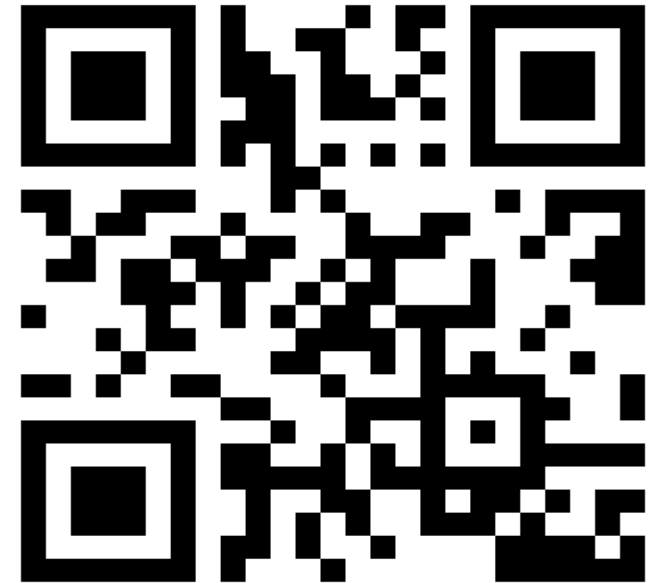




BEHAVIORAL HEALTH THERAPISTS:

NAVIGATING THE FIRST TWO YEARS SERVING IN A SBHC



Continuing Education Credits

In support of improving patient care, this activity has been planned and implemented by School-Based Health Alliance and Moses/Weitzman Health System, Inc. and its Weitzman Institute and is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

This series is intended for Dentists, Nurses, Nurse Practitioners, Pharmacists, Physicians, Physician Assistants, Psychologists, Registered Dietitians, and Social Workers.

Please complete the survey and claim your post-session certificate on the Weitzman Education Platform after today's session. **Please note:** Pharmacists must claim credits within two week's following today's session or we will not be able to award ACPE credits.



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INTERPROFESSIONAL CONTINUING EDUCATION



Disclosures

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- The views expressed in this presentation are those of the speakers and may not reflect official policy of Moses/Weitzman Health System.
- We are obligated to disclose any products which are off-label, unlabeled, experimental, and/or under investigation (not FDA approved) and any limitations on the information that are presented, such as data that are preliminary or that represent ongoing research, interim analyses, and/or unsupported opinion.

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Shelli Altopp- Miller, LCSW

Mosaic Health

CONSIDERATIONS FOR WORKING WITHIN A SYSTEM



Each entity has expectations, opinions, and hopes for your role. The educational system has different goals than the medical system and we must work within both and together. We are guests in a host environment.

- ❖ Your health organization
- ❖ School superintendent, administrators, school support team, and staff
- ❖ Parents, patients, and community
- ❖ Advisory board, if applicable

CREATING YOUR ROLE IS A DYNAMIC, COLLABORATIVE PROCESS



Understand the
what/where/who/how's of your
position

Bring your unique strengths,
experiences, skills, and knowledge
into your role to positively impact
your SBHC

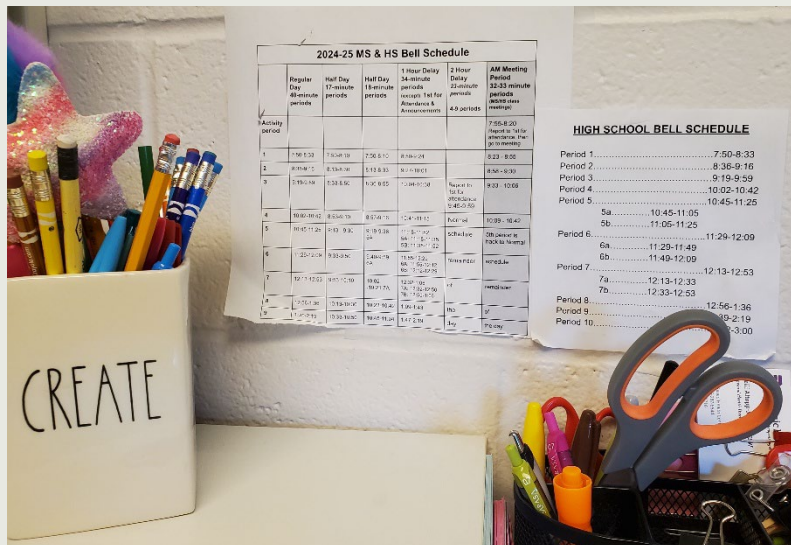
WHAT SCHOOL STAFF WANT TO KNOW



Tip:

Meet with the school counseling staff, sometimes called the school support team, prior to the first week students are on campus, if possible

SCHOOL INFORMATION: WHAT YOU MIGHT NEED TO HAVE



- ❖ Knowledge of the scope of practice of each member of the student support team
- ❖ Access to student information management system such as SchoolTool or Frontline
- ❖ School calendar and school daily schedule
- ❖ Staff classroom phone numbers
- ❖ A school email address and phone extension
- ❖ Protocol for school drills
- ❖ School emergency plans

YOUR HEALTH ORGANIZATION: WHAT YOU NEED TO HAVE

- Electronic medical record
- Teams, desk phone, computer with camera
- SBHC email
- Business/appointment cards
- ROI imbedded in enrollment forms
- Locking filing cabinet



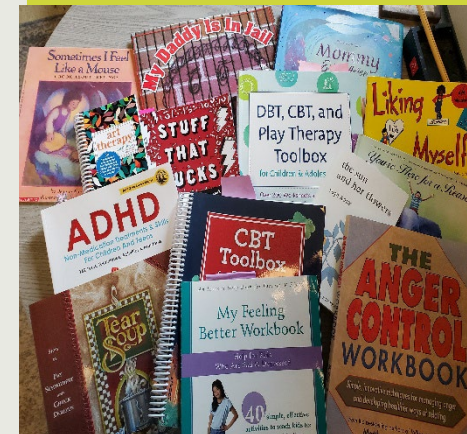
CONSIDERATIONS FOR YOUR THERAPY SPACE

- Functional, welcoming, and cozy
- Device to buffer sound
- Deter distractions during sessions (such as phones, knocks)
- Items that appeal to all ages and developmental levels

Games and Manipulatives



Books



Art Supplies



CONSIDERATIONS AROUND PROVIDING THERAPY IN THE SBHC:



- Daily time and schedule constraints
- Broad age range, socioeconomic and cultural backgrounds
- Broad range of cognitive and developmental abilities
- Field trips, absences, snow days and more
- Less parent involvement
- Wide range of diagnoses



TIPS TO HEAD OFF CHALLENGES

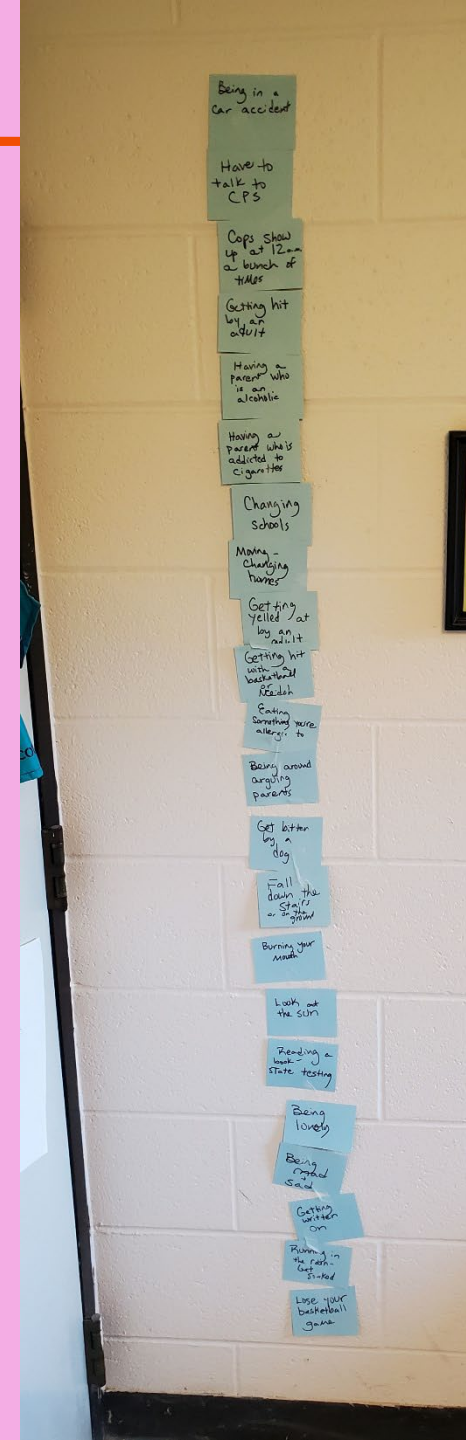
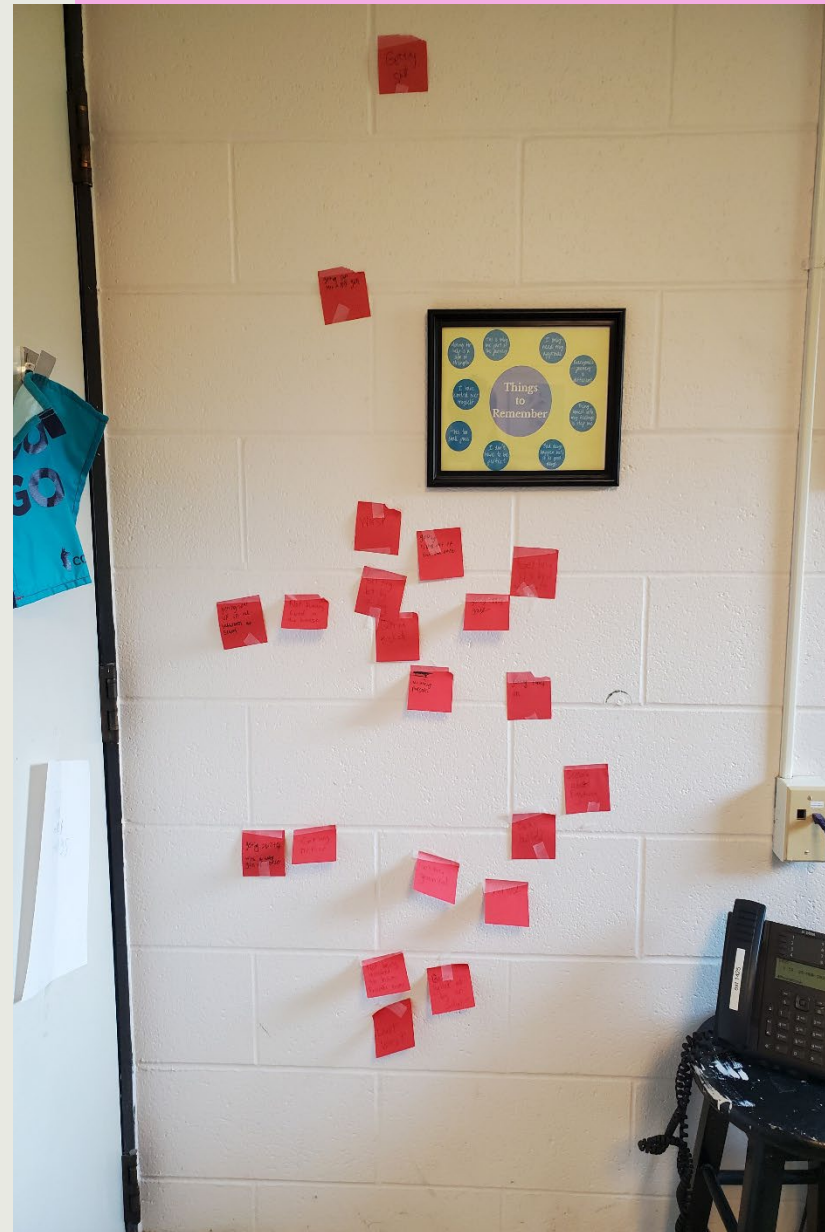
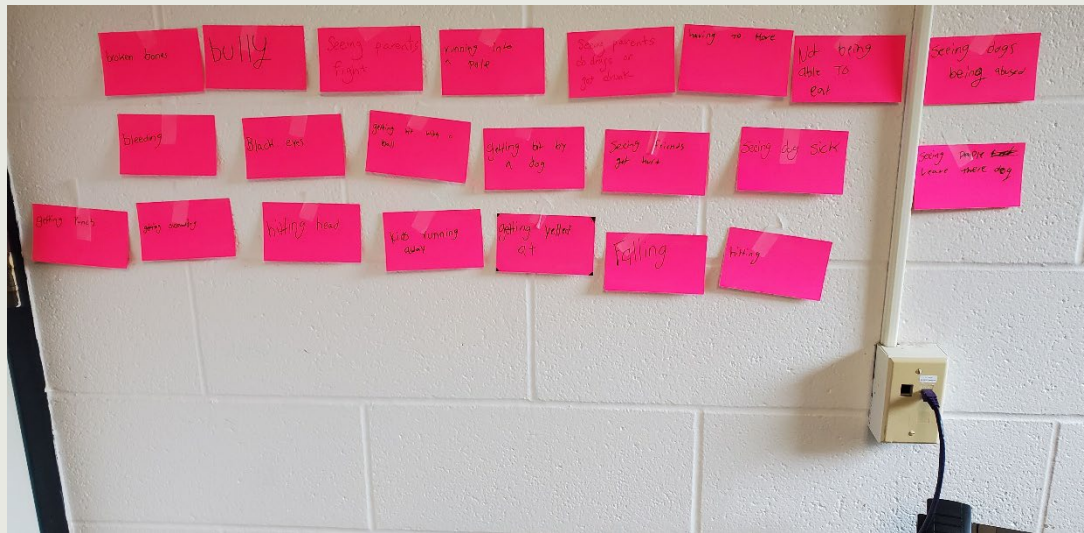


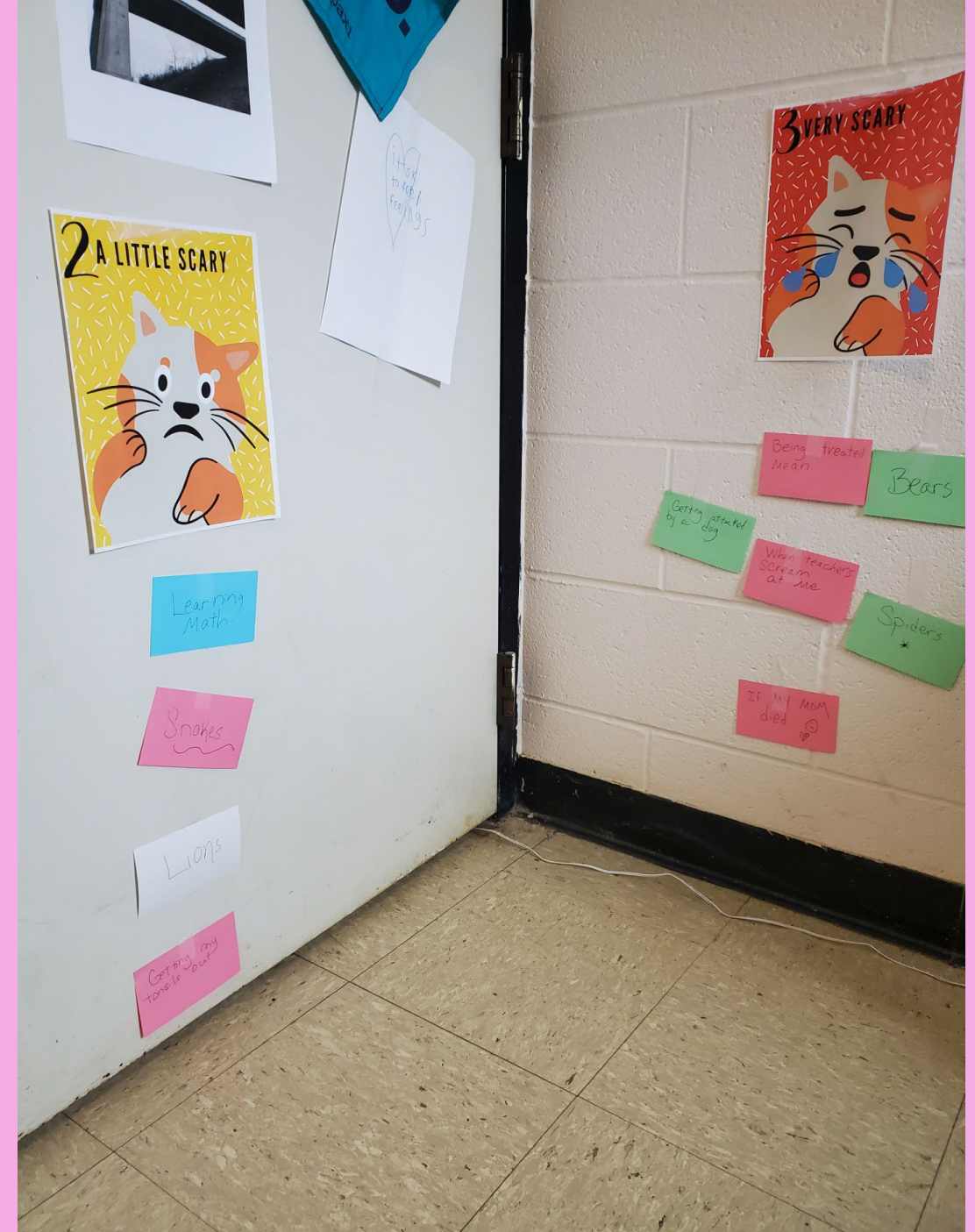
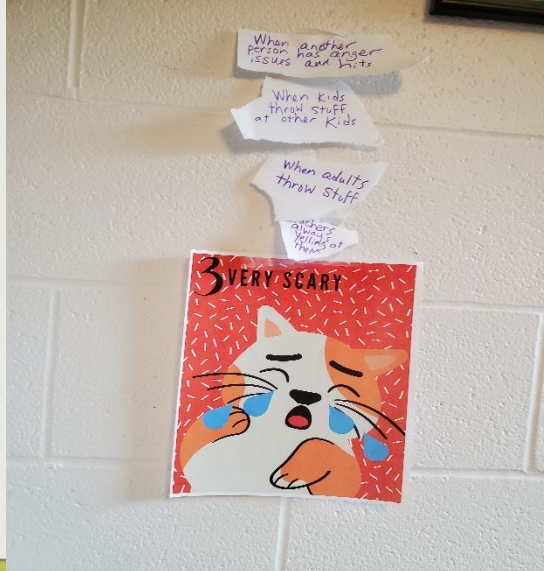
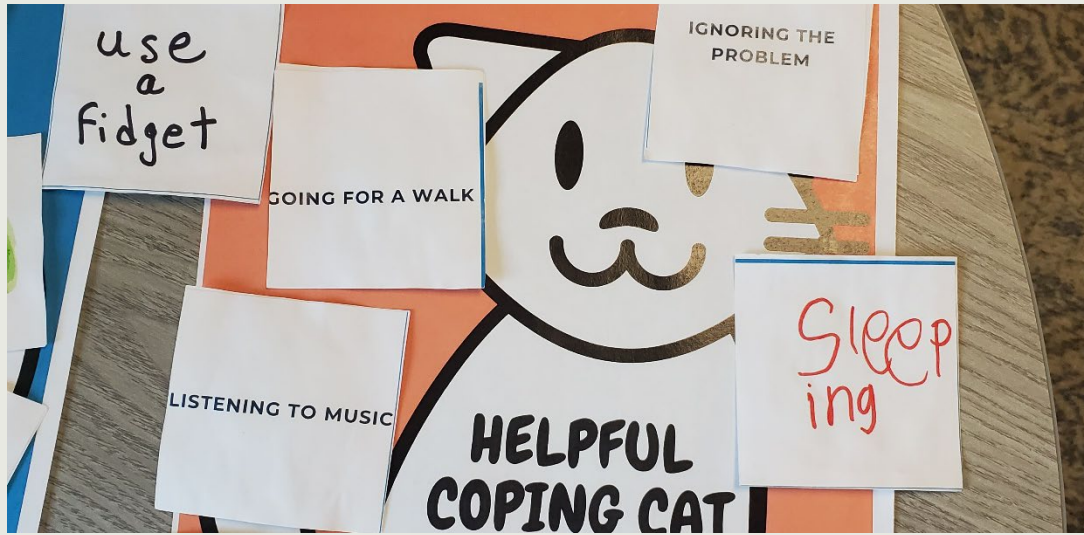
- Utilize a parent intake form to gain parent perspective
- Be proactive communicating expectations for parent involvement
- Take your time building rapport
- Gather info from school staff, BIP, IEP, or 504 prior to first appointment but stay open-minded
- Review medical chart
- Be prepared and ready to pivot if the intervention isn't working
- Have therapeutic games and activities that appeal to a wide range of ages and cognitive abilities

CLINICAL INTERVENTIONS WITH BROAD APPLICATION



The wall	Jenga	Cat	Psychoeducation
Worries	Color - corresponding emotion	Coping cat	PEARLS
Mean, rotten things	When did you feel that?	Scaredy cat	Sleep hygiene
Coping strategies			Mindfulness breathing
			Anger volcano







Pediatric ACEs and Related Life Events Screener (PEARLS)
TEEN (Self-Report)- To be completed by: Patient

At any point in time since you were born, have you seen or been present when the following experiences happened? Please include past and present experiences.
Please note, some questions have more than one part separated by "OR". If any part of the question is answered "Yes," then the answer to the entire question is "Yes."

PART 1:

1. Have you ever lived with a parent/caregiver who went to jail/prison?
2. Have you ever felt unsupported, unloved and/or unprotected?
3. Have you ever lived with a parent/caregiver who had mental health issues? (for example, depression, schizophrenia, bipolar disorder, PTSD, or an anxiety disorder) **Y**
4. Has a parent/caregiver ever insulted, humiliated, or put you down?
5. Has your biological parent or any caregiver ever had, or currently has a problem with too much alcohol, street drugs or prescription medications use? **Y**
6. Have you ever lacked appropriate care by any caregiver? (for example, not being protected from unsafe situations, or not being cared for when sick or injured even when the resources were available)
7. Have you ever seen or heard a parent/caregiver being screamed at, sworn at, insulted or humiliated by another adult?
OR: have you ever seen or heard a parent/caregiver being slapped, kicked, punched, beaten up or hurt with a weapon? **Y**
8. Has any adult in the household often or very often pushed, grabbed, slapped or thrown something at you?

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Having memories or flashbacks





THE FIRST TWO YEARS AND BEYOND: BE A VISIBLE, FRIENDLY PRESENCE

- Participate in school staff meetings as able, appropriate, and welcome
- Set up a table at school events
- Write an article for the school newsletter
- Contribute to the school's Facebook page or other social media channels
- Present to classrooms or groups



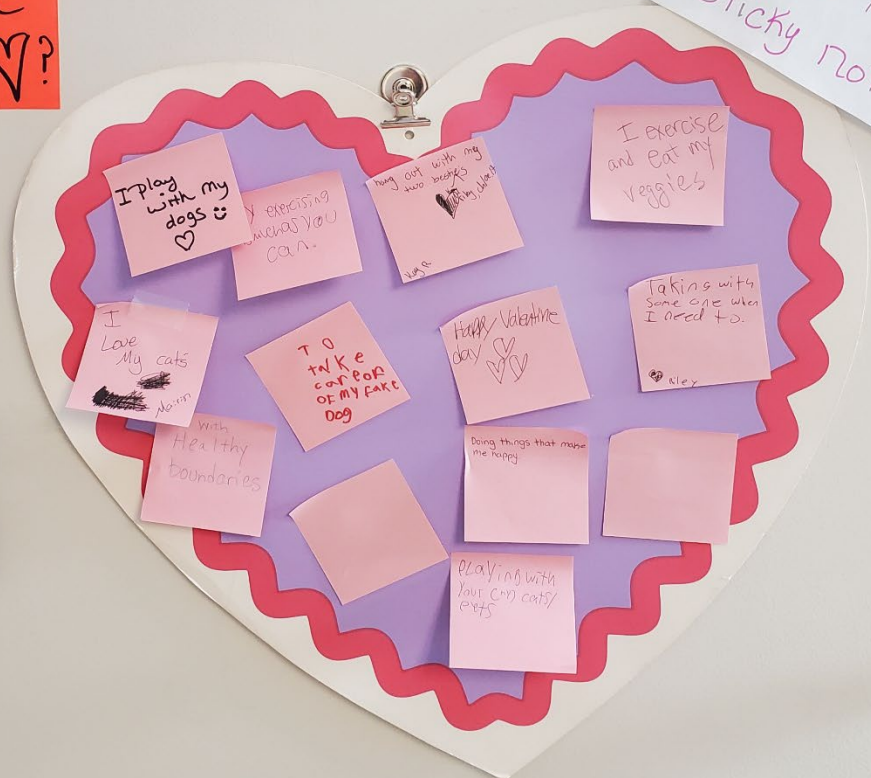
PRESENTATION TO GRADES 3 - 5



How do you
take care
of your ♥?



Write it on
Sticky note!





WHITMAN
WILDCATS

WHITMAN
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CHAMPIONS
of
CHANGE

MARCUS WHITMAN CSD
Board of Education

School-Based Health Center

The First Step
School-Based Health Center



THANK YOU!



SHELLI ALTOPP-MILLER, LCSW
SALTOPPMILLER@MOSAICHEALTH.ORG

