

## *Crisis Response Team Care Tips*



To maximize the functioning of the site Crisis Response Team (CRT), team members should provide support to one another and an opportunity for reflection among the team. Care providers in a crisis perform at their best when their responses to a crisis are articulated.

The following guidelines are provided to assist school site CRTs with their own debriefing.

- ❑ **MAKE THE TEAM A PRIORITY.** Take adequate breaks and monitor each other's functioning. Make certain that leadership is supported and/or that leadership is rotated. Create tasks that are reasonable.
- ❑ **ESTABLISH A CENTER FOR THE TEAM.** This allows for situational updates and clear communication. It also provides a safe place to be and to get away from the crisis.
- ❑ **SPEND ADEQUATE TIME ASSESSING THE NEEDS OF STUDENTS AND STAFF.** Take time to listen to staff, community members, and students to learn what they believe will be a helpful response.
- ❑ **DEVELOP A PLAN BASED ON NEEDS OF THE SCHOOL COMMUNITY.** As new information surfaces, reprioritize the response.
- ❑ **TAKE CARE OF YOURSELF.** Become aware of your personal needs, vulnerable areas, and responses to others. Monitor your receptivity level. If you are feeling overwhelmed, hopeless, or helpless, take a break. Eat well, exercise well, and rest well.
- ❑ **RECONVENE THE TEAM AT THE END OF THE DAY.** See Section H, "Classroom or After-School Support Activities" for suggestions for the debriefing process.