



**Sonoma County**  
Office of Education

**Stepped Triage to Care:  
Supporting Students in the Aftermath of  
Crisis/Disaster**





# Introduction

## Stepped Triage to Care

Crisis/Disaster > Triage Tool (PsySTART) > Analyze/Identify > Allocate resources/supports

## PsySTART

An evidence-based, rapid triage tool, available online that helps identify exposure-based risk & prioritize limited resources in the wake of an acute school & community emergency

- Includes disasters (wildfires, floods) and crises (school-based violence)
- Helps identify crisis response needs & allocation of school-based resources
- Enables prioritization of students/staff/families by impact/risk
- Real-time situational awareness: risk types, levels, locations, & resource gaps
- Geo-coded information “risk mapping”
- Potential for linkage across child serving systems



# How we have used PsySTART

## SAMHSA Grant: After Floods and Fires

- Students in 9 West Sonoma County school districts with exposure to the 2019 floods, 2017 & 2019 fires, and/or COVID19

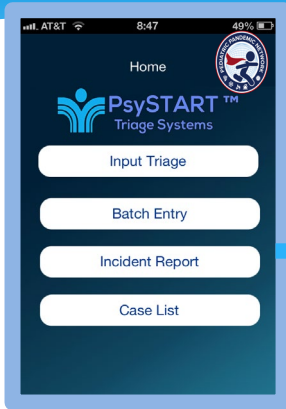
## Project SERV Grant

- Students in 13 Sonoma County school districts that were directly impacted by the three September & October 2020 wildfires.

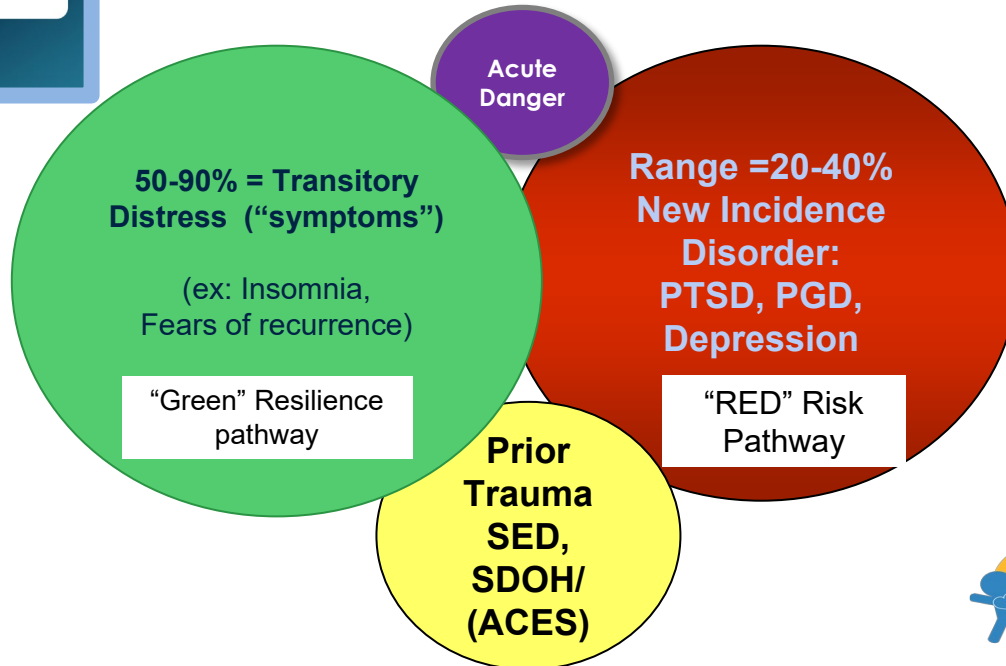
## Evidenced-Based Care Approach

- Use PsySTART to identify disaster-related risk in the impacted areas
- Assess high risk students for trauma-related symptoms
- Provide 4-sessions of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) resilience skills to students with trauma symptoms and their parents/caregivers
- Provide full TF-CBT model to all students and their parents/caregivers who do not respond to resiliency skills alone

# Pediatric Acute Trauma Risk, Resilience and Care



## Pediatric Stepped Triage to Care Model



# PsySTART Rapid Triage Assumptions

## *From Distress to Risk*

PsySTART not a symptom-based screener: uses **QUIET QUESTIONS**

Instead, its severe/extreme stressors not initial upset/distress  
“Outside your head, not in” – does not require “feelings”

Validation on acutely traumatized children (and adults) and predicts clinical PTSD  
and Depression (JAMA. 2006 Aug 2;296(5):549-59) in disasters/traumatic injury

**Distress or PTSD?**



**Numb or “chill” ?**



**HARBOR-UCLA  
PEDIATRICS**

# How is PsySTART Different?

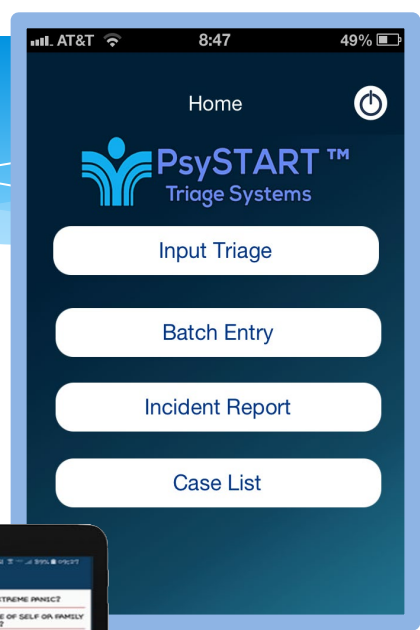
## From *distress* to *evidence-based risk markers*

### **“Outside your head not in”**

Does not require direct questioning of child :

- Trapped,
- Saw/heard serious injuries, cries of others or dead
- Thought they would die
- Family members injured or killed
- Unaccompanied children
- Home loss
- Social Support displacement
- Social determinants / trauma/ MH by history
- Timely triage of high risk to continuum of mental health resources
- Common operating picture across children’s systems of care

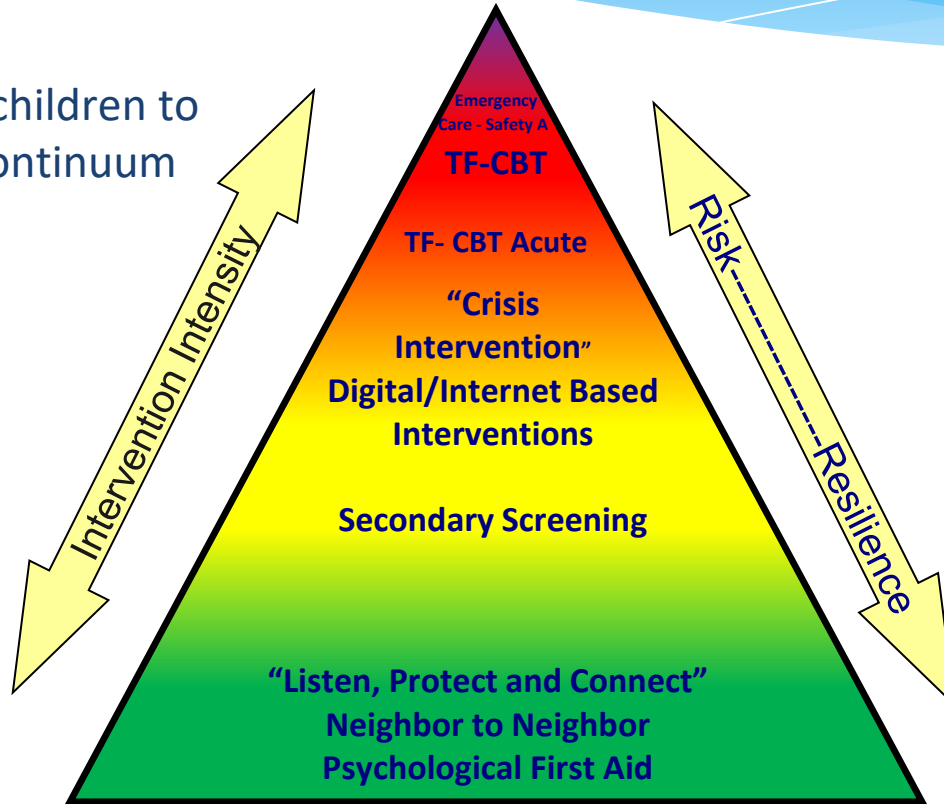
***If you don’t count it—it wont count***



# Stepped Triage to Care Continuum: TF-CBT Example

## Goal:

Getting children to  
timely continuum  
of care

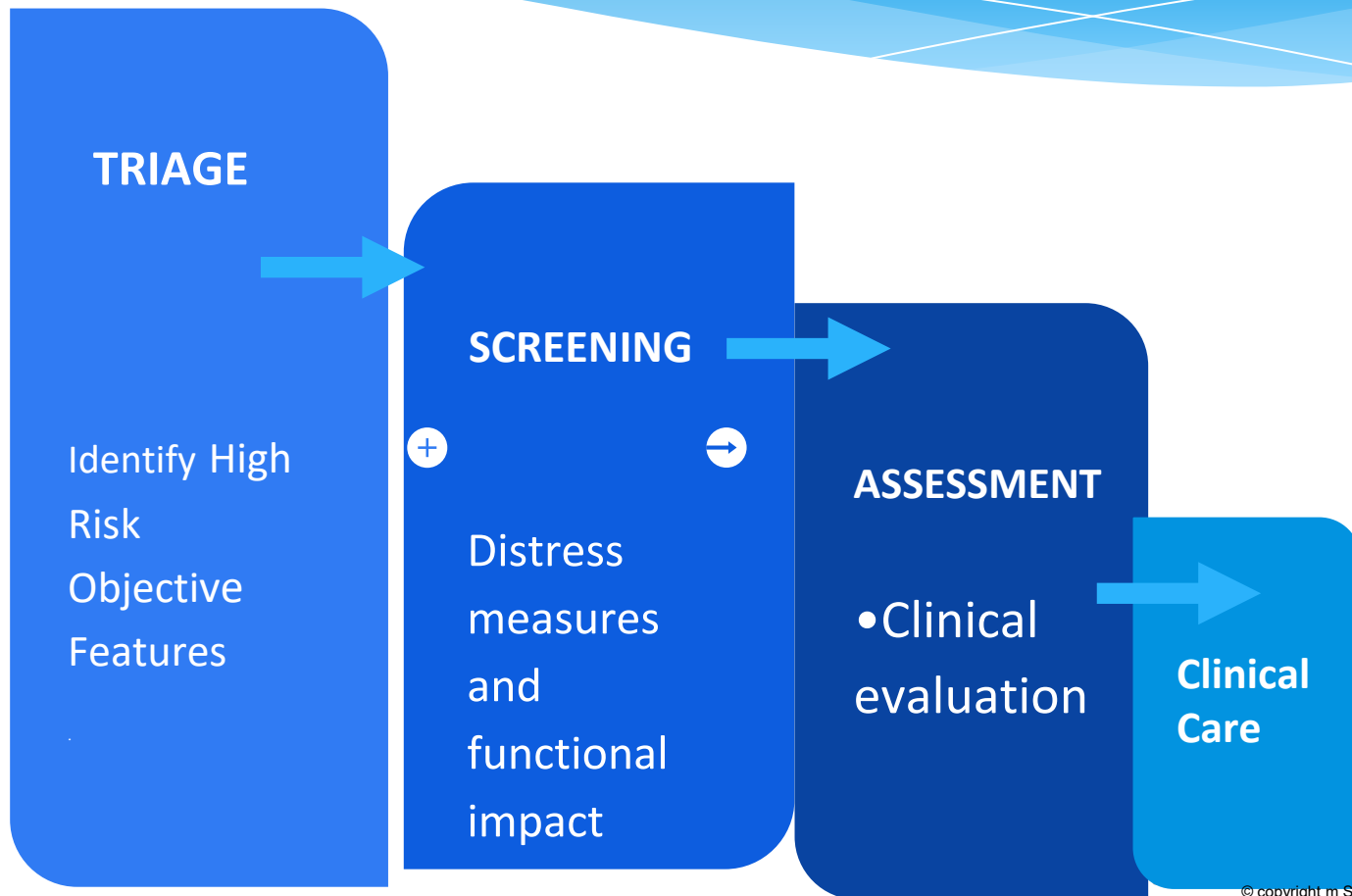


# Why PsySTART: Bottom Line Up Front

- **Online electronic platform**
- **Dual use:** everyday trauma and larger events with tele-bh model ebt intervention model (17 RCTs)
- **Individual case decision support**
- **Population level risk mapping**
  - **DEI: rural, underserved : *If you don't count it, it wont count***
- **Sit awareness at hospital, health systems, disaster systems of care**
  - situational awareness for violence and accidents by area
  - Selectable time frames, incidents and geo-code layers
- **GIS mapping options for PPN sentinel surveillance** for incident management– secure special funding from HHS, DoJ, US ED
  - Community youth violence exposure surveillance link to DEI, underserved areas of the community

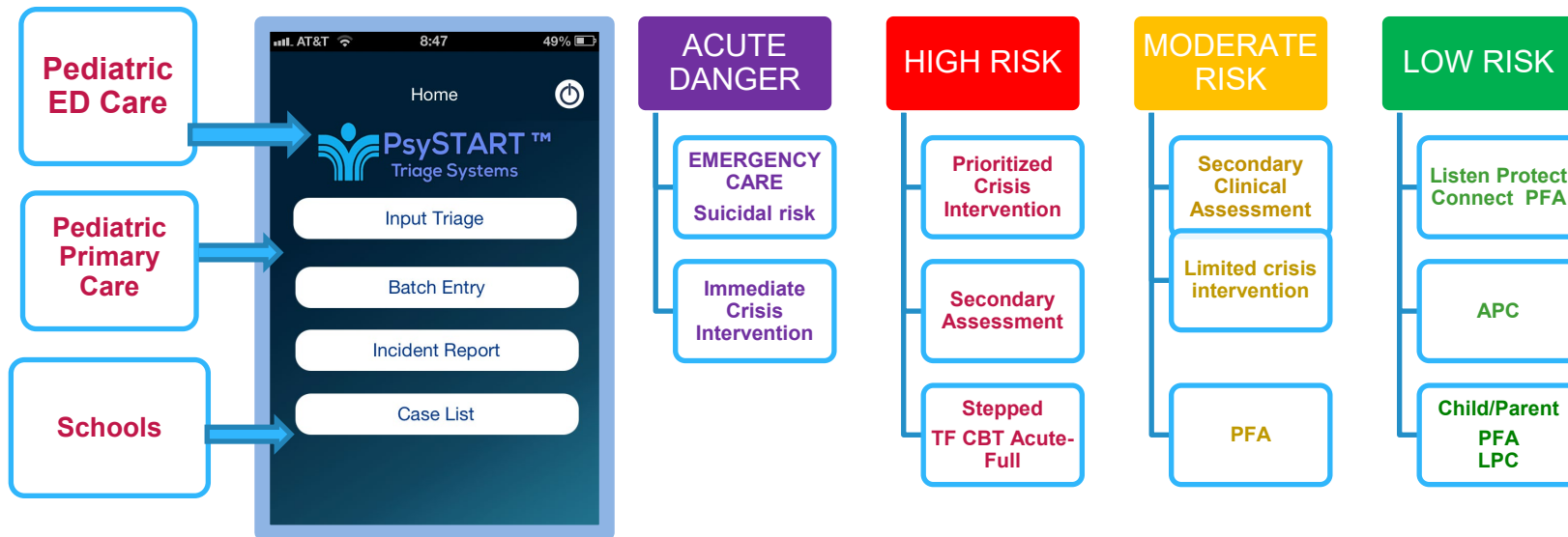


# Multi-gated triage, assessment, care



# Pediatric Disaster Systems of Care

## Stepped Triage to Care Model





Incident Name: Default incident

Original Chart

Date: 2023-08-22 18:24:43	Record ID: 2397
Optional Field1: Schreiber, Chip	Optional Field1:
Age: adult	Gender: male

EXPRESSED THOUGHT OR INTENT TO HARM SELF/OTHERS?	
FELT OR EXPRESSED EXTREME PANIC?	
FELT DIRECT THREAT TO LIFE OF SELF OR FAMILY MEMBER?	
SAW / HEARD DEATH OR SERIOUS INJURY OF OTHER?	
MULTIPLE DEATHS OF FAMILY, FRIENDS OR PEERS?	
DEATH OF IMMEDIATE FAMILY MEMBER?	
DEATH OF FRIEND OR PEER?	
DEATH OF PET?	
SIGNIFICANT DISASTER RELATED ILLNESS OR PHYSICAL INJURY OF SELF OR FAMILY MEMBER?	
TRAPPED OR DELAYED EVACUATION?	
HOME NOT LIVABLE DUE TO DISASTER?	
CHILD CURRENTLY SEPARATED FROM ALL CAREGIVERS	
FAMILY MEMBERS WHO ARE CURRENTLY SEPARATED OR MISSING	
JOB LOSS DUE TO WILDFIRE	
PRIOR HISTORY OF EITHER MENTAL HEALTHCARE, DRUG OR ALCOHOL USE FOR SELF OR FAMILY MEMBER	
BELIEF NOT RECEIVING SUFFICIENT SUPPORT FROM OTHERS (SUCH AS SOMEONE TO TALK TO).	
VERY OFTEN DO NOT HAVE ENOUGH TO EAT, CLEAN CLOTHES TO WEAR OR A SAFE PLACE TO GO	
CANNOT GET HELP NEEDED WHEN SICK.	
EXPOSURE TO DOMESTIC VIOLENCE, EMOTIONAL, PHYSICAL OR SEXUAL ABUSE	
NO TRIAGE FACTORS IDENTIFIED?	✓

2002-2023 M.Schreiber





















Confidential Information



# Case List for follow-up services: prioritization order

Rows/page: 10 | 50 | 100

Optional Field1| Optional Field2| Location| County| Region| Age| Gender| Created\_at| Total\_Risk|

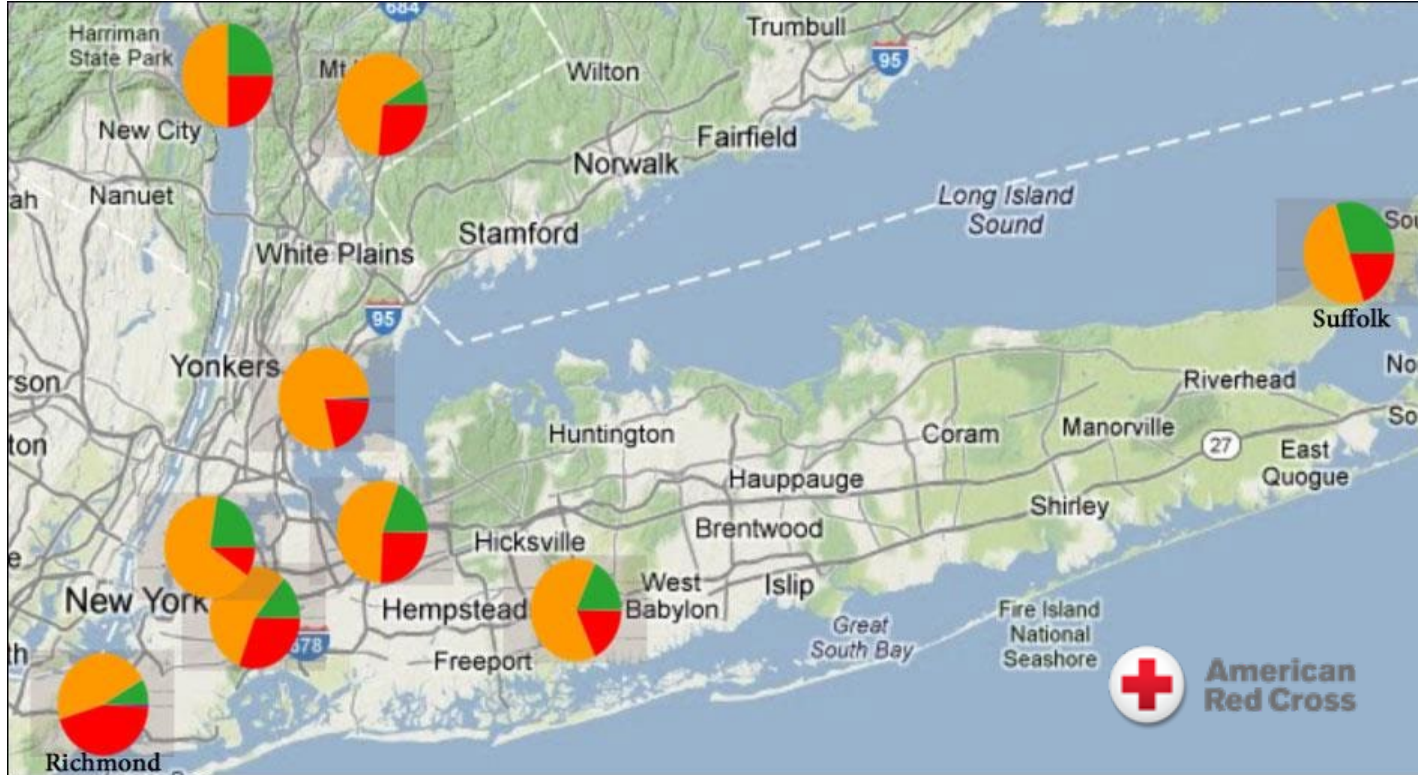
ID	LOCATION	COUNTY	REGION	OPTIONAL FIELD1	OPTIONAL FIELD2	AGE	GENDER	INCIDENT	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Q11	Q12	Q13	Q14	Q15	Q16	Q17	Q18	Q19	Q20	TOTAL_RISK	CREATED_AT	Action
2078	UCSF Benioff Childrens Hospital - Oakland	Alameda County		ff	ff	0-3	male	Default incident			●		●				●					●							4	2023-02-17 03:32:12	 
2079	UCSF Benioff Childrens Hospital - Oakland	Alameda County		ff	ff	0-3	male	Default incident	●																				1	2023-02-17 03:33:37	 
2080	UCSF Benioff Childrens Hospital - Oakland	Alameda County				8-13	male	Default incident	●									●	●	●									4	2023-02-17 03:35:57	 
2081	UCSF Benioff Childrens Hospital - Oakland	Alameda County				0-3	female	Default incident														●							1	2023-02-18 10:59:40	 
2082	UCSF Benioff Childrens Hospital - Oakland	Alameda County				0-3	male	Default incident																		●			1	2023-02-18 11:14:47	 
2083	UCSF Benioff Childrens Hospital - Oakland	Alameda County				0-3	male	Default incident								●													1	2023-02-21 05:42:04	 
2084	UCSF Benioff Childrens Hospital - Oakland	Alameda County				0-3	female	Default incident				●																	1	2023-02-22 11:11:28	 
2085	UCSF Benioff Childrens Hospital - Oakland	Alameda County				0-3	male	Default incident														●							1	2023-02-22 11:51:38	 
2086	UCSF Benioff Childrens Hospital - Oakland	Alameda County				0-3	male	Default incident			●																		1	2023-02-22 14:26:48	 
2087	UCSF Benioff Childrens Hospital - Oakland	Alameda County				8-13	male	Practice only																			●		0	2023-02-26 19:14:34	 

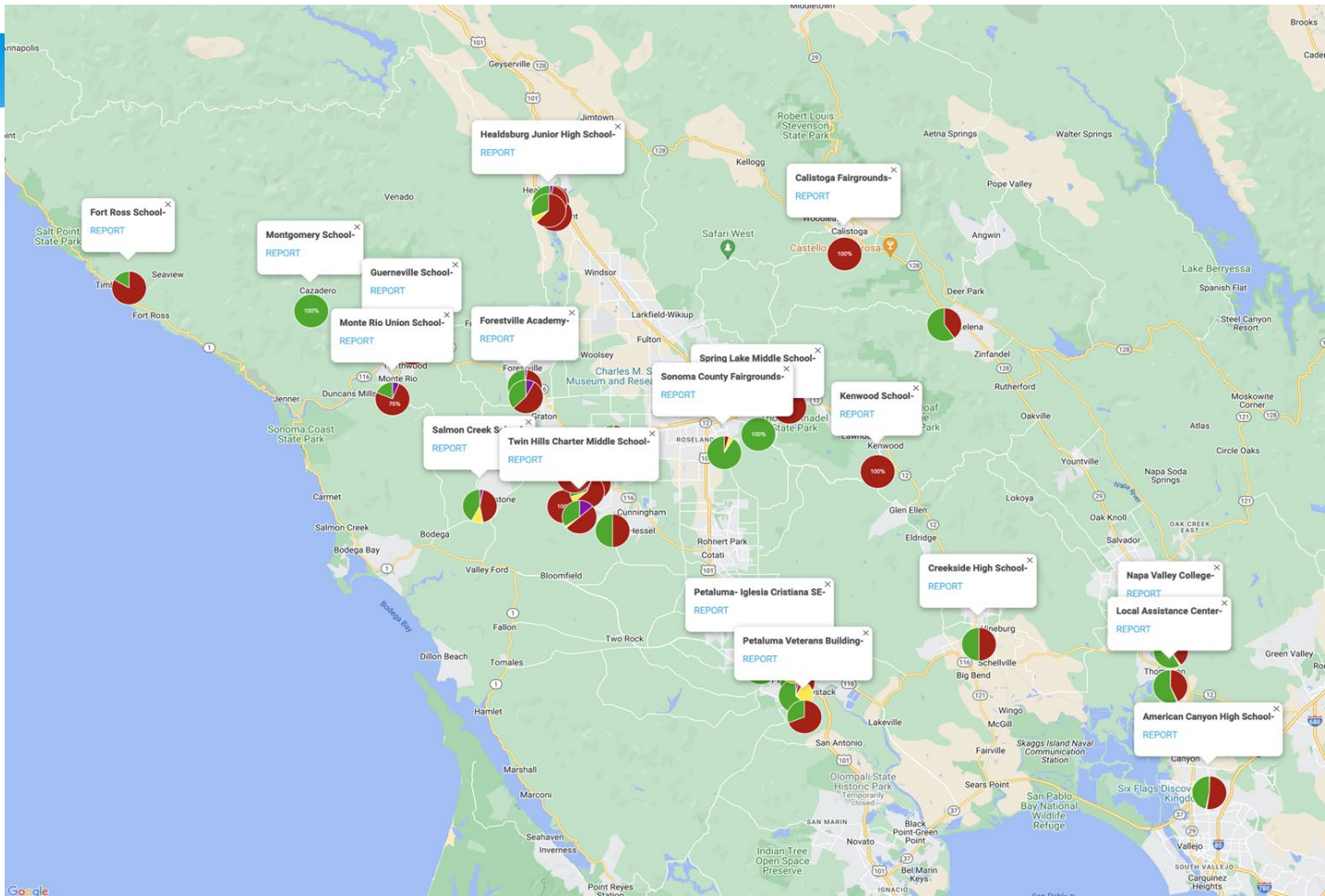
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Export XLS

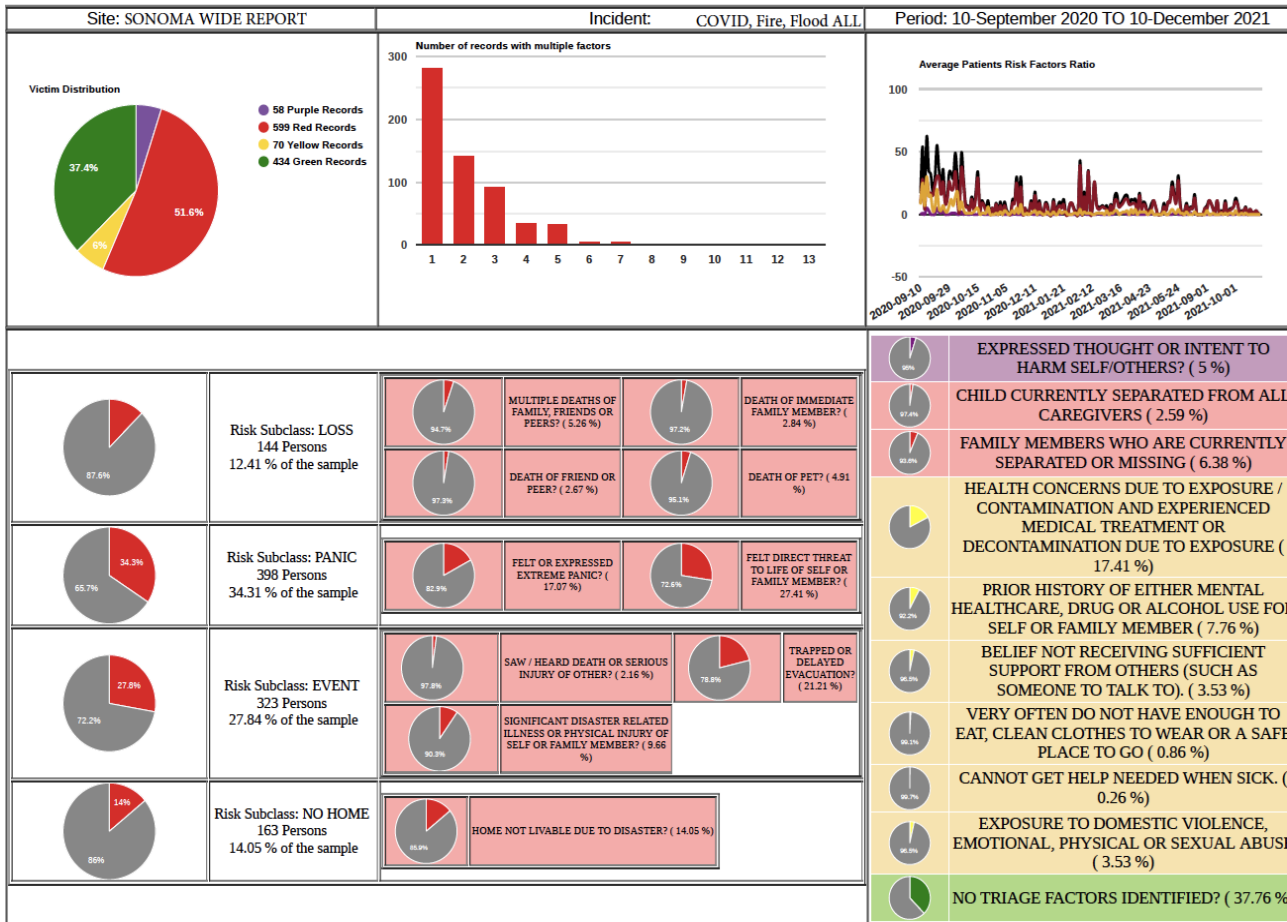


# Superstorm Sandy 1<sup>st</sup> 21 days (NY State)





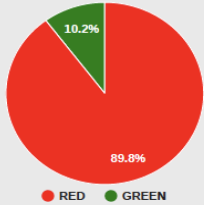




Site: County

Report Period: 25-Oct-21 - 02-Nov-21

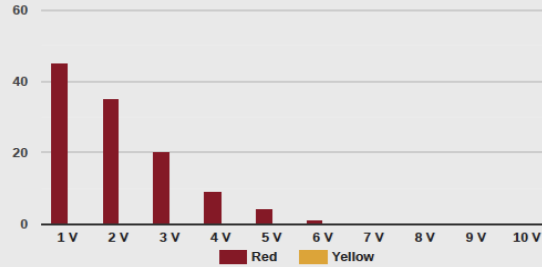
Records Distribution



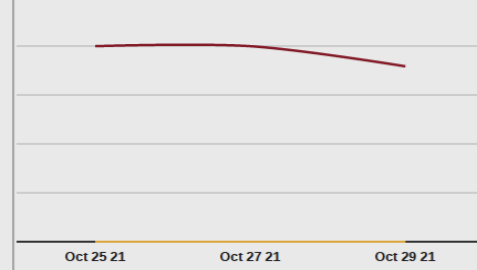
Teenager: 92 Adult: 1 Child: 123

Total Records: 216

Records with multiple red and yellow variables



Average daily risk



<p>37% RED, none</p> <p>When the wildfire, flood, or COVID-19 pandemic happened did you feel scared or helpless?</p>	<p>33% RED, none</p> <p>When the wildfire, flood, or COVID-19 pandemic happened did you think that you OR your family members would get injured, sick or die?</p>	<p>70% RED, none</p> <p>Did you have to evacuate or leave your home because of the wildfire or flood?</p>	<p>26% RED, none</p> <p>Was it hard to evacuate to a safe place during the wildfire or flood, or did it take a long time to get to a safe place?</p>	<p>14% RED, none</p> <p>Did you have to move somewhere else for a while because the place you lived was damaged in a flood or wildfire?</p>
<p>12% RED, none</p> <p>Did anyone in your family get hurt in the wildfire, flood, or sick with COVID-19, and had to see a doctor or go to a hospital?</p>	<p>6% RED, none</p> <p>Did anyone in your family die in the wildfire, flood, or of COVID-19?</p>	<p>2% RED, none, 97.7% GREEN</p> <p>Did any of your close friends die in the wildfire, flood or of COVID-19?</p>	<p>5% RED, none</p> <p>Did any of your pets die in the wildfire or flood?</p>	<p>31% RED, none</p> <p>Did you see others who were hurt or sick in the wildfire, flood or COVID-19?</p>
<p>10% GREEN, none</p> <p>NONE of these happened to me</p>				



# Sonoma Model: **Stepped Triage to TF-CBT Training**

- Triage for trauma exposure and risk: **PsySTART**
- Referral to: MH provider (school, hospital, o/p)
- Initial assessment: **Child PTSD Symptom Scale for DSM-5 (CPSS-5)**
- Stepped care trauma treatment: **TF-CBT**  
Step 1: **TF-CBT PRAC** components  
Repeat CPSS-5 if clinically indicated  
Step 2: **TF-CBT TICE** components (full model)
- **Tele-Health** adaptation
- **TF-CBT SAMHSA National Best Practice for Traumatic Stress**



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