



## **Trauma-Informed Drills Resources**

### **1. Terri Erbacher Ph.D and Scott Poland Ed.D.**

This article discusses the emotional impacts drills can have on students and offers guidance on different types of drills and how often they should be conducted.

- [School Psychologists Must Be Involved In Planning and Conducting Active Shooter Drills \(2019\)](#)

### **2. National Association of School Psychologists (NASP)**

The first resource provides a framework for planning and conducting drills while considering the mental health and developmental needs of students. The second resource offers guidance on conducting a variety of different types of drills and exercises.

- [Best Practice Considerations for Schools in Active Shooter and Other Armed Assailant Drills \(2017\)](#)
- [Conducting Crisis Exercises & Drills: Guidelines for Schools \(2013\)](#)

### **3. The National Child Traumatic Stress Network (NCTSN)**

This guide offers tips for working with students, staff, and parents before, during, and after drills and exercises.

- [Creating School Active Shooter/Intruder Drills \(2018\)](#)

### **4. Poudre School District**

These resources provide one district's approach to trauma-informed drills, including communication tips for educators and administrators.

- [Considerations with Students by Levels \(2020\)](#)
- [Considerations for Trauma and Students with Disabilities \(2020\)](#)
- [Talking Points for Educators \(2020\)](#)
- [Trauma-Responsive Information for Principals/Parents \(2020\)](#)
- [Trauma-Responsive Information for Principals/Staff \(2020\)](#)

### **5. STRIVE Prep**

This document serves as a sample preparation plan for schools and includes messaging for students and other considerations to plan for before drills are conducted.

- [Lockdown Drill Prep \(2020\)](#)