

# Supporting Students, Staff, and Ourselves in the Aftermath of Crisis and Loss

Thursday, December 12, 2024

Program Number: 24CE00134a

## TARGET AUDIENCE

This accredited continuing education activity is designed for school personnel and medical professionals to include nurses, APPs, psychologists, social workers, clinical mental health therapists, licensed mental health providers, and school counselors.

## EDUCATIONAL OBJECTIVES

At the conclusion of this activity, the participants should be better able to:

- Explain the role of universal supports (Tier 1 services) and interprofessional collaboration in promoting resilience and emotional recovery in students and staff after a school crisis, while avoiding over-reliance on medical models of diagnosis and treatment.
- Discuss the importance of psychological first aid and basic supportive services to promoting adjustment after a crisis and minimizing traumatic stress and maladaptive coping mechanisms.
- Differentiate between trauma and grief, recognizing their unique impacts and using a collaborative approach to support emotional recovery for both in students.
- Prioritize self-care and well-being for educators and other staff, including ourselves, integrating strategies to prevent compassion fatigue, vicarious trauma, and moral injury during crisis management.
- Discuss considerations for commemoration and memorialization after a school crisis, balancing the input from school staff, families, and mental health professionals to meet the needs of the community.

## ACCREDITED CONTINUING EDUCATION



JOINTLY ACCREDITED PROVIDER™  
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, University of Nebraska Medical Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

## NURSES/NURSE PRACTITIONERS

The University of Nebraska Medical Center designates this activity for 3.0 ANCC contact hours. Nurses should only claim credit for the actual time spent participating in the activity.

## PHYSICIAN ASSISTANTS



University of Nebraska Medical Center has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 3.0 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

## PSYCHOLOGISTS/LICENSED MENTAL HEALTH PROVIDERS



Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs. This activity has been approved for **3.0** credit hours of continuing education credit.

## SOCIAL WORKERS



As a Jointly Accredited Organization, University of Nebraska Medical Center is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program.

Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 3.0 clinical continuing education credits. The content level of this activity is intermediate.

## REQUIREMENTS FOR SUCCESSFUL COMPLETION

### In order to receive continuing education credit, you must:

1. All attendees must scan in/out via the Morning attendance QR code and Post-activity QR code in order for attendance to be verified. If you are unable to scan the codes, a paper sign in and out sheet will be available.
2. Attend the entire activity. No partial credit will be provided.
3. Upon completion of the learning activity, proceed to the Login tab on <https://app1.unmc.edu/cne/24CE00134a/index.cfm>
4. Please log-in using your username and password located on your UNMC registration confirmation email.
5. Complete the online evaluation.
6. Download and print your certificate.

Please note, complete the above steps 3-6 by January 11, 2024. Participants should only claim credit consistent with the actual time they spent attending the learning activity.

## DISCLOSURE DECLARATION

As a jointly accredited provider, the University of Nebraska Medical Center (UNMC) ensures accuracy, balance, objectivity, independence, and scientific rigor in its educational activities and is committed to protecting learners from promotion, marketing, and commercial bias. Faculty (authors, presenters, speakers) are encouraged to provide a balanced view of therapeutic options by utilizing either generic names or other options available when utilizing trade names to ensure impartiality.

All faculty, planners, and others in a position to control continuing education content participating in a UNMC accredited activity are required to disclose all financial relationships with ineligible companies. As defined by the Standards for Integrity and Independence in Accredited Continuing Education, ineligible companies are organizations whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. The accredited provider is responsible for mitigating relevant financial relationships in accredited continuing education. Disclosure of these commitments and/or relationships is included in these activity materials so that participants may formulate their own judgments in interpreting its content and evaluating its recommendations.

This activity may include presentations in which faculty may discuss off-label and/or investigational use of pharmaceuticals or instruments not yet FDA-approved. Participants should note that the use of products outside currently FDA-approved labeling should be considered experimental and are advised to consult current prescribing information for FDA-approved indications.

All materials are included with the permission of the faculty. The opinions expressed are those of the faculty and are not to be construed as those of UNMC

## **DISCLOSURES**

***The accredited provider has mitigated and is disclosing identified relevant financial relationships for the following faculty, planners, and others in control of content prior to assuming their roles:***

### **FACULTY**

The following faculty have nothing to disclose:

- David Schonfeld, MD, FAAP

### **PLANNING COMMITTEE**

The below planning committee members have nothing to disclose:

- Katrina Cordts, PhD
- Valeta Creason-Wahl, MMP
- Molly Isacco, MPH
- Heidi Keeler, PhD, MSN.MBA, RN
- Terri Mathews, PhD, APRN-NP, BCBA-D
- Renee Paulin, MSN, RN, CWOCN
- Erin Schneider, MSW
- Thang Tran, PhD

### **FINANCIAL SUPPORT**

No commercial support was received for this activity.

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