Emergency Preparedness (E-Prep) Monthly Meeting

February 4, 2025

Emergency Preparedness

Preparedness is everyone's job.

Northshore Council PTSA 6.10

Preparedness by education is less costly than by tragedy.

Agenda

Please add your name, school, and email in the chat. Thank you!

Introductions

Mental Health

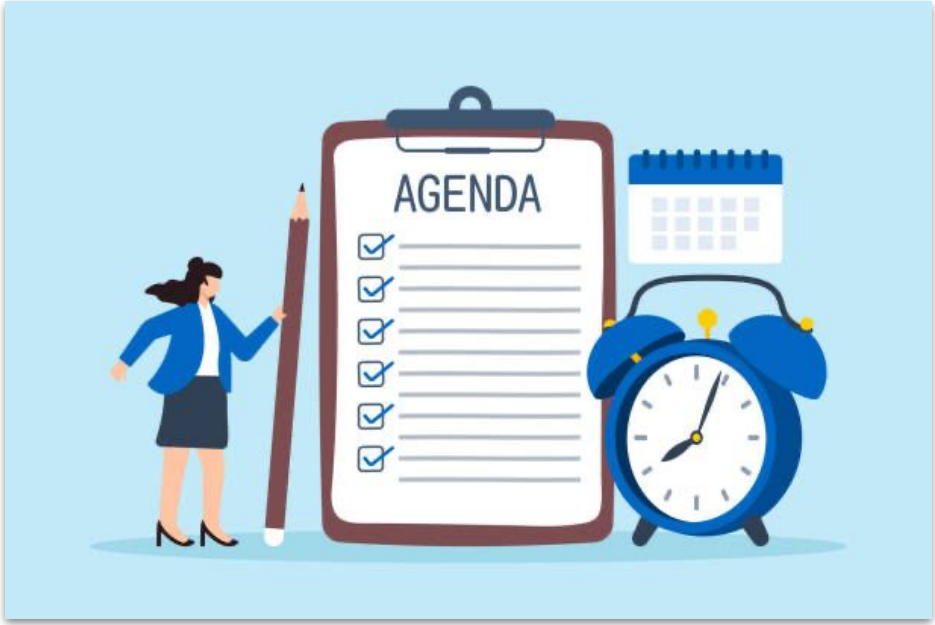
Safety and Security Updates:

- Cedric Collins
- Tom Petersen

Upcoming Activities

Training Opportunities

Action Items



E-Prep Team

E-Prep is a subcommittee of the Northshore Council PTSA and includes representatives from every school

Vision: To achieve a Whole Community approach to emergency preparedness and resilience, as set forth by the Federal Emergency Management Agency (FEMA), within our school communities throughout NSD. The Whole Community approach emphasizes that emergency preparedness is a shared responsibility, calling for the involvement of everyone to create a secure and resilient community.

Mission: To provide training, networking, and support to PTSA parents and emergency preparedness chairs from each school, fostering collaboration between the school and PTSA. We aim to assist in the management of emergency plans, supplies, preparedness education, community engagement, and the support of drills. This will be achieved by building strong relationships with the school administration, emergency coordinator, nurse, and custodial staff.

Monthly meeting are recorded and can be found HERE

Values:

Equitable

Dedicated

Integrity

Teamwork

Collaborative

Creative

Proactive

Professional

Questions? eprep@northshorecouncilptsa.org

2025-2026 Council E-Prep Co-Chairs

Tracy Jokisch

- Worked in emergency medicine and orthopedics for 20+ years
- PTSA emergency preparedness for 22+ years
- Helped establish district reunification and Stop The Bleed
- Community Emergency Response Team (CERT)

Jen Jennings Carr

- Former emergency management planner, trainer, led drills/exercises for Sandia National Laboratories and City of Bellevue
- Assisted Seattle Office of Emergency Management with Emergency Management Accreditation Program (EMAP) reaccreditation
- Emergency Operations Center (EOC) experience and OSO Slide EPI

This is Tracy's last year.
We are actively looking for a Co-chair.

AWARENESS
WELLNESS
THERAPY
BENEFITS
RISK
RESEARCH
GRIEF
STIGMA
WORRIED
RELATIONSHIPS
MENTAL
TRAUMA
IQ
POSTPARTUM
SUICIDE
CRISIS
PSYCHOLOGY
SELF HARM
POST-TRAMATIC STRESS
DEPRESSION
PSYCHOLOGICAL
HEALTH
EMOTIONS
DRUGS
ANEXORIA
CLINICAL
BIPOLAR
UNHAPPY
STRESS
OPTIMIST
GRIEF
ANXIETY
PHOBIA
GENETIC
ATTITUDE
TREATMENT
COGNITIVE

Mental Health Resources

For **immediate text-based** mental health support in the US, text HOME to 741741 to reach the Crisis Text Line, or call/text 988 (Suicide & Crisis Lifeline) for help with any mental health or emotional distress, including connecting with trained counselors or veteran's support.

- Text HOME to 741741 for Mental Health America (avoid using their contact form in a crisis)
- Text NAMI to 62640 for National Alliance on Mental Illness
- Text SHOUT to 85258 for Give Us a Shout
- Text START to 988 for 988lifeline
- Text HELLO to 838255 Veteranscrisisline

What to expect when you text:

- Connect with a trained crisis counselor or volunteer who will listen by text, offer support, and help you find resources
- The service is available 24/7, 365 days a year

Mental Health Resources

Immediate Crisis Support (Text/Call/Chat) all 24-Hr lines

- *988 Suicide & Crisis Lifeline*: Call or text HELLO to 988 for free, confidential support for any mental health crisis, including suicidal thoughts or substance use issues
- *Crisis Text Line*: text HOME to 741741 for a crisis counselor via text
- *Veterans Crisis Line*: Call 988 and press 1, text HELLO to 838255, or chat online for veteran-specific support Veterans Crisis Line
- Washington Teen Link - 866-833-6546, a help line for teens by trained teens
- Crisis Connections - 866-427-4747

Mental Health Resource - Uplift Teens Today

Uplift Teens Today is a nonprofit organization started by NSD student Taanvi Arekapudi. Taanvi wrote and published "**Uplift Teens Today"** (the first teen-to-teen mental health book) in 2022, which is now an international bestseller. She is also the founder of the award-winning, revolutionary 24/7 platform, **Nexus: Mental Health Hub for Schools** <www.nexusforschools.com> (which was piloted in NSD). Nexus has impacted over **800K** individuals, with a goal to reach over **80 million students** nationwide. Her website is a great resource for any teen in grades 6-12.

https://www.taanvi.us/upliftteenstoday

Mental Health Resource

March 21, 2026

Teen Mental Health Summit at the Aura Event Center in Renton from 10 AM to 4 PM.

Sponsored by Crisis Connections, Health and human services in King County and Washington State

Crisis Connections

crisis connections
hope · help · healing

Organized by Uplift Teens Today 501(C)(3)

REGISTRATION IS LIVE! Washington's First Teen-Led Mental Health Summit is officially open for registration! For the first time in Washington State, this student-led, action-driven summit brings youth and adults together to move beyond awareness and into real solutions for mental health in our schools and communities. Action starts here. ACTION STARTS WITH US.
LEARN MORE & REGISTER @ http://nexusforschools.com/summit
Event Details:

- **Date & Time: Saturday, March 21st 2026 | 10:00 AM-4:00 PM**
- **Location: Aura Event Center (3100 East Valley Rd, Renton, WA 98057)**
- **Attendees: Youth (grades 6-12) & Adults (parents, educators, school staff, community members, and advocates)**

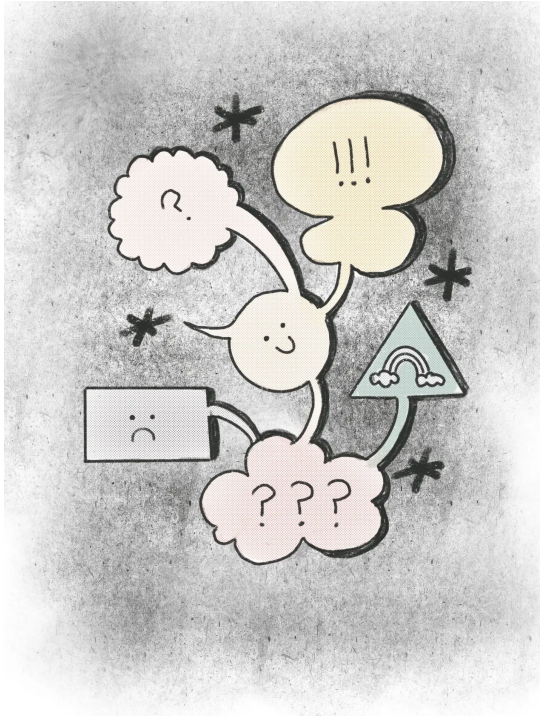
Reach out to* mailto:info@taanvi.us *for FREE Registration supported by Donors.

Emergency Preparedness
Preparedness is everyone's job.
Northshore Council PTSA

Mental Health Support

If You're Supporting Someone Else

- Listen Actively: Ask open-ended questions like, "Can you tell me more about what's going on?"
- Be Patient: Let them know it's okay to take their time to open up.
- Offer Resources: Gently guide them to 988 or the Crisis Text Lines if they seem to need urgent help.



Additional resources:

National Institute of Mental Health

The Hope Line

Crisis Connections

Breathing Exercises
To Relieve Anxiety

MyYogaTeacher

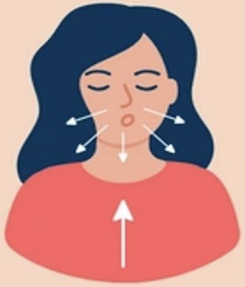
Box Breathing

Helps slow down your heart rate and ease anxious thoughts.

Belly Breathing

Slows down your breathing and reduces physical tension associated with anxiety.

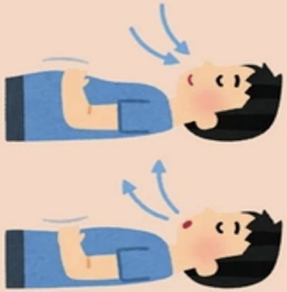
Bellow's Breath



Clears mental fog and reduces feelings of restlessness.

4-7-8 Breathing

Promotes deep relaxation and helps calm your nervous system during anxiety.

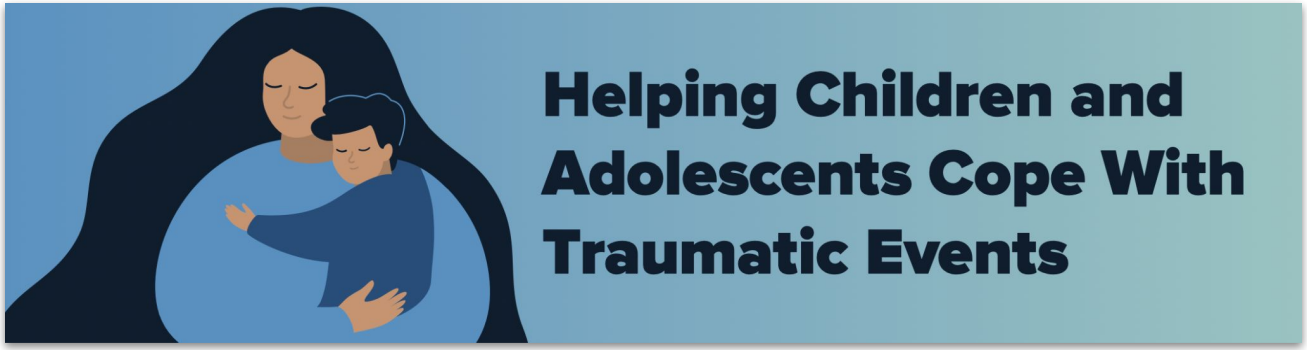


Lion's Breath

Releases built-up tension while promoting emotional release.

Helping Children and Adolescents Cope With Traumatic Events

NAMI
National Alliance on Mental Illness



nimh.nih.gov

Every year, children and adolescents experience disasters and other traumatic events. Family, friends, and trusted adults play an essential role in helping youth cope with these experiences.

Mental Health: ICE Concerns

NSD Policy 4300, *Limiting Immigration Enforcement in Schools*

- English
- Spanish

Resources for Talking with Young Children About ICE, Defending the Early Years

Ten Expert Tips for Talking to Kids about ICE Terrorizing Their Friends and Family, L.A.Taco

Immigrant Youth and Family Resources –

https://lcycwa.org/resources/immigration

Safety Plan document - https://lcycwa.org/isp

Safety and Security General Meeting Topics

Current Safety Issues

2025-2026 Budget

Visitor Management System

Containers

Water and food supplies

Reunification

Training: CERT, ACT to Save a Life

Emergency Operations Plans (EOP)

Alert-avoid-deny-defend

School drills

Locks

Cameras

Radios

STANDARD REUNIFICATION METHOD™

i love u guys FOUNDATION®

Emergency Preparedness

Preparedness is everyone's job.

Northshore Council PTSA

NSD Safety & Security

Cedric Collins, Director of NSD Safety & Security
ccollins@nsd.org, 425-408-7745

Tom Petersen, Emergency Preparedness Coordinator
tpetersen@nsd.org

District Reunification Drill April 28, 2026

NSD Safety and Security has scheduled the next district reunification drill at Pop Keeney, Tuesday April 28, 2026, for the morning (actual time TBD).

Numerous parent volunteers are needed to participate whether physically picking up your child (cardboard cutouts are used, not physical kids) or just calling in to the phone number for the Communications Department. The communication director would like to over inundate the call center, including as many varied dialects as possible. There will be a sign up link for volunteers shortly if you will be "picking up your child," no sign up needed for phone calls.

Please pass this information along to your PTAs.

Drills are important tools to assess procedures to determine if there's any updates needed; many volunteers are necessary to make a drill successful.

This is the actual sign that will be used at any district reunification event. Have parents familized themselves with this symbol.

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STANDARD REUNIFICATION METHOD™

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Northshore Council PTSA

Training: Community Emergency Response Team (CERT)

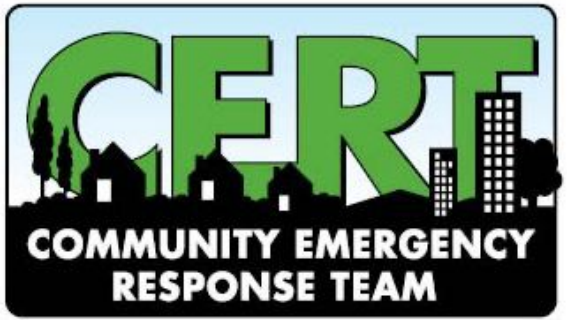
This program teaches participants about disaster preparedness. Basic curriculum equips community residents with the knowledge and skills to prepare themselves, their families, and neighbors for emergencies, disasters, or other community incidents until help arrives.

South County Fire (March 27-29, 2026, 8am-5pm)

NEMCO (CERT resources: videos)

City of Bothell (10 people class minimum)

Serve Washington (WA CERT resource)



Training: Stop the Bleed®

Life-threatening bleeding can happen in people injured in serious accidents or disasters. By learning how to Stop the Bleed®, you'll gain the ability to recognize life-threatening bleeding and act quickly and effectively to control bleeding once you learn three quick techniques.

Register for the next classes at the Providence Swedish Medical Building in Everett:

- 2/12: 3pm
- 3/18: 3pm

Training: Act to Save a Life: Antidote, CPR, and Tourniquet

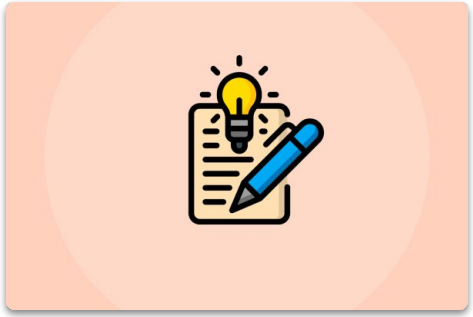
South County Fire, serving south Snohomish County, developed the Act to Save a Life: Antidote, CPR and Tourniquet (A.C.T.) SouthSnoFire.org

ACT To Save a Life is a free one hour first aid class that focuses on three skills you can use to save a life in the first few minutes of an emergency:

- **Antidote** (Narcan) for suspected opiate overdoses.
- **CPR** and **AED** training for cardiac arrest.
- **Tourniquet** for severe bleeding control.

NOTE: This is not a certification course. The ACT curriculum follows industry standards; however, everyone is still encouraged to take a full CPR & First Aid course.

There are several staff members within Northshore School District that are able to teach this program. Consider hosting an event for this class.

Action Items

1. **High Priority:** Vote for NSD bonds/levies by February 10th!
2. Communicate ***mental health resources*** in your PTA newsletter
3. District reunification drill Tuesday April 28 in the AM, time TBD, volunteers needed, including multi ethnicities calling in to district Communications Dept.
4. Next meeting: Wednesday, March 4th, 10am-11am, guest speaker Brenae Brix, Northshore Council PTSA Advocacy Chair in relation to E-prep