

# Office of School Safety

Grants and Community Services Division

December 2020



## Greetings!

The Michigan State Police (MSP), Office of School Safety (OSS), is committed to delivering quality services to schools throughout the state of Michigan. By fostering communication with all stakeholders, the OSS will promote strategies to encourage safe and secure learning environments that reduce threats, build trust, and improve the quality of life for K-12 students in Michigan. The OSS will enhance safety and security measures in Michigan's K-12 schools by providing model practices, safety assessments, training, and grant writing and administration.



Stop the Silence. Help End the Violence.

The OSS is pleased to announce that the staff and responsibilities of the OK2SAY administration and outreach functions have moved from the Department of the Attorney General to the MSP. The responsibilities and personnel were transferred on October 1, 2020, after a recommendation by Governor Whitmer and the signing of Public Act 166 on September 30, 2020. The functions and oversight of the OK2SAY tip line remain in the MSP Intelligence Operations Division.

OK2SAY is the student safety program that allows students to confidentially report tips on potential harm or criminal activities directed at school students, school employees, and schools. It uses a comprehensive communication system to facilitate tip sharing among students, parents, school personnel, community mental health service programs, the Michigan Department of Health and Human Services, and law enforcement officials about harmful behaviors that threaten to disrupt the learning environment.

OK2SAY has received 707 tips during the 2020-2021 school year, a 67% decrease in tip volume compared to the

same time last year. The decrease is likely due to delayed school openings and distance learning practices because of the COVID-19 pandemic. Suicide threats (150), other [e.g., anxiety, stress, depression, harassment] (110), cyberbullying (103), sexual misconduct (78), and drugs (67) were the top categories of tips reported to the program since September 2020. Based upon the tip categories, students, parents, and concerned citizens are continuing to keep an eye out – sometimes virtually – for the wellbeing of our students.

OK2SAY is not an emergency response unit nor a mental health counseling service provider; it is a conduit for distributing confidential tips to local law enforcement and schools. OK2SAY is knocking down barriers so a student who is struggling can get needed help before a situation turns tragic.

Tips can be submitted 24/7/365 (**even during the holidays**) through the following avenues:

- Call: 8-555-OK2SAY (855-565-2729)
- Text: 652729 (OK2SAY)
- Email: [OK2SAY@mi.gov](mailto:OK2SAY@mi.gov)
- Web: [ok2say.com](http://ok2say.com)
- OK2SAY Mobile App: Available for download in the [Apple Store](#) or on [Google Play](#).



**PRE-COVID (9/1/19 - 11/30/19)**

1. BULLYING
2. SUICIDE THREATS
3. DRUGS
4. PLANNED SCHOOL ATTACK
5. SELF-HARM

**DURING COVID (9/1/20 - 11/30/20)**

1. SUICIDE THREATS
2. OTHER (E.G., ANXIETY, STRESS, DEPRESSION, HARASSMENT)
3. CYBERBULLYING
4. SEXUAL MISCONDUCT
5. DRUGS

Public Act 670 of 2018 requires every public and nonpublic school to provide the MSP at least one school official's emergency contact information twice a year. This emergency after-hours contact information will allow OK2SAY technicians to efficiently communicate with school personnel. The contact information is kept confidential and is only accessed if there is an after-hour emergency involving imminent danger to the safety or well-being of a student.

School administrators, if you have not done so already, please provide the emergency contact information for your school on the [OK2SAY website](#) under [Register School Contacts](#).



## Self-Care Strategies for Educators During Coronavirus (A Resource to Share)

With so many lives significantly disrupted, the challenges faced by educators today are unprecedented. Teachers are called upon to continue educating their students while also supporting their own families and communities in new ways. Educators must support themselves first so they can effectively continue to educate and support those who depend on them.

### Create a Normal

- ✓ **Be realistic with yourself.** Set a new baseline. While you want to create effective and meaningful lessons and experiences for students, do not expect to do it all at once and right away.
- ✓ **Reduce the workload for yourself and students.** Consider reducing your workload as well as that of your students. Assign less to students to reduce the mental and emotional burden for yourself, your students, and the families supporting your students.
- ✓ **Shift focus from academic content to positive, healthy relationships.** What matters most right now is how students feel about learning and how you connect with students and families.

### Practice Self-Awareness

- ✓ **Be aware of your thoughts and feelings.** Getting stuck in your own feelings is easy. Experiencing your feelings is important as long as you do not *become* your feelings.
- ✓ **Stay calm and focused.** Physical exercise, talking to a good friend, and finding strategies that have been helpful in the past can support your calmness.
- ✓ **Practice positive self-talk.** Consider whether the way you think and talk about your current circumstance is realistic. If you find your thoughts are rooted in fear, accept your feelings and refocus yourself by emoting positivity and optimism.

### Be Optimistic and Solution-Focused

- ✓ **Shift from pessimism to optimism.** Focus on what you like and want rather than what you do not like and want. Start focusing on solutions rather than problems. Simple shifts in thinking can have a profound impact on your well-being and how others respond to you.
- ✓ **Look for opportunities in the challenges.** Search for lessons within the uncertainties. Positively frame the negative aspects and look for the “silver lining.”
- ✓ **Show gratitude.** Take time to express gratitude and appreciation through active listening and strengthening feelings of concern for others. Use strategies such as personal journaling, writing a letter of gratitude, or speaking your appreciation.



**OK2SAY**

Stop the Silence. Help End the Violence.

**Report anything that threatens your safety or the safety of others.**  
Learn more at [OK2SAY.com](http://OK2SAY.com)

 855-565-2729

 652729 (OK2SAY)


 [ok2say@mi.gov](mailto:ok2say@mi.gov)

 Download from App store. Available for iOS and Android.

**Survey Question**

The OSS is interested in your opinion! Please take a moment and respond to our survey. Click on the link in the graphic to share your thoughts about guidance from the OSS.

What guidance do you think the Office of School Safety should offer to school entities in the State of Michigan?



[Click Here](#)

### Contact us!

#### Office of School Safety

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#### Office of School Safety Website

**Socially distant, but not alone.**  
**Your mental health matters.**

Text SCHOOL to 741741 for free, 24/7 crisis counseling.



The crisis text line is a free text line available 24/7 for any crisis. Students, parents, administrators, and teachers can text SCHOOL to 741741 to speak to a trained Crisis Counselor.