

Crisis Intervention and Prevention Team Getting Through This School Shutdown



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Trinity High School	Bell High School	Bellaire
Euless Jr High	Bedford Jr High	Bell Manor
Central Jr High	Hurst Jr High	Harrison Lane
Harwood Jr High	Bedford Heights	Midway Park
Lakewood	Donna Park	North Euless
Meadow Creek	Hurst Hills	Oakwood Terrace
Spring Garden	River Trails	Shady Oaks
Wilshire	Shady Brook	South Euless
	West Hurst	Stonegate Viridian

CRISIS INTERVENTION AND PREVENTION TEAM MEMBERS

THE CRISIS PREVENTION AND INTERVENTION TEAM wants you to know we are here for you. You will find our email addresses at the top. We respond within 24 hours to your emails.

STAGES OF TRANSITIONING

A 1965 researcher proposed four stages of relationship transitioning during uncertain times. I want to share these stages with you so that you can know there is a “light at the end of the tunnel.”

Stage One – Forming. This was at the beginning of this shut down. It was fun at first – an extended Spring Break. We thought it would be fun

and we could sleep late, binge watch a lot of TV and be lazy. Sadly, for most of us that was a short stage.

Stage Two – Storming. This is exactly what it sounds like. Storming is the stage where we are getting a little tired of being at home. We are getting irritated easier, thinking that this is a lot more restrictive than we wanted and we bump into each other while sharing space and resources. *This is the stage that I think most of us were in over the past two weeks or so.* I heard from parents that they were tired of trying to get their kids to do work, tired of juggling their work with the needs of their family and just plain tired. Luckily, most of us should be about past this stage at this point.

Stage Three – Norming. Norming is the time when we have adjusted to the way of life we are in and have developed patterns that work for us as well as stated and unstated agreements to live together.

Stage Four – Performing. In this stage, we are coming together as a group or as a family. We realize at this stage that the group is better than the sum of its parts. When one member of the group is struggling, someone else can pick up the slack and help them out. We have moved into a system of working better together.

We understand that just knowing the stages is only “half helpful.” If you have not viewed my video, <https://youtu.be/tENVuMJrskI> on Maintaining Relationships in Close Quarters, here is the link. Pay attention to the Relationship Deposits and Withdrawals and the Family Contract portion. I hope that is helpful.

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SOCIAL EMOTIONAL LEARNING

**FREE VIDEO SERIES – from SCHOOL-CONNECT
EQ in your PJs**

Schooling from Home Successfully
Session 1 – Making the Most of Your Time

<https://school-connect.blog/schooling-from-home-successfully/>

School Connect is a social skills program that we use in HEB. Schooling from Home Successfully is the 4th series. “Making the Most of Your Time” is the first session in this series. So, take a look at this short video and watch the others as they come up.

MORE VIDEOS AND LESSONS

Contributed by Juliana Bradford, L.S.S.P. in HEB

SOCIAL AND EMOTIONAL SKILL DEVELOPMENT

Note: Always supervise children on the Internet. To provide the most effective teaching, watch together and ask questions afterward. Discuss what happens, thoughts and feelings that may have been elicited or demonstrated, etc. Anything listed here is intended to be viewed with parents/guardians to help facilitate learning and skill development. AND remember to have fun!

For elementary children, YouTube Kids has a couple of series you can access:

- **WonderGrove** - *Animated social stories*
- **belikebuddy** - *Puppet show designed for children with developmental differences; includes visual social stories*
- **FuZees** - *Puppet show with social-emotional lessons about things such as making mistakes, aggression, cooperation, etc.*

For secondary kids and adolescents, YouTube has the following:

- **Home School Psychology** - *series designed by school psychologist Adam Parker, with topics such as Inner Coach, Use Kind Words, Yoga, Perspective, and Feelings.*

A CULTURE OF CARING

School counseling expert [Bonnie Rubenstein](#), EdD, professor at the [University of Rochester’s Warner School of Education](#), says that it’s important to develop and maintain a culture of caring—not only at school, but also at home. She offers this advice:

Keep calm.

Kids notice everything from the adult conversations around them to the information they encounter on social media and from peers, so it is important to be a good role model. Remember that panic only creates

more panic. And remember, kids do not learn well when they are feeling stressed.

Listen and be supportive.

Being a good listener is key. Let them raise and share their own concerns. Reflect on and validate their feelings. It is okay to say, “I’m feeling a little worried too, but we will take care of ourselves and get through this.”

Be honest and accurate.

Information is useful, but too much information can have the reverse effect. Talking about the facts that we know helps to relieve anxiety. And, most importantly, be honest and accurate but not gloomy.

Emphasize safety.

Reassure kids that they are safe. And focus on all the other caring adults around them who are working to keep them safe.

Encourage healthy habits.

All of the things we know as adults—eating healthy, mindfulness activities, and getting plenty of sleep. Give kids instructions on how to stay safe and healthy. Lastly, regularly review and model basic hygiene and health practices for protection.

Limit social media.

Your kids might be scared of things they have heard or seen on television or social media. Monitor and limit social media and screen time to prevent children from becoming oversaturated with frightening messages.

Enjoy quality time together.

Engage in enjoyable activities together such as reading books together, doing puzzles, building forts, going for walks, painting, playing with Legos. Simply put, just spend time together.

The Crisis Intervention and Prevention Team is HERE FOR YOU,

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