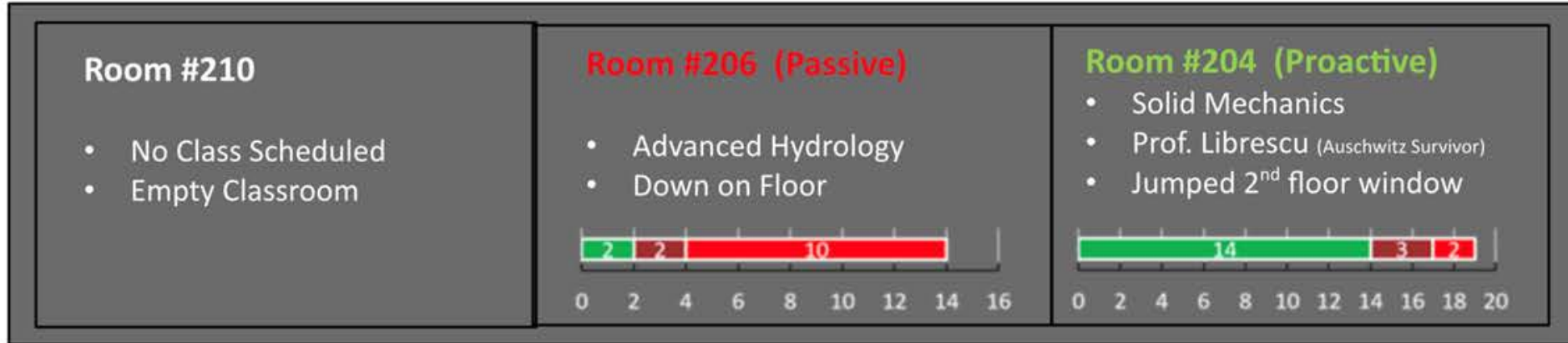
COUNTER

As a last resort, distract shooters ability to shoot accurately.
Move toward exits while making noise, throwing objects,
or adults swarm shooter.

EVACUATE

Run from danger when safe to do so using non-traditional
exits if necessary. Rallying point should be predetermined.

28 Passive vs. 2 Proactive



EXIT

 :Killed
 :Injured
 :Not Injured

Interior Hallway


0 1

EXIT



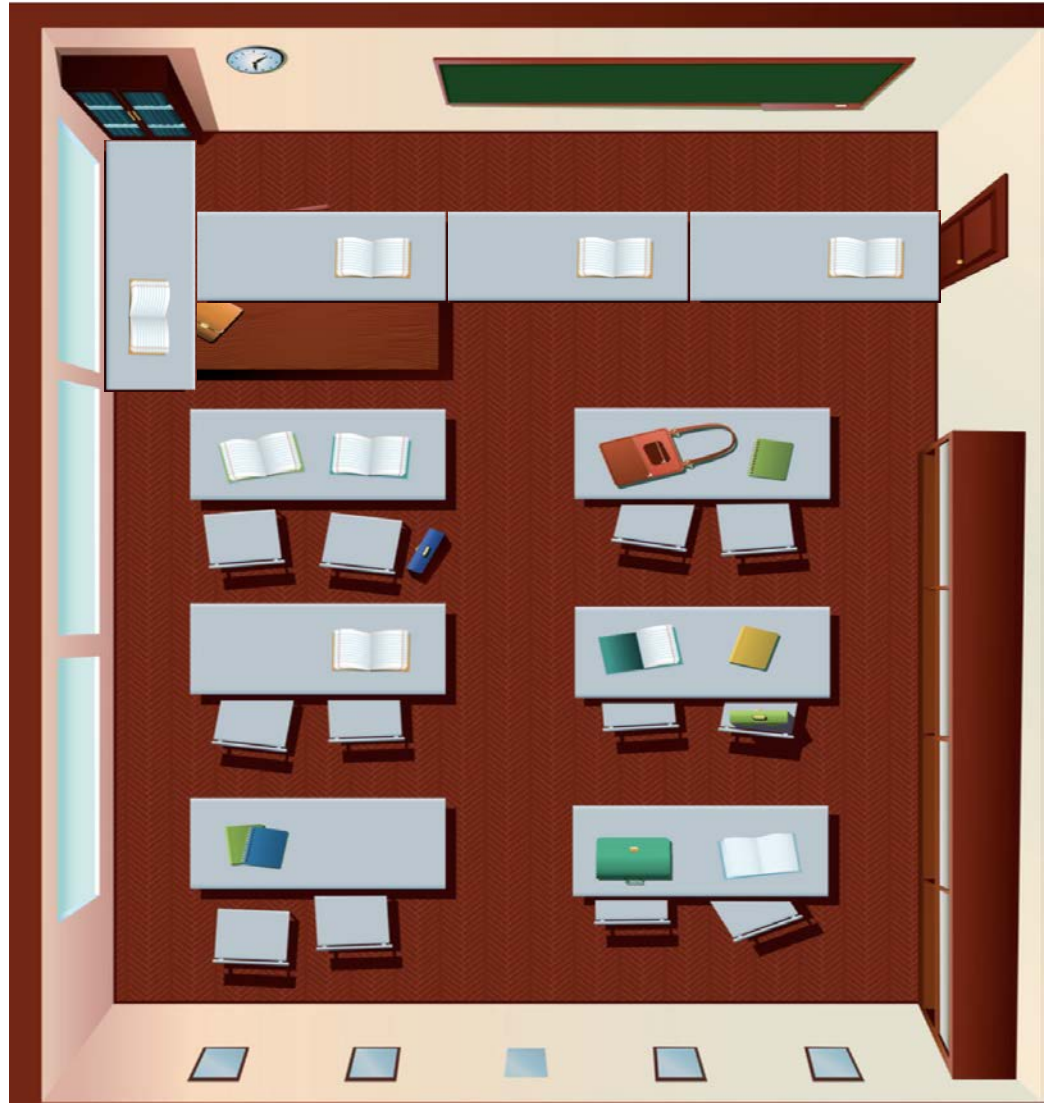
A L I C E



PUTTING THE PLAN INTO ACTION

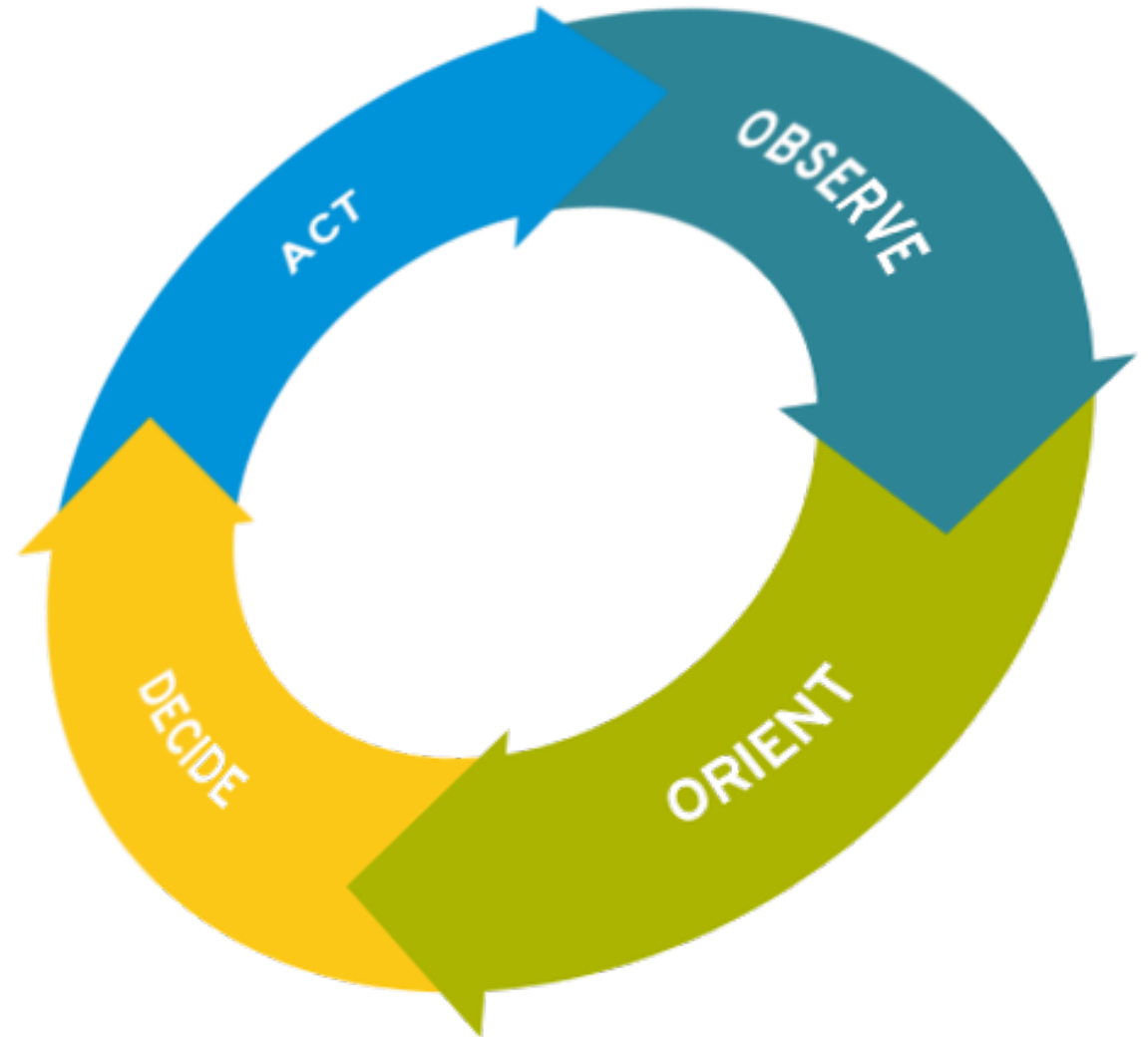
DRILL 1: ENHANCED LOCKDOWN

- **Lock Door**
- **Rubber door stopper**
- **Cover the window**
- **Tables or desks door to wall**
 - **cord or belt to strap handle if able**
- **Find something to counter with**
- **Get away from behind the door**
- **Spread out (flank the door)**
 - **DO NOT HUDDLE**
- **Turn off lights**



DRILL 2: COUNTER

- **Throw what you have**
- **Aim for the head & eyes**
- **Swarm**
- **Disarm**
- **DISRUPT THE OODA LOOP**



DRILL 3: EVACUATE

- **Leave everything behind**
- **Find a clear route**
- **Have hands clearly visible**
- **Get as far away from the intruder as you can**
- **Contact 911**

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YOUR QUESTIONS & CONCERNS