



# 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)

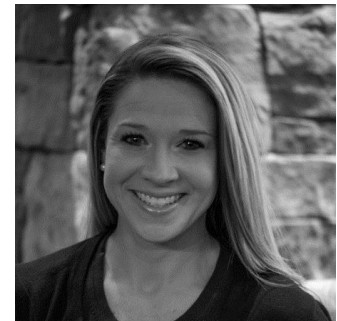
NASP Board of Directors, Delegate Representative (NY)



## **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**  
<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/covid-19-resource-center>
- **Care for the Caregiver: Guidelines for Administrators and Crisis Teams**  
<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/care-for-caregivers-tips-for-families-and-educators/care-for-the-caregiver-guidelines-for-administrators-and-crisis-teams>
- **Self-Care Lessons From the Field**  
<https://www.nasponline.org/professional-development/a-closer-look/self-care-lessons-from-the-field>
- **Self-Care for School Psychologists**  
<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/mental-health/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:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

- 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

<https://store.samhsa.gov/system/files/sma14-4885.pdf>



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