



PSI Webinar

Lessons of Sandy Hook: How to Make your School Safer

Presented by Michele Gay and Dr. Scott Poland

The presentation began with Michele Gay, who lost her first-grade daughter, Josephine, in the tragedy that occurred December 12, 2012. A former education teacher herself, Michele gave a moving account of how news first reached her. Television showed lines of children being evacuated with arms on the shoulders of those in front of each, looking down so as to avoid seeing the carnage. Because responsible crisis leaders had been killed in the opening seconds, there was no PA system, thus making it difficult to find anyone in charge. As more and more parents arrived, the scene became increasingly chaotic. Students were sent home with parents, but there was no check for proper ID. Michele managed to have her fourth-grade daughter sent home with a friend.

Although school crisis drills had taken place, the reality of murder had been totally unexpected. Teachers had no time to get to their keys to lock the doors from the inside. "Simple measures can save lives," Michele said. "Had teachers had keys at the ready, doors could have

been locked from the inside, possibly sparing some of the victims. This would have added precious minutes separating life from death." Without an operating PA system, it fell to the custodian who yelled, "Lockdown, lockdown," hurrying down the halls and locking classroom doors from the outside.



Photo: Ms. Michelle Gay

Again, the fact is that despite the safety drills at Sandy Hook Elementary School, the common belief shared was that it couldn't happen here.

In the aftermath, Michele has created a non-profit whose mission is school safety and how to try to prepare for such a tragedy. Called Safe and Sound Schools, the website is www.safeandsoundschools.org. "It is crucial to have a recovery team ready to act instantly. The national average crisis arrival time is five to six minutes. (continued on page 2)

PSIdelines, Feb 2015

A newsletter for the professional staff of PSI published periodically throughout the year.

MISSION STATEMENT

PSI is the market leader in high-quality educational and health services to schools. We strive in everything we do to gain the trust of our clients and to meet or exceed their expectations for quality, value, and responsiveness.

VISION STATEMENT

PSI is The Trusted Provider of High-Quality Educational and Health Services to Schools. Together, We Create the Foundation that Supports All Students to Learn, Thrive and Grow.

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Nancy Musci
Executive Director: Operations and Admin.

Continued from the Cover...



In that interval, there are three things to remember: **Assess, Act and Audit.**" This three-part toolkit and other suggestions are available at the website and can be accessed by clicking the "Education" tab of the top toolbar.

Dr. Scott Poland followed by taking issue with USA Today's claim that these murderers are like ordinary kids. "These shooters are not ordinary kids," he said emphatically. He classified them into three categories: psychotic, psychopathic and traumatized. Those in the first hear voices, try to avoid evil monsters seen only to them and have no contact with reality. The psychopath, though seemingly normal outwardly, has no conscience, with recurrent nasty and violent thoughts. The traumatized come from dysfunctional homes, often with a violence-filled upbringing and parents who have been in prison and/or have a history of drug abuse.

One unifying aspect of all school shooters is that none expected too get out alive: a form of suicide by homicide. At the least, parents with a troubled child should not leave a gun readily available in the home. Further, parents have a right, even an obligation, to enter a teenager's room to see what is going on.



Many times student peers have foreknowledge of an impending event but don't speak out about it. Therefore, it is imperative that a positive connection be created between students, parents and the community. "They won't speak unless there is trust! The student has to feel that the school is the best place they can be."

All students in the school should be known individually. These days a threat assessment team must be in place, made up of administrators, teachers and community leaders, with planned crisis drills that are not scary. Dr. Poland concluded by what a colleague told him: "We must reach out to the unreachable."

Contact Karen McKelvey if you have any questions or comments:

karenmckelvey@psi-solutions.org

PSI employees can access this webinar and receive a one-hour CEU by listening and completing the survey at:

<http://psi-solutions.org/lessons-sandy-hook-make-school-safer/>

From the Desk of:

Karen McKelvey
Director

Professional Development News



Health Professionals as Partners in Suicide Prevention

By Martin Seigel

Karen McKelvey, PSI's Director of Prevention/Intervention Services and Crisis Team Coordinator, spoke about suicide prevention at the Fall Health Professionals Meeting in November.

The subject of suicide, extremely important in today's society, has become overwhelming for many. Yet, teachers and health care staff can play pivotal roles in its prevention. Sadly, every day there are eleven youth suicides and every two hours and eleven minutes, someone under 25 commits suicide. It is the second leading cause of death among teens in Ohio and increasing rapidly among those in the age bracket 10-14!

The first steps for schools are to develop guidelines and a support strategy, demonstrate commitment, followed by a concrete planned response. Staff responsibilities include learning the signs of risk, identifying those at risk and then referring these students to appropriate resources.

Parents, who tragically are often caught unaware, should be cognizant of the school's policies. They should both know what the signs of trouble are and where to go for help. Similarly, students should be aware of the warning signs among their peers, where help can be found in the school and community and, especially, know who are caring and trusted adults.

For the young person gripped by this nightmare, it appears as a monstrous, unsolvable, unending problem with one outcome, however wrong it may be. It is irrational, coloring everything, yet it is also a pathological form of communication. The most at-risk group demographically is male Caucasian students 15-18. The least at-risk is female African-American students of the same age.

Risk factors include demographics, clinical aspects (psychiatric diagnoses, drug and alcohol usage), family background, exposure to the media and recent severe stressors that may have happened. Careful attention must be paid to students who have even intimated thoughts of suicide.

The good news is that there are protective factors. These include contact with a caring adult, building a sense of connection with the school and community and knowing where to get professional help. Right away the student should know it's OK to ask for help. *For staff that gets involved in such situations, your role is to identify, listen and refer.*

This school year, PSI has formed a partnership with LifeAct®, a free statewide collaboration with middle and high schools. Representatives will speak at schools for two sessions, each 45 minutes. Contact Karen (karenmckelvey@psi-solutions.org) for more information on student or staff programs or go to <http://lifeact.org>.

PSI Announcements:

You will soon receive **Tentative Plans** forms for the 2015-2016 school year. Please indicate any changes you desire as well as what you would like to remain the same.

Check your License: It's time to renew your professional license if it expires 6/30/2015.

As always, please take a few minutes to review your work environment. Slips and falls are painful! All of us need to be aware and vigilant of any **workplace safety issues**, especially during these winter months. If you have any concerns about the safety of your work environment, contact your supervisor immediately as your safety is our highest priority.

From the Desk of:

Karen McKelvey
Director

Professional Development News



Professional Development News:

- If you are planning on renewing your ODE license via an application to the **PSI LPDC**, the deadline for initial applications is **March 31, 2015**. For an application packet and instructions, please contact me at karenmckelvey@psi-solutions.org.
- PSI will be hosting Steve Griffin presenting “**Practical Literacy Intervention Strategies for Special Education Staff and Teachers**” on March 6, 2015, 7:45 AM-4:00 PM. This workshop has limited seating and will be **particularly useful for SLP staff**. Full attendance and completion of an evaluation will provide 6.5 contact hours. Check your email for details, as you must register immediately if interested:

LOCATION: ESC of Cuyahoga County, 6393 Oak Tree Blvd., Independence, OH 44131

TARGET AUDIENCE: Special Education Staff & Teachers

REGISTRATION FEE: \$25 fee for PSI Employees only; \$75 per individuals
(Check or cash only-no credit cards)

REGISTRATION DEADLINE: March 4, 2015 (Registration is limited to 85 for this event so Register Today!!!)

CONTACT INFORMATION: Brenda Anderson: brendaanderson@psi-solutions.org; 800-841-4774, x. 237

Webinar World:

- PSI's next webinar will take place in April 2015 and will be specifically directed to PSI health staff. Featured will be Rich Lieberman, NCSP, who will share his insights on “**Health Staff Information for Students who Cut and Self-Injure.**” Additional details and registration instructions will be sent to you soon via your PSI health email address.
- In April 2015, PSI will be hosting a webinar by Scott Poland, EdD, on the subject of “**Students Who Self-Injure: Critical Issues.**” Joining him will be Colleen Lorber, PhD. Information will be emailed in March.
- See the cover article for the latest webinar summary and a link to viewing it yourself.

PSICertify News:

PSICertify is PSI's evolving Professional Development initiative. By aligning more closely all departments within PSI, we are able to offer required trainings to our partner schools.

Follow this link for a description and class listings that have been developed thus far:
<http://psi-solutions.org/certificationservices/>.

Please mention this PSI resource to your school administrators!

From the Desk of:

Karen McKelvey
Director

ESL News



ESL at Bedford City School District:

The English Language Learners at Heskett Middle School participated in the school's Science Fair on Thursday, January 19, 2015 from 6:00 to 8:00 P. M. The ESL students chose a famous scientist from their country, researched the scientist and his/her scientific contribution(s), wrote a short biography about the scientist, and cut and pasted the biography and photos of their contributions on tri-fold posters. The students presented their poster information at the Science Fair. Countries that were represented include: Mexico, Peru, Puerto Rico, Nigeria, Togo, China, and India.

ESL students have difficulties feeling included in the school activities because of language differences. This activity provided an opportunity for the English Language Learners to demonstrate pride in the scientific accomplishments from their country. The posters were put on display in the Heskett School Library for the entire school to read about "Scientists from Around the World".



Fabrice Akakpo proudly stands next to his project on Togo.

Parents and family members received invitations to attend the Science Fair and Poster Presentations. Mrs. Kay Almy, PSI Supervisor of the ESL Program, and Mrs. Mary Goebel, ESL Instructor, were available for any questions or concerns about the ESL program.



A student project from the Science Fair.

A special thanks to Mrs. Virginia Golden, Principal, Heskett Middle School, for her cooperation and encouragement of the English Language Learner program. Parents and family members had an enjoyable evening viewing the posters, learning about their students' ESL program and sharing ideas with other parents, teachers, and administrators.

Mary Goebel
PSI ESL Instructor

PSI Announcements:

Your **PSI Supervisors** are here to help you! They are interested in ALL that you have to say, both positive and negative. Please do not hesitate to contact them if you have any feedback, need any assistance, or would like to share your ideas!



Recently Released Assessment Tools for Psychs & SLPs:

New editions to several of our commonly used assessment tools were released this past fall. Some of your schools are beginning to establish a timeline for their transition to the new assessments. If you are unsure of your school's plan, please talk to your PSI department supervisor about a plan for how to address this with your school.

Ohio's New State Tests (PARCC):

The accessibility and accommodations on Ohio's New State Tests are different from the Ohio Achievement Assessments (OAA) and the Ohio Graduation Tests (OGT). Guidance on these changes is posted on the Ohio Department of Education's website and can be accessed by clicking on this link:

<http://education.ohio.gov/Topics/Testing/Special-Testing-Accommodations/Accommodations-on-State-Assessments>

As compared to the OAAs and the OGTs, there are many changes to how you provide a read aloud and who may receive a read aloud. Scroll to the Read Aloud Guidance for Ohio's New State Tests section to learn more. Keep in mind that the IEPs must reflect this change. If a student qualified for a "read aloud" on the OAA or OGT, but does not qualify for this accommodation on the new English language arts test, the IEP should be revised.

Next School Year:

PSI is beginning to make plans for the 2015-2016 school year. Many of your schools have already put in their requests for next year's services. If we hear of any changes to your school, we will let you know as soon as possible. Please encourage your administrators to call PSI if they would like to learn more about additional PSI services and discuss plans for next year.

In March, you will be receiving a form to indicate your tentative plans for the next school year. Please be on the lookout for this and remember to update any changes in your contact information.

Also, don't forget about PSI's Refer a Friend Program. You can earn up to \$250 for each applicant we hire as a result of your referral. Check with your supervisor or call Nancy Musci at the PSI Office at ext. 240

PSI Announcements:

Authors and Editors WANTED! As we have noted in the past, we are continually looking for authors of individual articles (along with any photos) for either PSIdelines, the employee newsletter or for Paradigm, our client and marketing newsletter. In addition, we are looking for people interested in being guest editors of entire issues of Paradigm in which we highlight one discipline at a time (health, psychology, speech, educational specialist, prevention, special education, ESL, etc.). At times, we also develop special topic focus issues such as recently when we focused on School Safety. Compensation is provided for both individual articles or for serving as a guest editor.

Are you interested? You will receive lots of assistance and support as an editor! Please contact Karen McKelvey at karenmckelvey@psi-solutions.org and mention "newsletter" in your subject line. THANK YOU!

From the Desk of:
Colleen Lorber
Executive Director
Client Services



PSI's Heather Hefner, Ph.D., Publishes Book:

Risks of Television Viewing Among Children With and Without ADHD

A quantitative quasi-experimental design to test the strength and relationship between TV and the ADHD diagnosis.

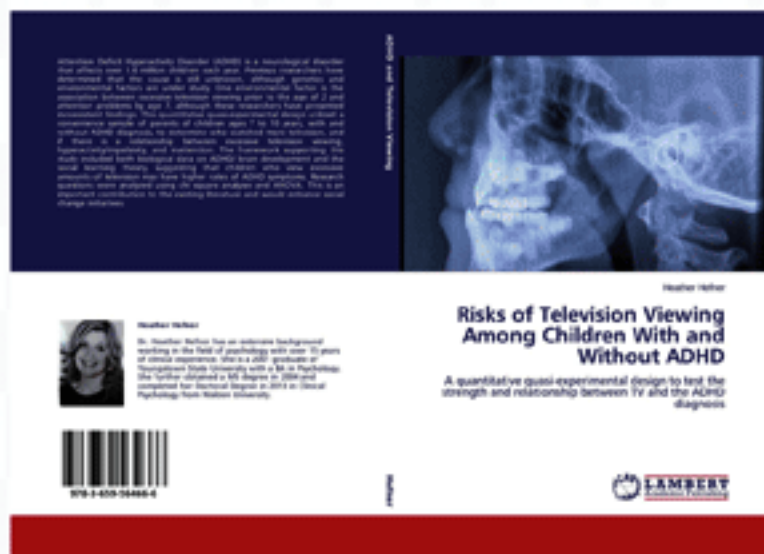
<https://www.morebooks.de/store/it/book/risks-of-television-viewing-among-children-with-and-without-adhd/isbn/978-3-659-56466-6>

Attention Deficit Hyperactivity Disorder (ADHD) is a neurological disorder that affects over 1.6 million children each year. Previous researchers have determined that the cause is still unknown, although genetics and environmental factors are under study. One environmental factor is the association between excessive television viewing prior to the age of 2 and attention problems by age 7, although these researchers have presented inconsistent findings.

This quantitative quasi-experimental design utilized a convenience sample of parents of children ages 7 to 10 years, with and without ADHD diagnosis, to determine who watched more television, and if there is a relationship between excessive television viewing, hyperactivity/impulsivity, and inattention.

The framework supporting this study included both biological data on ADHD/ brain development and the social learning theory, suggesting that children who view excessive amounts of television may have higher rates of ADHD symptoms. Research questions were analyzed using chi square analyses and ANOVA. This is an important contribution to the existing literature and would enhance social change initiatives.

The study was conducted at Warren City School District in Warren, Ohio and Summit Academy in Youngstown, Ohio.





Winter is once again upon us!

Hang in there...spring will soon arrive! Keep in mind if your school is closed due to a snow day, you may use a personal day if you are entitled to one. Or you can speak with your building administrator about making up the time. Using a personal day for weather related closure will not disqualify an employee from the Attendance Reward Program.

Important Reminders...

If a medication is listed on an **Action Plan** there is no need to have an additional order on the Physician and Parent Request for the Administration of Medication Form. An example of this would be an inhaler order on an Allergy Action Plan.

Immunization Exemption Forms are required to be filled out annually according to the ODH. A list should be readily available in the event a vaccine preventable communicable disease is diagnosed at your school. Your local health department will determine the necessity for exclusion.

The Diabetes Competency is to be completed by March 1st. This is an annual requirement and can be completed via the psi- health website.

Please remember to **check your PSI email regularly** as this is our main method of communication with our staff. In the near future PSI will no longer be sending emails to your personal or school addresses. All emails will be sent via your psi-health email address. Please call Marilyn Quercioli at extension 226 if you have forgotten your username or password. We can also send instructions if you prefer to have your psi-health emails forwarded to your personal email address.

Please make sure if your school participates in kindergarten screenings this school year for the coming year that plans are in place and that you have screening equipment available.

Important Updates...



The Spring Meeting has been scheduled for April 15th at the Cuyahoga County ESC from 4-6p.m. More information to follow. Please remember to submit your proposals as described by Meredith Sitko in the December PSIdeline issue. In review we are inviting staff members on the PSI Health Team to submit useful programs or processes that you have implemented in your own schools! What has worked for you that may work for your colleagues? Have you implemented a program for your students or your staff that had great impact and was successful? Have you created a form that helps you run an organized and efficient clinic? Please share with us! Send your proposal via your PSI-Health.org e-mail to meredithsitko@psi-solutions.org for consideration. Authors of the selected proposals will be asked to present their idea at the Spring Meeting on April 15, 2015 at the Cuyahoga County ESC from 4:00-6:00pm, dinner will be provided! You and your school will be highlighted in PSI Paradigm, a publication that goes out to all of our partner schools. Additionally, authors of the selected proposals will receive a \$250 Stipend. Presentations should not be longer than 15 minutes. (continued on page 9)

From the Desk of:
Laura Sheeks
Manager,
Staff/Clinic Services



Important Updates (Continued)...

The proposal must include:

- o A cover letter with:
 - Name(s)
 - Current school assignment and position
 - Title of presentation/program/idea
 - Include a brief outline of the content of your presentation

We are excited to receive your proposals and will have a very tough time determining the final selections I am sure!

Tentative Plans for the 2015-2016 school year should be going out in March. Please fill these out as soon as possible so we can best accommodate any anticipated changes. If you are interested in becoming a designated preceptor to new employees please indicate so on the form as well. A new program is being developed and any input is welcome.

Continual updates are being made to the Health Resource Guide. Any updates that occur will need to be copied and placed in any Resource Guide binders in your clinics. Please send any suggestions regarding updates to debbieosysko@psi-solutions.org as we value your input.

If you haven't already, please notify the PSI health office if your school is utilizing stock epinephrine auto-injectors, as described in House Bill 296.

Just a few Special Needs updates from Paula Harris. Anyone performing special procedures on a student at school has to have yearly competencies done and placed in their personnel files. If you are a Supervisor or District Nurse and know of a procedure your staff is performing, please let Paula know as soon as possible so this can be completed.

Care Plans for Special Needs Students that are hospitalized, not including ER visits or unrelated surgical procedures, should be updated with changes in the plan of care and signed off by a RN.

Remember... Spring is coming!



The PSI Health Services Team