How can the CCP help students?

Students may also experience a variety of reactions and emotions that they may not understand. Addressing students' reactions and emotions can help improve education and learning and reduce absenteeism and disruptions in the learning environment.

Upon a teacher's request and with parental notification, CCP staff can provide services to help students understand the emotions and reactions they may be experiencing. The CCP can provide group sessions to children and youth, which can include reading stories, educational activities and group discussions designed to help youth and their parents understand their reactions and build healthy coping skills.

CCP staff can use age-appropriate, evidence-based curriculums to work with school-aged children through partnerships with:

- After-school programs.
- Before-school programs.
- Charter schools.
- Community child care programs.
- Early education programs.
- Education Service Centers.
- Individual public and charter schools.
- Local school districts.
- Pre-Kindergarten programs.
- Other school and community-based entities.

How can school personnel access CCP services?

Local Texans Recovering Together Provider Information

COVID-19 Mental Health Support Line, managed by The Harris Center:
833-986-1919

SAMHSA Disaster Distress Helpline:
800-985-5990

Online Resources for School Personnel

Organizational and Individual Stress Management

Preventing and Managing Stress

Talking with Children:
Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks

Talking with Children:
Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks (Spanish)

Tips for Survivors of a Disaster or Other Traumatic Event:
Managing Stress

Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event:
A Guide for Parents, Caregivers, and Teachers

These materials are also available at **store.samhsa.gov.**

HHS COMM 20D0632 • August 2020

TEXANS RECOVERING TOGETHER
CRISIS COUNSELING ASSISTANCE AND TRAINING PROGRAM

Crisis Counseling Assistance and Training Program (CCP) for School Personnel

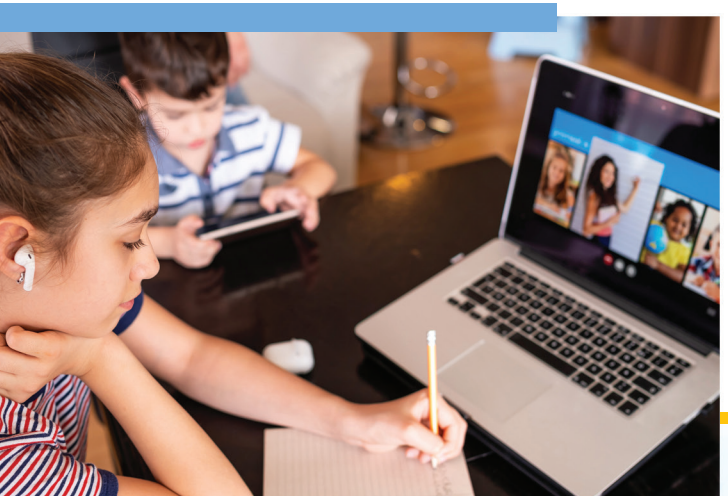
TEXAS Health and Human Services

What is the CCP?

The CCP is a Federal Emergency Management Agency-funded grant, available through the Robert T. Stafford Disaster Relief and Emergency Assistance Act, following a federally declared disaster that provides funding for the provision of crisis counseling, stress management and resource linkage services to impacted communities.

Funded CCP services include:

- Individual and group crisis counseling.
- Basic supportive or educational contact.
- Community networking and support.
- Assessments, referrals and resources.



What are the benefits of CCP training?

The CCP supports short-term interventions with the following goals:

- Helping understand current situation and reactions
- Reducing stress and providing emotional support
- Assisting in reviewing recovery options
- Promoting the use or development of coping strategies
- Connecting survivors with other people and agencies who can help them in their recovery process

School closures, distance learning models and ongoing discussions about what school will look like in the upcoming school year present many challenges to school districts and individual school personnel. This can cause school personnel to experience frustration, stress and even anger.

It is important for school personnel to tend to their personal physiological, mental and emotional needs; however, teachers also worry about the needs of their students and families. Even in an online learning environment, teachers work to provide instruction, support, connection, resources and referrals for their students and families. This can lead to increased levels of stress for teachers.

School personnel will receive CCP training to identify signs of stress among themselves and students. Teachers, in particular, will be educated on how to speak to students about how they are feeling and receive information about referrals to local crisis counseling program teams, as well as other resources for self-care strategies to minimize burnout.

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