



## **Clinical Services Management, P.C.**

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### CRISIS INTERVENTION WITH VICTIMS ON BULLYING AND THE BULLY IN THE SCHOOLS

There are a series of preparatory steps that are necessary for schools to proactively respond to the mental health needs of students involved in bullying behaviors. All participants (e.g.; the bully, accomplices, victims and witnesses) are potentially at risk of psychological reactions to the events and repercussions of systematic abusive behaviors. The school district plan for intervention in bullying behavior should include a process for the training of teachers, administrators and school counselors in the following:

1. awareness of the schools policies and procedures for identification and intervention into bullying behavior;
2. recognition of mental health related conditions and issues for all relevant personnel;
3. specialized training for key respondents including the schools crisis management team and other counseling personnel.

When an act of bullying occurs (any form of physical, verbal or emotional abuse); the person being bullied (by self-report or witnessed) can be helped by the following:

- Crisis intervention by trained school personnel to find out what happened; do a preliminary mental health status and history of the problematic interactions.
- Referral to the school nurse and/or Emergency Room if necessary
- Immediate contact with parents or other caregivers
- Referral to behavioral health professionals if deemed appropriate (especially for those students at high-risk to begin with because of emotional/behavioral issues or difficult family problems)
- Development with the school, family and behavioral health professionals of a re-entry plan
- Identification of girlfriend/boyfriend, close friends, teammates, or others who have a relationship with the victim to respond to if necessary or requested.
- Identification of other school personnel who have a relationship with the victim
- On-going contact to the victim if out of school for a period of time by a designated school counselor
- Potential outreach to special student groups (i.e. gay and lesbian; different cultural or racial groups; weight watchers, etc.)

Intervention with those responsible (the bully and/or accomplices) for the bullying (if known or can be ascertained from the victim) will include:

- Meeting with designated school administration and trained school personnel to discuss incident and disciplinary actions
- Immediate contact with parents or other caregivers
- Referral to a bullying program (and/or behavioral health professionals)
- On-going meetings with school counselors on appropriate behaviors before and after the victim has returned to school

The school administration will review the incident and bring it to a general staff meeting if deemed appropriate (depending upon factors such as severity, intensity, consistency, etc.) and will follow the policies and procedures for dealing with bullying in the schools.

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