

When the Unthinkable Happens: **Leading With Compassion Through Loss and Crisis**



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WHY?



Understanding Grief and Trauma

1. Teen's process trauma and grieve in different ways
2. Relationships intensify emotional impacts
3. Social media can intensify distress and create rumors

Immediate Response

1. Notice to school community (if possible)
2. Offer Counseling,
3. Meet with student and staff leadership to create immediate support.



Identify Students and Staff that are at Higher Risk for Difficulties

1. Close friends, significant others, members of same clubs/church/teams or previous mental health issues
2. Watch for students showing anger, withdrawal or risky behaviors

Supporting Staff

1. Debrief staff before school day
2. Have admin offer support with classroom management if needed
3. Access to mental health resources or break when student would have been in class



Memorials and Remembrance Activities

1. Consult with family after ideas are developed
2. Focus on healing
3. Avoid permanent memorials



Some Ideas for Remembrance Activities

1. ASB has place for students to write memories, tie them to a tree
2. Lunch space with flowers and pictures
3. Candelight Vigil or Memorial for school and outside community to attend
4. Student run flex periods with teacher support for students to talk
5. Additional support on campus from counseling agencies



Building or Strengthening Resilience in High School Culture

1. Strengthen peer support systems
2. Encourage students to use lessons they learned from tragedy to build future behaviors
3. Additional training and support for staff



Additional Information or Support

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