Ask The Experts Webinar Series

Strategies For Providing School Mental And Behavioral Telehealth Services
“Ask the Experts” Webinar Series

• Series of recorded webinars to be posted on the NASP website
• Webinars are designed to offer support to school psychologists, interns, and practicum students as they navigate the delivery of school psychological services during the COVID-19 pandemic
• Each webinar will be followed by the opening of a discussion thread on the NASP member exchange community
• Each webinar will:
  – Address critical questions emerging as a result of the need to provide virtual telehealth school psychological services
  – Provide advice and guidance from experts
  – Offer suggested strategies and resources for addressing professional practice issues
Expert Panel

Andrea Clyne, PhD
School Psychologist, Boulder Valley Public Schools (CO)
NASP Board of Directors, Delegate Representative (CO)

Peter Faustino, PhD
School Psychologist, Scarsdale Public Schools (NY)
NASP Board of Directors, Delegate Representative (NY)

Shawna Rader Kelly, EdS
School Psychologist, Bozeman Public Schools (MT)
NASP Board of Directors, Strategic Liaison
Critical Question 1

• As a school psychologist, why is it important to establish yourself as a mental and behavioral health service provider?
  – Increasing complex mental and behavioral health needs of students
  – Stress on teachers and caregivers
  – Training and expertise of SPs
  – Trusted members of the school community
  – Accessible to students, teachers, and families
Critical Question 2

• How are the mental and behavioral health needs of students manifesting themselves in this virtual environment?
  – Family Stress
  – Fear and Anxiety
  – Isolation and Depression
  – Grief and Loss
  – Exposure to Trauma
  – Mental Illness
  – Exposure to Violence (Domestic and Community)
  – Behavioral Management
Critical Question 3

• How should direct and indirect school mental and behavioral health services be conceptualized in a virtual school world?
  – MTSS
    • Positive Behavior Supports
    • Social-Emotional
    • Trauma Informed
    • Mental and Behavioral Health
Critical Question 4

• How does conceptualizing our services as multi-tiered systems of virtual support look in reality?
  – Critical Importance of Teamwork
  – Communication
  – Consent and Expectations for Services
  – Persistence and Follow-Through
  – Resources and Supports
Critical Question 5

• What is the biggest challenge that each of you have faced in providing mental and behavioral health services in a virtual setting?
Critical Question 6

• How do mental and behavioral telehealth services look similar and different in elementary, middle, and high school settings?
  – Elementary
  – Middle
  – High School
Key Messages

• Mental health matters!
• School psychologists are critical mental and behavioral health providers
• Mental and behavioral health services can include both direct and indirect services
• Supporting mental and behavioral health needs leads to improved educational outcomes
• Collaboration is key
• Lead, Serve and Inspire!
NASP Resources

- **NASP COVID-19 Resource Center**

- **Care for the Caregiver: Guidelines for Administrators and Crisis Teams**

- **Self-Care Lessons From the Field**

- **Self-Care for School Psychologists**
NASP General Resources

- Anxiety: Helping Handout for School and Home
  https://www.nasponline.org/x55101.xml
- Care for Caregivers: Tips for Families and Educators
  https://www.nasponline.org/x55067.xml
- Depression: Helping Handout for Home
  https://www.nasponline.org/x55105.xml
- Engagement and Motivation: Helping Handout for Home
  https://www.nasponline.org/x55100.xml
- Grief: Helping Handout for Home
  https://www.nasponline.org/x55106.xml
- Sleep Problems: Helping Handouts for Home
  https://www.nasponline.org/x55108.xml
- Using Praise and Rewards Wisely—Helping Handout for School and Home
  https://www.nasponline.org/x55109.xml
External Resources

• National Parent Teacher Association (PTA) COVID-19 Resources
  https://www.pta.org/home/family-resources/coronavirus-information

• CDC Manage Anxiety & Stress:

• Child Mind Institute Supporting Families website
  https://childmind.org/coping-during-covid-19-resources-for-parents/#resources

• SAMHSA Coping with stress during infectious disease outbreak
Helping Children Thrive • In School • At Home • In Life