

PSI delines

December 2017



From the Desk of Colleen Lorber

You've reached the middle of the year. How is everyone holding up? By now you have established your schedules, routines, and general job duties. The honeymoon stage has ended and the real work has begun.

Are you in a groove or in a funk? Do you use your PSI resources? Do you even know who/what your resources are at PSI?

One of the unique differences about PSI is our supportive network of staff and available resources.

Each of you has a supervisor that is an expert in your field that you could and should reach out to. Ask them your PSI questions or ask them about a challenging student or school staff question.

If you don't know who your supervisor is, ask the administrative assistants for your department or the managers/directors. This person is your lifeline.

Have you logged onto the PSI intranet? Are you using your PSI email?

All of these resources are there to help you be in the groove and not in the funk.

If you have suggestions about PSI's support structure of people and resources, I would encourage you to send me a quick note. We are constantly looking to improve or invigorate what PSI already provides and I would be happy to hear from you.

I hope you enjoy your holiday season and come back to your schools with a renewed sense of conquering the world.



PSIdelines, December 2017

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

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, Ph.D.

Director of Educational Support Services

Kristy Dolsak, M.Ed.

Non-Public School Coordinator

Bob Murray, Ed.S.

Supervisor of Psychology

Karen Heichel, M.A.

Supervisor of Psychology

Amanda Mooney, Psy.S.

Supervisor of Psychology

Anita Michael, M.A., CCC

Supervisor of Speech/Language Pathology

Allison Randel, M.A., CCC

Supervisor of Speech/Language Pathology

Robin Caston, M.A., CCC

Manager of Jon Peterson/Autism Scholarships

Kelly Schroeder, BS

Assistant Manager of Jon Peterson/Autism Scholarships

Kay Almy, M.A.T.

Manager of ESL & Foreign Language Services

Beth Bendokaitis, BS.Ed.

Supervisor of Education Specialists

VirtualPSI

Christine Worthington, M.A., CCC

Health Services

Meredith Sitko, B.Ed., CHES, RN, NCSN

Director of Client Services

Lynn Chrostowski, MSN, RN, NCSN

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-ESS and Health

Training and Education

Brooke Wright, MA.Ed., LPSC, Coordinator

Administration

Steven L. Rosenberg, Ph.D.

President and CEO

Colleen Lorber, Ph.D.

Chief Operating Officer

Mike Tornow, M.A., PCC

Director of Marketing/Development

from the desk of... Debbie Osysko

It is hard to believe that the school year is well underway and the holidays and winter breaks are quickly approaching. With the winter weather sure to result in school closures, please make sure that you are aware of your school's "School Closing" policy. *PSI does not notify staff when schools are closed due to inclement weather. If you are eligible for Paid Time Off benefits, you may use this time for "snow days or other calamity days" without being disqualified from the Attendance Bonus Program.* Also make sure that you have a copy of your school's calendar, not all schools share the same breaks and days off.

We were delighted to see so many of our staff in attendance at this year's **Health Services Fall Meeting**. *The meeting was a great success! This year's presentation, "Asthma Management at School" by Emily Lee, PhD, CHES, AE-C from the American Lung Association was very informative, educational and entertaining.* The handouts for the Asthma presentation will be posted on the "NEW" PSI Health Intranet.

All nurses in attendance were awarded 2.0 contact hours. The certificate was emailed to your psi-health.org email address. A Fall Meeting Follow Up email was sent to all all health staff. Those who were not able to attend the meeting this year should read the email for important information. The email contained intranet updates and an announcement regarding changes to the Vision Screening Requirements that will become effective for the 2018-2019 school year and important updates.

Important Reminders from the Meeting

- The "NEW" PSI Health Intranet is coming soon! Staff will receive an email when it is up and running. It will feature a new Employee Corner, Online Bloodborne Pathogen Training for PSI Health Staff and other new features.
- The weekly PSI Health Reporting Form is not available online during the transition to the new PSI Health Intranet. All Public and Charter School staff should complete the weekly report and fax it to PSI at 330-425-2905.
- Safety and Violence Prevention Training is required for all RNs and LPNs and must be completed within two years of hire and renewed every five years. The course is online and is available as soon as orientation is completed. Staff in need of renewal have been sent an email with a link to the 4-hour course. This is required by Ohio law.
- PSI Regional Supervisors will be in touch with you (if they have not already) regarding the transition to the new medication binder set up.
- PLEASE remember to check your PSI Health email regularly and that you may not change your password. If you attempt to change your password, you will be locked out of the psi-health intranet and email and will need to call PSI to reset it.

REMINDER

ALL student Head Injuries require a phone call to a parent/guardian and a Head Injury letter to be sent home.

from the desk of...

Debbie Osysko

REMINDER

Always follow the Six Rights of Medication Administration EVERY TIME you administer a medication. There is a column on the Checklist for the Administration of Medication form for a medication count. This daily count should be maintained for all prescription medications.

REMINDER

Everyone must complete the annual Bloodborne Pathogen education. You will receive an email when the training is available online.

REMINDER

Please return all PSI equipment as soon as you are finished using it (call for mailing label if needed).

REMINDER

Never hesitate to contact your PSI Health Supervisor or the PSI office with any questions/concerns.

Carol Meszaros, RN, BSN, CDE is working every Monday, Tuesday and Wednesday as the Certified Diabetes Educator for PSI. She has been traveling to schools to assist staff with Diabetes management for their students and is sharing her expertise with all new staff at PSI Health Staff Orientations.

Carol can be reached at 330-425-8474 Ext. 254 or via email at carolmeszaros@psi-solutions.org. Carol continues to 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 Joan Cuthbert at 800-841-4774 ext. 226. Class size will be limited to ensure each participant has focused time with Carol.

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...

Debbie Osysko

Looking Ahead to the New Year

All RNs are responsible for completing a **Health Staff Evaluation for all LPNs, Medical Assistants and Health Aides** under their supervision. The evaluations should be submitted to the PSI Health Services Office for review and will be placed in the employee's personnel file.

The **Hearing Screening Annual Report** should be submitted by **June 1, 2018**. The Instructions for submitting the online report can be found on page 19 in the Screenings Section of the Health Resource Guide.

Looking forward to seeing you at the **Health Services Spring Meeting 2018**, date TBD!

As flu season is upon us, we thought you would enjoy this original poem from your colleague, **Ms. Johanna Spektor-Ratner, LPN at Rowland Elementary School in South Euclid Lyndhurst**. Thanks Johanna for keeping your staff informed through your creativity and a little fun!

Teachers, staff, please be aware
the stomach flu is here with flare
I've sent home several kids today
(you know it's bad when they don't want to play!)

So just a friendly mention here
it is that sickly time of year
so extra washing would be grand
at least 10 seconds for each hand

WITH ONLY SOAP -- THEN WATER RINSE
These words I do not mean to mince

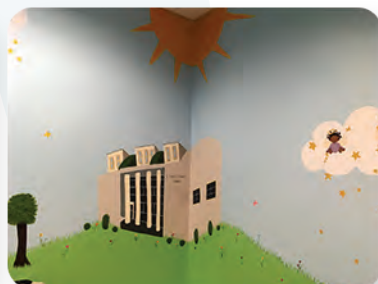
And thank you for everything you do
It's a pleasure to clean up vomit for you!!!

We love our health employees and they love their schools...
Thanks to these RNs for their TLC!

Jane Heyl, RN, who works at St. Francis De Sales School in Cincinnati has shown how much she cares. Going above and beyond her 4-days/week assignment, she turned a dirty, ugly clinic room into a beautiful, attractive clinic. The pictures of the buildings painted are of St. Francis De Sales church and St. Francis De Sales School. Her husband and adult children and their spouses helped her before school started in August. (See photos below of the finished job.)

PSI's **Elizabeth Pyles, RN**, presented a training on AED use to Guardian Angels Parish for the Guardian Angels Parish Nurses on a September evening.

Elaine Rosca, RN volunteers with "On Purpose Girls Mentoring" in Dayton, for girls in 4th through 12th grade who are at-risk for academic failure and other negative consequences who attend Horizon Science Academy.



professionals, solutions,
programs, & resources
for your school

from the desk of...

Brooke Wright

Training & Education News

Attended by over 200, **PSI's Educational Support Staff Services annual fall meeting** was held on September 15, 2017. This was an opportunity to recognize those employees whose outstanding service to their schools was honored by their principals (there were OVER 50 employees chosen!) 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: Pamela Carrington, Barbara Cross, Sharon Hogan, Susan Kramer, Michele Ogilvie-Hils, Emilia Palombo, Aureola Schuerle and Christine Worthington; and for 30 and 35 years of service were: Linda Grimm-Kovach, Patricia Doolan, Carole Sadd, and Betty Whitaker.**

PSI is a great place to work as evidenced by these longevity milestones along with an additional 30 employees who received their 10-year award and 10 who received their 15-year award. The keynote address was *Developmental Affective NeuroScience: It's All in the Brain!!* that was presented by *Dr. Lori Desautels*. Her presentation received overwhelmingly positive reviews and much enthusiasm for her delivery style. See the article on page 8 about this presentation. The afternoon sessions included a choice for attendees from the following topics:

Helping Educators Deal with Suicidal Messages in the Media

Karen L. McKelvey Ed. S
Michael Tornow M.A. P.C.C.
Brooke L. Wright M.A. ED. LPSC

Twice Exceptional and Misdiagnoses

Deborah Genneralli M.A. ED., Gifted
Intervention Specialist

PSI's Health Services also held their **annual fall meeting on October 14, 2017**. Again, staff was honored for outstanding service and longevity awards (**see above**).

Are you taking advantage of your 401 (k) Plan?

If not, you are missing out on pre-tax or Roth retirement savings. Enroll today! Simply log on to the Fidelity website (www.401k.com) or call the Fidelity Retirement Benefits Line at (800) 835-5097.

If you need any assistance with setting up your account, if you're wondering how much you should save or what investments to choose, please contact our 401(k) advisor – Aurum Wealth Management Group. Aurum is available to help with any questions you may have about the 401(k) plan. Please contact Wendy Eldridge at weldridge@aurumwealth.com or (440) 605-7291.



from the desk of...

Brooke Wright

Out & About

PSI's **Karen McKelvey** and **Brooke Wright** presented at the *2017 Ohio School Social Worker Association (OSSWA) Annual Midwest Conference on October 12, 2017*. Karen McKelvey and Brooke Wright presented on *Suicide Prevention Education for Students-Complimentary Program Information*. PSI is proud to have presented at this highly selective conference! It was met with high reception and feedback and as a result we have gained two new areas of Ohio in which we will reach students with our complimentary suicide prevention program via LifeAct.



Karen McKelvey & Brooke Wright

Kay Almy, PSI's ESL Manager and **Jessica Fijalkovich**, PSI ESL teacher, were selected to present at the *Ohio TESOL Conference in October, 2017*. Their topic was *10 Super Cyber Tools for your ESL Toolkit! Engage Your ELs with Online Technology!*

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:

- What Educators and Parents need to know about Netflix's series 13 Reasons Why:
Presented by Scott Poland, EdD
[View this Webinar Here](#)
- Marijuana and Other Drugs of Addiction:
Presented by Nancy Pommerening, OCPS
[View this Webinar Here](#)
- School Security and Emergency Preparedness:
Presented by Kenneth Trump
[View this Webinar Here](#)

REMINDER

Check your email for announcements of upcoming webinars for December through March or see the PSI website for previously offered webinars:
<http://www.psi-solutions.org/webinar-library/>

REMINDER

Safety and Violence Prevention Training (under ODE mandates) requires the training of PSI employees.
Please check your email for alerts as this is required by the state and has been attached to contract information.

from the desk of...

Brooke Wright

Training & Education News

PSI continues to partner with [LifeAct](#) to present both [Middle School Age program \(UROK\)](#) and [High School Age program \(LifeAct: How to Save a Life\)](#) youth the complimentary suicide prevention program. I would like to take this opportunity to recognize our staff who work so diligently and tirelessly helping to schedule both existing schools and new schools; [Heather Kopkas](#), [Evelyn Sobczak](#), [Karen McKelvey](#), [Toula Barlow](#), and two new additions [Linda Sanders](#) and [Mark Holder](#). I thoroughly enjoy working with these individuals in this vital cause in preventing youth suicide. If you are interested in having this program at your school either share this link with your principal or ask permission to complete it on the part of your school:

<https://www.surveymonkey.com/r/5DKQXMC>

Through LifeAct's mission to help youth recognize the signs and symptoms of depression and suicide and to know how to get the appropriate help, PSI has been able to reach many schools by way of their program. As part of this program we talk about many risk factors and unhealthy reactions to stress and depression and how to recognize them as warning signs. One of these warning signs is bullying. PSI has delivered a rather unique bullying program entitled [Bullies 2 Buddies](#) developed by [Izzy Kalman](#) and based upon The Golden Rule. For some people this can be a rather hard concept to follow when it comes to the issue of bullying. However, if you look at CDC statistics you will see indicators that tell us suicide is on the rise; however very misleadingly, you will also see countering information about bullying. Suggested reports would indicate that bullying has gone down, however from other sources, including Izzy Kalman, you will see that is simply not the case.

Izzy suggests in an August 2017 article that, *"The bullying/suicide connection has been increasingly publicized in recent years, as anti-bullying activists take advantage of every bullying related suicide to promote the passage or intensification of anti-bullying laws and policies. Stories of suicides spurred by bullying appear in the news with heartbreaking frequency. The connection was the basis of the recent Netflix hit series, 13 Reasons Why. Any professional who works with victims of bullying knows how terribly they suffer. It should not surprise us that a small percentage of them take their lives out of despair that nothing is helping. **When researchers find that bullying is going down during the same period that suicides are going up, we must question the research.**"*

The issue is that most studies look at and measure general aggression as opposed to actual bullying. Developed by [Professor Dan Olweus](#), the academic definition of bullying contains three basic elements as repetitive, aggressive behavior twice or more per month. The issue with this is that most students experience general aggressive behavior more than twice per month. So there is no true distinction between occasional bullying that happens just a few times a month and the children who experience it all day every day. **Therefore both of our programs at PSI are now needed more than ever in schools.** Both the [LifeAct](#) and [Bullies 2 Buddies](#) programs address these issues that go hand in hand. This is something to think about for your schools and principals the next time they are looking for training and education for either their staff, students, or both. Please contact Brooke Wright at brookewright@psi-solutions.org to arrange either program.

education. school health. training.



from the desk of...

Brooke Wright



Adversity!

The Brain, Behavior and Learning

Exhilarating, consistently inclusive, thought provoking throughout--- these are only a few of the adjectives describing the presentation given by Dr. Lori Desautels, the keynote speaker at [PSI's Fall 2017 Conference](#). With a teaching background in special education, Lori is now an assistant professor at Butler University in Indiana. "How little we know about brain architecture," she began, adding, "within 15 minutes the brain goes to our behind if still sitting." This brought about some movement in the audience!

Executive function is located in the frontal lobe. The temporal lobes deal with emotional architecture. In tandem with the glut of bad news everywhere is that for 10-14 year-olds the suicide rate from 2007 to 2014 has doubled. However, there is opportunity early on, for the second greatest time of brain development is between 4th and 5th grade. "The brain is the only organ in the body that comes on undeveloped," she added.

"The brain develops through relationships and experiences, not watching TV." Dr. Desautels advises. "Every experience we have to some degree changes the brain's architecture." *Simply put, our brain is for survival.* We are feeling creatures who think, not thinking creatures who feel. In fact, we feel before we think!

Most negative emotion comes from the stress response. "All behavior," Lori says, "is based on communication." If students misbehave, we punish them, which too often exacerbates the situation. Easier said than done: learning should incorporate variety, what's new, raise the dopamine level, and be engaging.

Young people with ADD and ADHD usually have similar symptoms, along with the twins of boredom and lack of sleep. In parallel, the performance level of many students can be traced to an upbringing that includes humiliation, drug and alcohol abuse, incarceration and similar negatives indicative of parents not being there in a positive way.

The stress response is how we survive negative reaction. This could be tone of voice, facial expression, posture, in short what students look for. The question is how can we be creative in this scenario? "Priming the brain for learning is or should be our number one strategy," Dr. Desautels emphasized.

An interesting point to this was added: that school bus drivers need to be empowered since they, in effect, are the first and last responders.

from the desk of...

Brooke Wright

In regard to dealing with students, who too often are wired for chaos, teachers can use the deep breathing techniques of yoga (simple shoulder breathing brings in stale air), hugs, physical movement and using simple objects in different, unexpected ways. Kids like movement, the element of surprise and feeling empowered. Also, animals are their universal language and can be used in so many ways. Then there is the 10 by 2 approach: spending two minutes ten days in a row talking about their concerns. This tool alone reaps benefits!

One exercise Lori mentioned combined the ordinary in an unexpected way: students holding an ice cube in one hand with a small towel in the other. It activated the sensory and motor system while bonding the group in a humorous attitude. Typically, the end brought a positive and energetic discussion. And for Dr. Desautels, positive emotion will always trump negative when given the right circumstances.

Direction and instruction from others are what the brain is built for. Teachers should consider the following: changing routines, co-teaching and co-designing lessons, validating the power of student questions, incorporating stories and images into lessons, and that guidelines don't have to be written in stone. Even simple drawing and coloring can be powerful learning tools.

Teachers can role-play "taking your order" from students, asking what they need most. Students will love that the teacher wants to know this. The key is to keep in mind three questions.

1. What do you need?
2. How can I help?
3. What can we do to make things better?

They might not answer, but they hear you. That's regulation through communication!



from the desk of...

Julie Wood

How can it be that we are at the halfway mark for the school year already?
Time sure flies when you are working hard and having fun!

ESS Department Updates/Reminders

Just a reminder that all PSI staff need to be using their [PSI email addresses](#). We are finding that some of you are missing out on important information from PSI as almost all emails are being sent to that email address. If you are having difficulties setting up this account, please contact Kelly Patsolic so you don't miss out on important updates.

We do not yet have all [personnel data sheets](#) on file for this school year. If you have not turned this in and need another copy, please contact your Administrative Assistant, [Brenda Anderson](#) (brendaanderson@psi-solutions.org) or [Kelly Patsolic](#) (kellypatsolic@psi-solutions.org). Please return this form as soon as you can so that we know your updated contact information and school schedule.

Psychologists & SLPs – The [October reports](#) were due on October 31st to the PSI office for each of your schools. Please complete this and turn it into Kelly Patsolic if you haven't already. Contact your Field Supervisor if you have questions about what is needed and how to complete this. The forms can be accessed by clicking on your department page through the psi-ess.org website.

OTs & PTs – In the last PSIdelines, it was mentioned that PSI would need a copy of your caseload and schedule in October. You may have seen a recent email that went out as the deadline for this has been extended to before winter break. This is a somewhat new requirement for this division, so please don't hesitate to contact Julie Wood or Kelly Patsolic if you have any questions about what is needed.

Test and Scoring Materials – For those of you that need access to test kits, protocols, and scoring, please work with your auxiliary clerk if you are in a nonpublic school. ***Over the last few years, the scoring procedures have changed for the psychologists in the nonpublic schools at PSI.*** If you do not have the ability to score your assessments at your nonpublic school, please contact [Bob Murray](#) at bobmurray@psi-solutions.org about how to proceed. If you are in a charter school and need access to testing materials, please contact your Field Supervisor or [Kelly Patsolic](#) at: kellypatsolic@psi-solutions.org.

SHINE A LIGHT ON YOUR HARD WORK AND BE REWARDED!

Are you doing an interesting intervention or project in your school(s)? If so, send a detailed explanation of your work and how you are impacting your school(s) and students to juliewood@psi-solutions.org. Your name will be put in a drawing to win a gift card. All entries must be submitted by January 31st, 2018.

CRISIS RESOURCE

Texting has become commonplace. In addition to hot lines that one could use in a crisis, students may be more apt to reach out for help when they are able to text someone. Students can text the phrase "4HOPE" to 741741 and receive a response from a live, trained volunteer within 5 minutes. Please share this information with your students and schools.

from the desk of...

Julie Wood

Important Legal Updates

New ETR & IEP Forms Coming Soon

ODE has made new updates to the ETR, IEP, and accompanying forms. The new forms will be released soon along with a summary document outlining the major changes. These forms will be effective for the 2018-2019 school year. Stay tuned...

Alternative Assessment Guidelines

Assessment season is coming upon us. If you are a part of the IEP team that makes decisions regarding participation in the alternative assessment, please view ODE's Participation Guidelines of Ohio's Alternative Assessment, Decision Making Flowchart, and the newly released Companion to Participation Guidelines and Decision Making Flowchart. Here are links to two of the documents:

<http://bit.ly/2izVZpw>

<http://bit.ly/2ACdtsp>

Licensure Rule Changes

The State Board of Education has recently approved several Ohio Administrative Code rule changes that may affect educators seeking supplemental, short-term substitute and alternative resident educator licenses. There has also been another rule change that may affect those who have worked in schools out of state and want to renew their Ohio professional educator license. If this may apply to you, click on the link for more information:

<http://education.ohio.gov/Topics/Teaching/News/Licensure-rule-changes-provide-certain-educators-a>

PLANS FOR THE 2018-2019 SCHOOL YEAR ARE UNDERWAY!

I am shocked every year that this is said, but some of our schools are already starting to plan their services for the 2018-2019 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 school(s), 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.

MARK YOUR CALENDAR FOR ETHICS

Do you need ethics contact hours that you can count towards your license?

SLP's – A tentative date will be confirmed for late winter 2018. Information will be coming soon.

Psychologists – A workshop is being planned for March 19, 2018.

These workshops are relatable to all disciplines in our ESS department. If you are from another discipline and would like to attend, please contact Brooke Wright at PSI regarding your interest.

Wishing you all a happy and safe holiday season!

from the desk of...

Mike Tornow

Coming in February! PSI's New Look!

Our **New** Website, **New** Logo, **New** Tagline, a whole **New** feel, a whole **New** brand is just around the corner!

Watch your inbox and your mailbox as...

PSI Raises Your Awareness of How We Are Impacting Education!

**Have a
Great
Winter
Break!**

