

# School Nurse Role in Behavioral and Mental Health

## Planning and Programs

Regional Nurse Specialists - August 2013

In the spring of 2011, the Regional Nurse Specialist provided training throughout the state on the School Nurse Role in School Behavioral and Mental Health. A copy of the content of that program will be located in the Training section of the CDE School Nurse web page. Some ideas for this role included:

- Being part of the school mental health team. For some schools, this is a new idea but is richly rewarding in providing services to the students. An important steps would be
  - to offer your services
  - learn what programs are in your school (see the links below),
  - learn to implement their approaches in your work
  - learn to speak the same language as other professionals in your school
  - share your skills and unique language with them
- Be an advocate and broker of resources through referrals and relationships with families
- Identify and share with your team the specific skills that nurses can contribute, such as assessment skills and pharmacological therapies.

There is no standard health care plan or action plan for the school nurse for behavioral and mental health issues. The development of the plan is a team approach that will include the student, family, school staff and community resources. There are a variety of evidenced-based programs that can be used in schools or aspects of national program can be applied to schools. Here is a list of resources that you can use to develop this plan.

### Motivational Interviewing:

- ✚ *Motivational interviewing from Healthteamworks -*  
<http://healthteamworks-media.precis5.com/1102a326d5f7c9e04fc3c89d0ede88c9>
- ✚ *There is more information on motivational interviewing at*  
<http://www.healthteamworks.org/guidelines/motivational-interviewing.html>

### Pyramid Plus:

The **Pyramid Model for Supporting Social Emotional Competence in Infants and Young Children** is a conceptual framework of evidence-based practices developed by two national, federally-funded research and training centers. The [Center for the Social and Emotional Foundations for Early Learning](#) (CSEFEL) and Technical Assistance Center on Social Emotional Intervention (TACSEI). From data gathered the last eight years, the Pyramid Model has shown to be a sound framework for promoting the social, emotional, and behavioral development of infants and young children ages 0-5 years.

In 2009, Colorado Department of Human Services announced a statewide collaborative effort to promote this initiative and the University of Colorado Denver was selected to implement it with early childhood being the focus of implementation. (From web page.)

- ✚ *Look for techniques you can use in your health room and practice. For example, communication skills and how to do a visual schedule.*  
[http://challengingbehavior.org/do/resources/teaching\\_tools/ttyc\\_toc.htm](http://challengingbehavior.org/do/resources/teaching_tools/ttyc_toc.htm)

### Resources:

**Center on the Social and Emotional Foundations for Early Learning (CSEFEL)** - <http://csefel.vanderbilt.edu/>

Lentini, R., Vaughn, B. J., & Fox, L. (2005). *Teaching Tools for Young Children with Challenging Behavior*.  
Tampa, Florida:  
University of South Florida, Early Intervention Positive Behavior Support.

Technical Assistance Center on Social Emotional Intervention (**TACSEI**) - <http://challengingbehavior.org/>  
Some teaching tools: [http://challengingbehavior.org/do/resources/teaching\\_tools/ttyc\\_toc.htm](http://challengingbehavior.org/do/resources/teaching_tools/ttyc_toc.htm)

**The Colorado Center for Social Emotional Competence and Inclusion** - <http://www.pyramidplus.org/>

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## **Positive Behavioral Interventions and Supports**

[www.pbis.org/](http://www.pbis.org/)


<http://www.cde.state.co.us/pbis/>

### **Mission** (<http://www.cde.state.co.us/pbis/>)

The mission of the Colorado Positive Behavioral Interventions and Supports Initiative is to establish and maintain effective school environments that maximize academic achievement and behavioral competence of all learners in Colorado.

### **WHAT IS IT?**

- PBIS/SOC is another pyramid model that is completely aligned with the Colorado RTI model, and is focused on the development of social and emotional competency.
- “The purpose of the Colorado School-wide Positive Behavior Supports Initiative is to establish and maintain effective school environments that maximize academic achievement and behavioral competence of ALL learners in Colorado.”
- A school wide system is more likely to increase positive outcomes for all students. (All students-all settings-all times).
- The basic tenets are the environment is **predictable** (common language and vision or expectations), **positive** (ongoing teaching and recognition of positive behavior), **safe** (continuum of behavior support and consistent process for addressing a problem behavior, and **consistent** (all adults use similar expectations through all school environments—classroom, hall, recess, bus, restrooms).  
(information from web page)

 *Look for ways to communicate positively with clear expectations.*

 *Looks for ways to reward positive behavior*

 *Looks for way to use the school expectations motto to promote similar behavior for health issues.*

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## **Mental Health First Aid**




Mental Health First Aid is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders. Mental Health First Aid USA is managed, operated, and disseminated by three national authorities — the National Council for Community

Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

[http://www.mentalhealthfirstaid.org/cs/program\\_overview/](http://www.mentalhealthfirstaid.org/cs/program_overview/)

National information: [http://www.mentalhealthfirstaid.org/cs/program\\_overview/](http://www.mentalhealthfirstaid.org/cs/program_overview/)

Colorado information: <http://www.mhfac.org/>

-  *Look at the information on normal and possibly abnormal behavior to assist your assessment.*
-  *Look for the definitions and descriptions of common disorders and the recommended interventions*
-  *Encourage staff to attend the class so they can assist with identification of problem and support referrals.*

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## ALPS Survival Techniques

A = Awareness (early assessment)

L = Limits of your role (Am I safe? Am I the right person? Am I using school approved interventions? Have I set boundaries and support for involvement?)

P = Purpose for your actions (learn appropriate skills, understand medication administration, & follow any established plans)

S = School System (your team) “Stay with the Herd” (use group process to design and implement strategies)


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## Response to Interventions

<http://www.cde.state.co.us/Rtl/>

<http://www.cde.state.co.us/Rtl/LearnAboutRtl.htm>





-  *Look for ways you can become involved in your school’s Rtl team*

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## Building Bridges




The Building Bridges for Children’s Mental Health Project in Colorado (Building Bridges) is designed to build a statewide system to support and sustain the integration of public schools and local behavioral health systems that will lead to increased access to behavioral health services and improved outcomes for school-aged children.

CDE resource page: <http://www.cde.state.co.us/cdesped/BuildingBridges.asp>

-  *Includes script for calling families*
  -  *Referral protocol example*
  -  *Behavioral Health Facts and Classroom Tips*
  -  *Implementing Colorado’s Emotional and Social Wellness Standard*
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## **Psychological First Aid (Disaster and Behavioral Health Training)**

<http://www.colorado.gov/cs/Satellite?c=Page&childpagename=CDPHE-EPR%2FCBONLayout&cid=1251588798626&pagename=CBONWrapper>

-  *Look for additional information on the CDE School Nurse web page.*
-  *Learn to integrate stress response assessment and interventions in the daily work in your health room and with students.*
-  *Attend a training and encourage your school sponsor a training so you will know how to respond in case of natural or manmade disasters.*