



Ask the Experts Webinar Series

Care for the Caregivers: Information for School Leaders and Crisis Teams

“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

Lisa Coffey, Ed.S., Senior Administrator for Psychological and Social Services, Orange County Public Schools (FL)



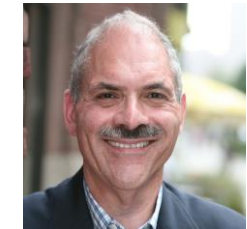
Franci Crepeau-Hobson, Ph.D., Associate Professor and Director of Clinical Training in School Psychology, University of Colorado-Denver



Benjamin S. Fernandez, MS. Ed, School Psychologist, Loudoun County Public Schools (VA)



Rosario "Ross" Pesce, Ph.D., School Psychology Coordinator of Clinical Training, Loyola University- Chicago (IL)



Self Care – A Definition

- **Self care** involves engaging in behaviors or activities that promote health and well-being.
- **Self care is an ethical imperative!** Critical in preventing the negative consequences of work stress and promoting positive outcomes such as optimal professional functioning and enhanced well-being.

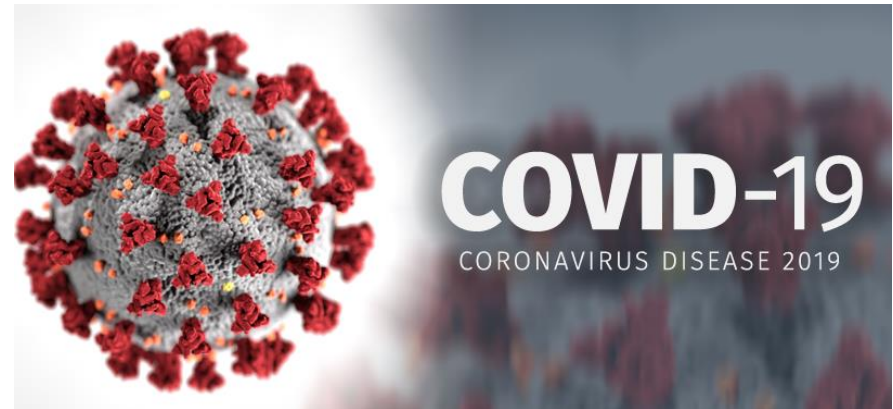


Critical Question 1

- **Why is caring for the caregiver important for school leaders and crisis teams during this pandemic?**
 - Constantly evolving situation
 - Unpredictable and uncontrollable nature of this crisis
 - Important for leaders and responders to understand risk factors and stress mediation strategies
 - By engaging in their own self-care, school leaders and school staff help promote a sense of safety and security

Critical Question 2

- **What makes COVID-19 unique?**
 - Chronic stress
 - Associated grief



Critical Question 3

- **What are feelings common to loss, especially the losses experienced because of COVID-19?**
 - COVID-19 has resulted in feelings of grief
 - Social connections
 - Disruption of daily life activities
 - Our sense of safety
 - Trust in our systems
 - Certainty about the future
 - Feeling the grief of others

Critical Question 4

- **What should school leaders and crisis team members be on the alert for during this pandemic?**
 - Physical reactions
 - Emotional symptoms
 - Social or interpersonal signs



Critical Question 5

- **What are the challenges in identifying and supporting vulnerable staff and colleagues?**
 - Ways to watch from afar
 - Virtual outreach
 - Virtual office hours
 - Opportunities for social connectedness

Critical Question 6

- **What are strategies school leaders can use to produce a climate of care and support?**
 - Provide school personnel support
 - Create culture of care
 - Make mental health and crisis team members available
 - Promote social connection



Critical Question 7

- **What are strategies school leaders and crisis team members can use for providing direct support?**
 - Virtual classroom buddy system
 - Connect with staff daily using a variety of platforms
 - Engage in activities that promote team connections

Critical Question 8

- **What are some effective strategies for self-care?**
 - Create a structure and routine for the day
 - Reduce and limit exposure to media coverage of the pandemic
 - Attend to your physical self-care
 - Care for your emotional health
 - Maintain social connections and focus on social care

Key Messages

- The COVID-19 pandemic is a rapidly evolving situation that is causing stress and uncertainty.
- Recovery from a situation crisis takes time and may not happen in a linear fashion.
- There are steps that school leaders and crisis team members can take to foster health and well-being in themselves and others.
- Awareness, balance, and connection can help.
- Celebrate small achievements.
- Seek help if in need.



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>

External Resources – Self Care

- **Centers for Disease Control and Prevention. (n.d.) *Emergency Responders: Tips for Taking Care of Yourself.***
<https://emergency.cdc.gov/coping/responders.asp>
- **Institute for Disaster Mental Health, SUNY at New Palz**
<https://newpaltz.edu/media/idmh/covid-19/IDMH%20COVID19%20Community%20Stress%20Management%20Tip%20Sheet%202020%20Final.pdf>
- **National Alliance on Mental Illness. (n.d.). *COVID 19 Resource and Information Guide.***
<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>
- **National Alliance on Mental Illness**
<https://www.nami.org/covid-19>
- **NCTSN: Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19)**
https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

External Resources, *continued*

- **Self-Care in the Time of Coronavirus**
<https://childmind.org/article/self-carein-the-time-of-coronavirus>
- **Temple Health. (n.d.) 5 Tips for Staying Connected While Social Distancing.**
<https://www.templehealth.org/about/blog/5-tips-staying-connected-while-social-distancing>
- **University of CA, San Francisco**
<http://psychiatry.ucsf.edu/coronavirus>
- **World Health Organization (n.d.) Mental health and psychosocial considerations during the COVID-19 outbreak.**
<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>
- **World Health Organization (n.d.) How to Cope with Stress During 2019-nCoV Outbreak.**
https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_8



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