

PSI delines

December 2015



How *Stressed* Are You?

From the Desk of...

Colleen Lorber, Ph.D.

Executive Director of Client Services

How stressed are you? I recently attended a conference session entitled "Burnt but not crispy" by Dr. William DeMeo. Dr. DeMeo explained that chronic stress hurts our ability to learn along with many dangerous physical and mental repercussions.

So, "How stressed are you?" AND "What are you going to do about it?" I attended the conference with Pupil Service Directors around the country and all attendees concluded that they experience a very high level of stress but very few are doing anything about it. My challenge to you is to take time out of every day to "de-stress". Take a walk, read a few pages from that book growing dust on your nightstand, practice yoga, get your nails done, etc. You are only able to truly help others after you have taken care of yourself. A motto we all know and need to pay more attention to...including me! (Speaking of relieving stress, be sure to check out the PSI webinar on "Mindfulness" presented by PSI's Karen Heichel—see page 7 for details).

Many of our schools are also beginning to plan for the 2016-2017 school year. It's always surprising how far in advance schools begin to plan for future services. Talk with your principal(s) and PSI supervisors to be sure schools know your commitment to their buildings and your dedication to offering the precise services needed.

Thank you for all that you do for the students and schools that you work with. PSI cannot thank you enough for adding this "stress" to your day.



PSI delines, December 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.

Educational Support Services

Julie Wood, M.Ed.
Manager of Educational Support Services

Linda Grimm, Ed.S.
Regional Support Supervisor

Bob Murray, Ed.S.
Coordinator of School Psychology

Karen Heichel, M.A.
Supervisor of Psychology

Christine Worthington, M.A.
Supervisor of Speech & Therapy

Robin Caston, M.A.
Manager: Jon Peterson/Autism Scholarships

Kelly Wetula, BS.Ed.
Supervisor of Education Specialists

Beth Bendokaitis, BS.Ed.
Supervisor of Education Specialists

Anita Michael, M.A.
Supervisor of Speech Therapy

Health Services

Meredith Sitko, B.Ed., CHES, RN, NCSN
Director of Client Services

Lynn Chrostowski, NCSN, RN, MSN
Director of Staff and Clinic Services

Debbie Osysko, RN
Manager of Client Services

Barb Taylor Ross, RN
Manager of Staff and Clinic Services

Laura Sheeks, RN
Manager of Staff and Clinic Services

Paula Harris, RN, CNN, CHPN
Manager of Special Needs Services

Dave Lince, B.A.
Regional Coordinator

Prevention/Intervention & Professional Development

Karen McKelvey, Ed.S.
Director

Foreign Language/ESL

Kay Almy, M.A.T.
Manager of ESL & Foreign Language Services

Administration

Steven L. Rosenberg, Ph.D.
President and CEO

Colleen Lorber, Ph.D.
Executive Director of Client Services

Nancy Musci
Executive Director of Operations & Admin.

Tips to Help Children Cope with *Terrorism*

As PSI staff member, be sure to follow the guidelines of your school and/or PSI when discussing anything that might be controversial or beyond the scope of your duties.

Due to the recent incidents of terrorism in Paris, children may turn to educators with questions and need support. Our students may have known someone who has been affected by these recent incidents or other acts of violence. They may be worried about a loved one who lives in an area where a terrorist act or threat has been made. Our students may develop stress and anxiety due to media coverage of these incidents. Some of our students may even be unfairly stigmatized due to a perceived resemblance of perpetrators who have enacted violence.

The National Association of School Psychologists has provided the public access to a variety of resources regarding school safety and violence. A recent article posted by NASP, entitled *Helping Children Cope with Terrorism – Tips for Families and Educators*, may be useful for you in your schools. Below is a summary of ways you can help support your students who are processing their thoughts and feelings regarding terrorism. **Please note** that it is important to discuss your involvement in addressing these sensitive issues with your school administrator in order to ensure that your service aligns with their school policies and best meets the needs of the students.

- 1. Be Conscious of Your Reactions** - Children take their emotional cues from the significant adults in their lives. Avoid appearing anxious or overly frightened.
- 2. Reassure children they are safe** – Point out evidence that support this.
- 3. Remind them that trustworthy people are in charge** – Explain that emergency workers, police, firefighters, doctors, and the government are helping people who are hurt and are working to prevent this from happening in the future.
- 4. Let children know that it is okay to feel upset** – Explain that all feelings are okay. Let children talk about their feelings in a safe and open environment.
- 5. Tell children the truth** – Don't try to pretend that the event has not occurred. Children will be worried if they think you are afraid to tell them what is happening. It is a good idea to discuss ways to deliver this message to students in a developmentally appropriate way with the school administrators.
- 6. Stick to the facts** – Don't embellish or speculate about what has happened or where another attack might occur.
- 7. Be careful not to stereotype people or countries that might be associated with the violence** - Talk about tolerance and justice versus vengeance. Stop any bullying or teasing immediately.
- 8. Keep your explanations developmentally appropriate** - Early elementary children need brief, simple information that should be balanced with reassurances that the daily structures of their lives will not change. Upper elementary and early middle school children will be more vocal in asking questions about whether they truly are safe. They may need assistance separating reality from fantasy. Upper middle school and high school students will have strong and varying opinions about the causes of violence and threats to safety in schools and society. They will share concrete suggestions about how to make school safer and how to prevent tragedies in society. They will be more committed to doing something to help the victims and affected community.

You can access the full version of the article at:

<http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/war-and-terrorism/helping-children-cope-with-terrorism>

from the desk of...

Lynn Chrostowski

December 2015

I hope everyone is keeping their stress levels "in check" as the holidays approach! We all need to get plenty of rest, eat healthy foods and exercise...easier said than done, but try your best!

Health Fall Meeting Recap

We were delighted to see so many of our staff in attendance at this year's Health Services Fall Meeting. This was our first meeting at the Twinsburg Hilton Garden Inn and it was a great success! The presenters included Rabon Allen, RN, MSN, Pediatric Comprehensive Care Clinical Supervisor at UH Rainbow & Children's Hospital and Dr. Colleen Lorber, PH.D., Executive Director of Client Services, PSI.

Mr. Allen gave a comprehensive presentation on "Seizure Safety in the School Setting". The information was both engaging and relevant. Our very own Dr. Lorber presented "What School Health Staff Need to Know about Special Education Disabilities." (See page 6) Some of Dr. Lorber's highlights included developmental milestones, mental health conditions, and the thirteen special education disability categories. The nurses were awarded 2.0 contact hours. Please read the email that was sent to all those who were not able to attend the meeting this year. The email contained Power Points from the presenters, intranet updates, a medication administration reminder document, an Administration of Medication Compliance form that needs to be signed and returned to PSI, and other important information.

Reminders

- All RNs & LPNs must have Safety and Violence Prevention Training that is current. This training is required and must occur within two years of hire and every five years thereafter.
- Everyone must complete the annual Blood Borne Pathogen education.
- Please return all PSI equipment as soon as you are finished using it (call for mailing label if needed).
- Please check your PSI Health Email regularly along with the PSI Website.
- Please keep the HRG manuals updated.
- Never hesitate to contact your PSI Health Supervisor or the PSI office with any questions/concerns.

Diabetes News

Carol Meszaros, RN, BSN, CDE will be available every second Saturday of the month at the PSI office from 9 am-12 pm. This access will provide PSI Team Members with the opportunity to continue to learn about ongoing changes of diabetes management as well as ask any questions they have about their own clinic practice related student diabetes management at school. PSI Health Staff will need to register with Marilyn Quercioli at 800-841-4774 ext. 226. Class size will be limited to ensure each participant has focused time with Carol.

In response to the increasing number of students being diagnosed with diabetes, PSI has produced a webinar titled [Diabetes Management: A Care Plan Focus](#). This health staff webinar is presented by Carol Meszaros RN, BSN, CDE, and will be available soon for staff to access, please be sure to check your PSI health email for further details (the email may have been sent before this PSIdelines issue was published).

We would like to thank our health staff for all the hard work and effort put forth in making this school year a healthy and safe one for all of the students we serve! We look forward to seeing everyone at our soon to be scheduled Spring Meeting, more information to follow.

Have a Joyous Holiday Season!!
The PSI Health Services Team

from the desk of..

Lynn Chrostowski

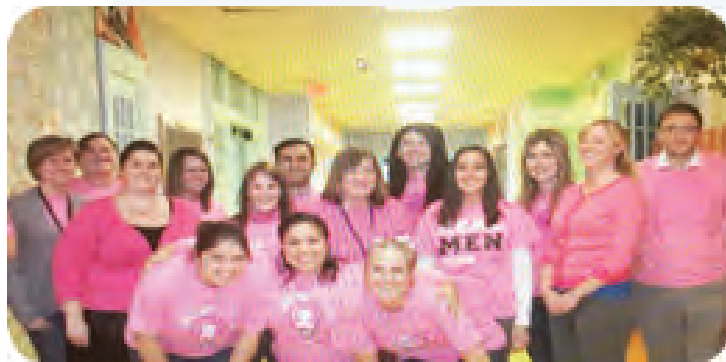
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Horizon Science Academy goes pink for a purpose!

By Stephanie Carlson, Registered Nurse at Denison Elementary, Denison Middle and Noble Academy

The month of October is breast cancer awareness month. Denison Elementary, Denison Middle School and Noble Academy with the guidance of their Registered Nurse, Stephanie Carlson, went pink for a purpose this year. Staff and students were permitted to wear pink tops and accessories with a \$1 donation. They were also given an option to purchase a ribbon for \$1 donation for someone in their life that has been touched by cancer. The ribbons were hung in the school office to help decorate for the event.

Balloons, streamers and ribbons adorned the school. The total donation for the three schools combined was over \$500. A check was made out from each school and mailed to The American Institute for Cancer Research. It was a fun dress down day for students and staff while donating to a great cause.



from the desk of...

Karen McKelvey

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Professional Development & Prevention/Intervention

Attended by over 200, PSI's **Educational Support Services** annual fall meeting was held on September 18, 2015. This was an opportunity to recognize those employees whose outstanding service to their schools was honored by their principals as well as to present longevity awards to many of our employees. In particular, recognized for **20 years of service** in both ESS and Health were: **Brenda Anderson, Vicki Goodrich, Philip Scalzi, Patty Wey and Janet Yue**; and for **25 years of service** were: **June Cekada, Kathy Kretch, and Bob Murray**. **Joyce Snyder** was honored for having completed her **25th year of service!** **PSI is a great place to work** as evidenced by these longevity milestones along with an additional 18 employees who received their 10-year award and 11 who received their 15-year award.

The keynote address was **Help for Educators: Non-Medication Treatments for ADD/ADHD** that was presented by **David Nowell, PhD**. His presentation received overwhelmingly positive reviews and much enthusiasm for his delivery style. The afternoon sessions included a choice for attendees from the following topics:



David Norwell makes a point at the ESS Fall Meeting.

Cardinal Learning- Innovative Tools for Teaching

How Exactly Did you Do That?

Supporting Self-Regulation and Goal Management in the ADD/ADHD Student

David Nowell, PhD

Jon Peterson Scholarship-Everything You've Wanted to Know PLUS Updates!

Robin Caston



Several hundred PSI Health staff enjoyed breakfast along with Health Services Updates at their recent Fall Meeting.

PSI's Health Services also held their annual fall meeting on October 24, 2015. Again, staff was honored for outstanding service and longevity awards (see above). Several topics were presented including a key-note on **Seizure Management in Schools** by Rabon Allen, RN, MSN, Pediatric Comprehensive Care Clinical Supervisor, UH. In addition, attendees were able to gain valuable knowledge on **What School Health Staff Need to Know about Special Education Disabilities** presented by Colleen Lorber, Ph.D, Executive Director of Client Services, PSI.

from the desk of...

Karen McKelvey

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Out and About...

PSI was well represented at the recent **Ohio Association of Public Charter Schools (OAPCS)** annual conference. In addition to a booth at the vendor's fair, PSI was chosen to present three workshops: Kay Almy presented **Flip Your Classroom Using Technology! Online Strategies to Support English Language Learners**; Karen Heichel presented **Learning About Mindfulness**; and Karen McKelvey presented **Suicide Awareness and Prevention for Students-Complimentary Program Information**. If you have a topic that you think would be useful for future conferences and enjoy presenting, please send your ideas to Karen McKelvey. We would love to have you represent PSI!

PSI's Karen Heichel and Karen McKelvey also presented at the **Ohio Catholic Education Association (OCEA)** annual state conference on November 13, 2015. **Karen Heichel** presented again on **Learning About Mindfulness**, and **Karen McKelvey** presented on **Suicide Awareness and Prevention for Students-Complimentary Program Information**. PSI is proud to have presented at this highly selective conference.

Kay Almy was again chosen to present at the **Ohio TESOL** conference with the topic being **Flip Your Classroom Using Technology! Online Strategies to Support English Language Learners**. Nice work, Kay! We are proud of our employees making a statewide impact in professional development training.

Dr. Colleen Lorber, PSI's Executive Director, presented this Oct. 23, 2015 at the **Annual Buckeye Charter School Boards Conference**. On the program was also Ron Packard, Founder and CEO of Pansophic Learning. Colleen addressed the dos and don'ts of special education as it pertains to Charter School operations. Special Education management is a critical component that effective charter schools must manage appropriately and professionally. Kudos to Colleen!

The World of Webinars!

PSI is committed to an on-going series of webinars, utilizing its connections with state and national experts on a variety of topics. Already completed have been:

- **Suicide Prevention and Education:**

Presented by Dr. Scott Poland and Karen McKelvey, Ed.S. on September 24th, 2015.

- **Media Engagement and Strategic Communications for Schools:**

Presented by Dr. Darlene Chambers and Julie Conry on October 29, 2015.

(Continued on page 7)

from the desk of...

Karen McKelvey

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The World of Webinars! (Continued)

- Our own Karen Heichel, MA presented a free webinar entitled **“Practicing Mindfulness in your School!”** This is a new and very exciting topic. This free webinar was on December 2nd from 3:00 PM – 4:00 PM EST but can still be viewed by checking the webinar tab on the PSI web site.

Mindfulness is being used for reducing stress, increasing attention, building attitudes of compassion and kindness that lead to more productive learning environment for students and a more collaborative working place for teachers.

Karen will be talking about how studies have shown significance improvement in self-awareness and acceptance by practicing mindfulness for 15 minutes three to four times per week. These activities can be integrated into your existing curriculum. [Click here](#) to register. If you are reading this after the live version, you can still participate in this and other webinars at: <http://www.psi-solutions.org/webinar-library/>

- Check your email for announcements of upcoming webinars.

Just a Reminder...

Safety and Violence Prevention Training (under ODE mandates) requires the training of PSI employees. We have reached the 5-year point from when many PSI employees first took the training. This training must be repeated every 5 years. There is now an online version at [Child Abuse Training Information - Ashtabula County ...](#), which requires a fee payment of \$10. Once completed, please send a copy of your certificate to **Patty Wey** at pattywey@psi-solutions.org.

Looking Forward: Upcoming Workshops

PSI Psychology Ethics Workshop

Kathy McNamara, PhD, Chair and Professor, Cleveland State University Department of Psychology

Mon, March 14, 2016, 11:30am – 3:45pm

ESC of Cuyahoga County

6393 Oak Tree Boulevard, Independence, OH 44131

PSI Speech Ethics Workshop-Executive Director of OSLHA, Gregg Thornton, Esq

Date of Training: Friday, March 18, 2016

Registration: 9:30 AM

Workshop Hours: 10:00 AM-12:00 PM

Location: ESC of Cuyahoga County, Room F

6393 Oak Tree Boulevard, Independence, OH 44131

from the desk of...

Karen McKelvey

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Prevention/Intervention News

PSI has been chosen to be the Educational Partner of LifeAct® whose mission is to prevent suicide by teaching young people to recognize the warning signs of suicide and to seek professional help for themselves and others. You can register for this program that is NO COST to your school(s). Already this school year, the newly created PSI LifeAct staff has completed the program for over 1000 middle school students and has made several referrals after the fact, possibly saving several lives. The team includes David Berenson, Becca Bullock, Juana Donatelli, Karen Heichel, Karen McKelvey, Jake Moauro, Bob Murray, Kinyatta Taylor and Jessica Vasquez. Either share this link with your principal or ask permission to complete it on the part of your school:

<https://www.surveymonkey.com/r/PSIPrevention>



ESL/Foreign Language News

This fall, Kay Almy was promoted to the position of Manager of ESL and Foreign Language Services. Karen McKelvey will be supervising only the Mandarin language staff from this point on. The department has been put into some very capable hands under the direction of Kay. Congratulations!

ESL Students Write and Illustrate “Mini Books” for a Kindergarten Class

By Mary Goebel, PSI ESL Teacher

This fall the English Language Learners (ELLs) from Bedford High School, Heskett Middle School and Columbus Intermediate School wrote and illustrated “Mini Books” for Mrs. Gensler’s Kindergarten Class at Central Primary School in Bedford, Ohio.

Students were provided with card stock for the covers of their Mini Books and pastel colored paper for the inside page or pages of their books. Ideas ranged from “Basketball,” “Soccer is Fun,” and “Wrestling,” to poems, raps, “The World,” and “Friendship.” Other books included a French-to-English book about bears, “Ice Cream,” and “Leopards.”

The ELLs were provided markers, colored pencils, highlighters, crayons and glue sticks to construct their “Mini Books”. This activity provides a real-life experience for using the English language in a meaningful way. The kindergarten students were thrilled to have their very own book written by a student in grades 4-12 from the Bedford City Schools. This was also a wonderful method of sharing skills across the grade levels and learning how to share and communicate.

from the desk of...

Karen McKelvey

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Announcements...

Feeling Social? We at the PSI management level are SO proud of the work you are doing in your schools and communities. We also feel there are many unsung HEROES out there and would like to feature them via the various PSI social media connections. If you're interested and want to highlight what you or a co-worker is doing, please sign on to Facebook, Twitter, and LinkedIn and liking, following, or re-tweeting our posts. Comments and replies to our posts are just as important. After a presentation or event, posting a few words or review will go a long way. If we feature an interesting article, "this is a very interesting read!" will do the trick. If you feel a friend of yours would like one of our posts, you can share the article through Facebook.

Find us HERE:

Facebook - <https://www.facebook.com/psisolutions>

Twitter - <https://twitter.com/psisolutions>

LinkedIn - <https://www.linkedin.com/company/psi-solutions>

Website - <http://www.psi-solutions.org>

As always, remember to adhere to the social media agreement that you have signed as a PSI employee! THANKS!

Refer A Friend

We want to hire more talented, caring and passionate people like you. To thank you for your referrals, we are offering a cash bonus! Click here: <http://www.psi-solutions.org/wp-content/uploads/2015/04/RAF-2015-2016.pdf> for more information.

401k

Check out PSI's new 401k plan! Contact nancymusci@psi-solutions.org for information.

PSI's LPDC

If you are renewing your license through the PSI LPDC, you must join and have an approved IPDP (Individual Professional Development Plan) in place by January 31, 2016. Contact karenmckelvey@psi-solutions.org for information.

Winter Woes!

Consider signing up for WKYC's FREE text alerts on your mobile device for iAlert closings & delays and severe weather alerts at <http://bit.ly/WKYCTexts>. You'll get advice about weather problems & school closings. You can make the alerts you receive specific to particular counties or to individual schools to save being bombarded with irrelevant text alerts.

from the desk of...

Julie Wood

December 2015

You have made it to the halfway mark! PSI cannot thank you enough for all of your hard work and dedication. This has been a wonderful year thus far!

ESS Spotlight

The dedication and quality of our ESS staff continually amazes us. The ESS Team wanted to recognize two staff members, **ESTHER KRUPENIA** and **JESSICA VAZQUEZ**, as they have been extremely flexible and always willing to go above and beyond.

ALERT for Teachers/Education Specialists

If you have a license with limitations in reading or phonics and you are planning on renewing or advancing your teaching license soon, ODE requires the completion of specific reading course work. Ohio law requires educators to have successfully completed at least 12 semester hours in the teaching of reading that includes at least one separate course of at least three semester hours in the teaching of phonics in the context of reading, writing, and spelling. The courses must be completed at an accredited college or university. ODE will remove limitations from a license when the educator presents a transcript from an accredited college or university that provides evidence of successful completion of the requirements.

Check out ODE's website for more information about the renewal process. The online application for 2016 renewals is now posted.

Share What You Are Doing and Be REWARDED!

Are you doing a cool intervention or project in your schools? Send a detailed explanation of your work and how you are impacting your school and students to colleenlorber@psi-solutions.org. We will put your name in a drawing to win a gift card. All entries must be submitted by January 31st, 2016.

Non-Public School Needs Assessment

It is hard to believe but some of our non-public schools are already starting to plan their services for the 2016-2017 school year. This is a great time to share any exciting projects/interventions that you are working on with your principals or PSI Field Supervisors. If you have any concerns about your role or allocation in your non-public schools, please contact your PSI Field Supervisor as we can address this during our needs assessment visits. If you are new and have questions about this process, please contact your PSI Field Supervisor who can explain more.

from the desk of..

Julie Wood

December 2015

Reminder

Counselors/Psychologists – Please don't forget to update your online caseload by the 4th of each month. Contact your Field Supervisor if you need support with this.

SLPs – How can you be involved in your school's RTI/MTSS efforts?

Are you interested in how you can help support your school's Response to Intervention (RTI) or now referred to as Multi-Tiered Systems of Support (MTSS)? The Ohio Master's Network Initiatives in Education's (OMNIE) website has a variety of resources available to help educators who work with students with communication disorders. One of the virtual modules, Response to Intervention (Multi-Tiered Systems of Support) for the SLP, is a great resource that provides examples of things that you can do to be involved in your school's MTSS efforts. Below is a snippet of information from the module. We encourage you to Log into the OMNIE website to view the full version of this module or other resources at <http://www.omnie.ocali.org/>.

Role in Tier I – Universal Interventions

- Screen students to identify those at risk of academic and social problems that may be due to communication needs.
- Assess the communication expectations within the classroom. Understanding classroom expectations can help teams in selecting individual adaptations, such as modifying pace, content, or length of instruction.
- Provide suggestions for enhancing the physical learning environment with language and literacy rich materials and experiences.
- Model communication facilitating strategies in the classroom.
- Provide practice materials for teachers' use in the classroom.
- Provide staff development on topics such as language basis of literacy and language, communication-facilitating strategies for classroom teachers, ELL, phonemic awareness, reading comprehension, pragmatic language skills, behavior, etc.
- Help families understand the connection between language and literacy and ways they can support oral language and literacy in the home.
- Serve on curriculum planning teams.

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from the desk of..

Julie Wood

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Role in Tier II – Targeted Interventions

- Analyze curricular materials to determine adaptations and modifications to help students.
- Assist in making decision about individual students' needs for lesser or greater levels of instructional support.
- Pre-teach or re-teach vital curricular concepts that may be related to language for individual or small groups of students.
- Provide short-term instruction in the classroom or as a pullout service for small group or individual students with spoken or written communication needs.
- Serve as a consultant for teams delivering targeted instruction and interventions, i.e. phonics, word decoding, reading comprehension.

Role in Tier III – Intensive Interventions

- Provide specialized treatment for poor readers with language deficits who have not responded in Tiers I and II.
 - Consult with special educators to make their services maximally beneficial.
 - Use a cyclical approach to increase availability to students, i.e. 3:1 Model or 3x60 min. for a grading period.
-

Mark Your Calendars

Speech & Language Pathologists – Mark your calendars for PSI's ethics workshop on March 18th.

Psychologists – The ethics workshop geared towards the requirements of the Ohio Board of Psychology will be held on March 14th.

You can register for either of the ethics workshops by contacting Brenda Anderson at brendaanderson@psi-solutions.org or calling Brenda at 800-841-4774, x. 237.

These workshops are relatable to all disciplines in our ESS department. If you are from another discipline and would like to attend, please contact Karen McKelvey regarding your interest at karenmckelvey@psi-solutions.org.

Wishing you all a happy and safe holiday season!