

# PSI PARADIGM®

A PSI Communique for the Educational Community

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## Health Matters!

*A Professional Development Newsletter for Educators*

### In THIS Issue

#### PSI LPN Saves Student's Life

Paula Harris

Manager PSI Special Needs Services

The early morning of October 26, 2015 is a day that PSI Licensed Practical Nurse Jackie Hamlin Davidson will never forget. In fact she can tell you the exact time of the event: 8:25 am.

Jackie, because of her training and assessment skills, saved a student's life. Not many of us have been given this experience. Jackie has worked in the Independence School District as a Special Needs LPN working with a 1:1 student (meaning she cares only for this student during the school day) for 2 years. Arriving at the student's home that morning, Jackie found everyone running behind schedule. Mom was even thinking about bringing her in later. Jackie took over the chaos and got the student out of the door and on the bus to school.

Continued on Page 2.

#### Happy New Year!

#### Have You Made Your List of Goals for 2016?

Stephanie Carlson, PSI Registered Nurse

PSI's Registered Nurse Stephanie Carlson has started her annual biggest loser contest between several Horizon/Concept Schools: Denison Elementary Cleveland, Denison Middle Cleveland and Noble Academy Euclid. Who will be the biggest Loser?

This year the team names were chosen as follows: Denison Elementary **Team Waisting Away**; Denison Middle School **Team Losing It**; and Noble Academy **Team Lean Cuisine**.

The competition begins this week and runs for a total of 10 weeks. Principals from each of the three schools have signed up to join their team. Each participant pays a registration fee of \$5. Participants must weigh-in on the same scale in the school clinic each week in front of the nurse. There is a \$1 penalty each week that you do not weigh-in, \$1 if you gain or \$1 if you stay the same. There are 33 participants registered this year.

The team with the biggest percentage of weight loss at the end of the 10 weeks wins the piggy bank or should I say they take home the bacon. The team has the option of going out to eat, ordering food in or simply dividing the money among their team members.

Formula used each week:  $(\text{initial weight} - \text{actual weight}) / \text{initial weight} \times 100 = \% \text{ weight loss}$ .

*(continued on page 2)*

### IN THIS ISSUE:

#### Health Matters!



HAPPY NEW YEAR! BIGGEST LOSER COMPETITION.....	1	HORIZON SCIENCE ACADEMY GOES PINK FOR A PURPOSE.....	3
PSI LPN SAVES STUDENT'S LIFE/BIGGEST LOSER CONT.....	2	MENTAL HEALTH MATTERS! SUICIDE PREVENTION AND EDUCATION.....	4



## PSI LPN Saves Student's Life

**Paula Harris**  
Manager PSI Special Needs Services

*Continued from the Cover*

Arriving at the school, the student was her usual funny self. This special student has a gift of making everyone smile. Nothing was out of the norm and it was time for the student's breakfast. As Jackie was getting her cup out of her bag, the student color became pale and she had a grand mal seizure. This was startling to everyone present because she had not ever had this type of seizure before and there was no indication that she was not feeling well.

Jackie immediately took the student out of her wheelchair and placed her on the floor. She then noticed that the student had stopped breathing and was without a pulse. Being described by Jackie as an "out of body experience," she immediately directed the staff that was in the classroom on what to do. She started the CPR on the student that saved her life. The paramedics arrived and transported the student to the hospital.

Even at that point, Jackie, knowing how scared the student would have been in the ambulance surrounded by people she did not know, rode with her to the Emergency Room and stayed to support the family.

The student has recovered and is back at school, returning to her duties of making others smile and laugh! The School District has presented PSI was an outstanding letter commending Jackie for her compassion, professionalism and positive attitude.

**All of us at PSI are so honored to have Jackie on our team!!**

## ALSO IN THIS ISSUE:

### Health Matters!



WHAT SCHOOL STAFF NEED TO KNOW ABOUT  
SPECIAL ED DISABILITIES.....5

## Happy New Year! Biggest Loser Competition



*Continued from Page 1*

Stephanie began this program a few years ago in her schools as a fun activity for staff as they return from winter break. The program helps to encourage exercise, healthy food choices and weight loss for staff. Each week e-mails are sent out with reminders and fun healthy facts for the week.

There will be a weekly skinny cow for each school. This individual will stand out by losing the biggest percentage for their team that week. They will receive a skinny cow certificate and skinny cow candy bar as motivation to keep losing and for a job well done. In years past, this competition has been a huge success and a lot of fun for teachers and administrators.

Stephanie, along with her three schools, is really looking forward to seeing the results from all the motivation and hard work of her teammates. Which school will be this year's biggest loser?

If you have any questions on how to run a biggest loser contest at your schools, please contact the PSI health staff at your school or at the PSI office and we can tell you how to get started!

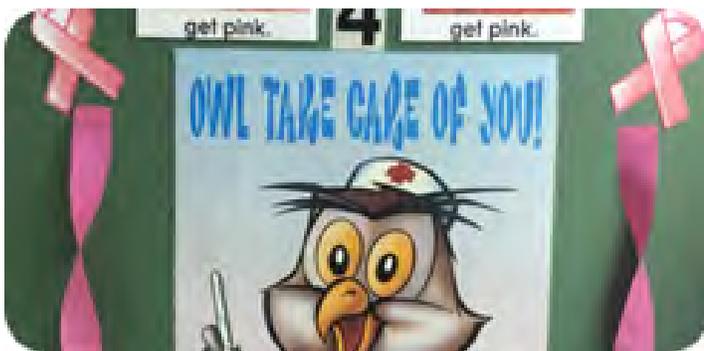


# Horizon Science Academy Goes Pink for a Purpose!

*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.





## Mental Health Matters! Suicide Prevention and Education

PSI has recently joined forces with LifeAct (<http://lifeact.org/education/program-information/>) to be the educational partner to provide Middle School and/or High School students complimentary suicide education and prevention programs. PSI is currently registering interested NE Ohio schools for the 2015-2016 school year.



### Middle School Program: UROK™

LifeAct, in conjunction with the Department of Child and Adolescent Psychiatry at University Hospitals, has developed a program specifically designed for middle school students that emphasizes the unique situations and changes they face that may induce stress and lead to depression. Middle school students learn to identify and manage stress in their lives. Most importantly, they are taught to recognize healthy and unhealthy responses to stress, when they should ask for help, and how to request that help from a trusted adult.

### High School Program: Recognizing Teen Depression and Preventing Suicide

The goal of our program is to raise awareness among young teens about unhealthy behaviors that indicate that a teen is struggling and needs adult help. Early identification and intervention for teens with mental health issues is the most effective way to prevent teen suicide. High school students will learn to identify the outward manifestations of depression and the warning signs of suicide.

PSI and LifeAct school programs have been presented to more than 170,000 students since 2000. The two-day presentation (1.5 hours total time), utilizes PowerPoint, videos, a small group activity, and class discussion designed to engage students by focusing on age-relevant experiences. Students who self-identify to PSI or LifeAct instructors and who may be experiencing mental health issues (including depression, bullying, self-harm and suicidal thoughts) are escorted to a guidance counselor or other appropriate school personnel. PSI or LifeAct instructors record each self-identifying student and provide a copy of the documentation to both the classroom teacher and guidance counselor or appropriate school personnel. Students frequently self-identify to school personnel in the two to three weeks following LifeAct's program delivery. The school personnel are a critical element to this program; however, they are not expected to diagnose or treat these possible mental illnesses. PSI will provide appropriate assessment and referral resources.

**Knowledge is power. PSI is committed to this important cause. For more information on how to bring this program to your school at no cost, contact [karenmckelvey@psi-solutions.org](mailto:karenmckelvey@psi-solutions.org).**



## What School Health Staff Need to Know About Special Education Disabilities

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

There is a difference between special needs and special education. The former involves kids who have been identified with a specific medical disability.

Generally, the students that come to a school health clinic include children from age 3 to 21, pre-school, middle and high school students sometimes with widely divergent cultures, and students with special education disabilities.

Dr. Lorber cited three Internet websites with excellent information on ages and stages of developmental milestones (why kids are doing what they are doing).

[www.cdc.gov/ncbddd/childdevelopment/positiveparenting/adolescence2.html](http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/adolescence2.html)

[www.aboutkidshealth.ca](http://www.aboutkidshealth.ca)

[www.schoolnurse.com/public/programs/search.cfm](http://www.schoolnurse.com/public/programs/search.cfm)

Schools should have a Youth Mental First Aid Action Plan in place. Such a plan aids in dealing with mental health issues before professionals come in. It means that the person working with students looks for symptoms of suicide, depression, anxiety, eating disorders, substance abuse, attention deficit hyperactivity disorder and psychosis.

Kids come to the health clinic every day. Awareness of red flags is crucial to the goal of identifying concerns and getting students to professionals as quickly as possible.

The code word ALGEE is useful, referring to actions that the person (teacher, health aide, nurse) should follow in sensitive situations. A stands for action regarding risk of suicide or harm. L is to listen non-judgmentally. G is give reassurance. E is encouraging professional help. Finally, the second E refers to encouraging self-help.

There are several ways to de-escalate heightened situations. These include speaking softly, avoid raising your voice, not arguing with the student, be aware of what might make things worse, keeping your distance, inviting the student to sit down, avoiding nervous behavior and taking breaks for the student to clam down.

Whose idea is this? Ohio Department of Education

[www.schoolnurse.com](http://www.schoolnurse.com)

[www.aboutkidshealth.ca](http://www.aboutkidshealth.ca)

[www.cdc.gov](http://www.cdc.gov) (Center for Disease Control)

[www.understandspecialeducation.com](http://www.understandspecialeducation.com)

Youth Mental Health First Aid USA (2012 Edition)