

The School Nurse's Role in Behavioral/Mental Health of Students

Jessica Yoder

Project AWARE Specialist

Jolene Bracale

Student Health Services Specialist



Indiana
DEPARTMENT OF
EDUCATION



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Working Together for Student Success

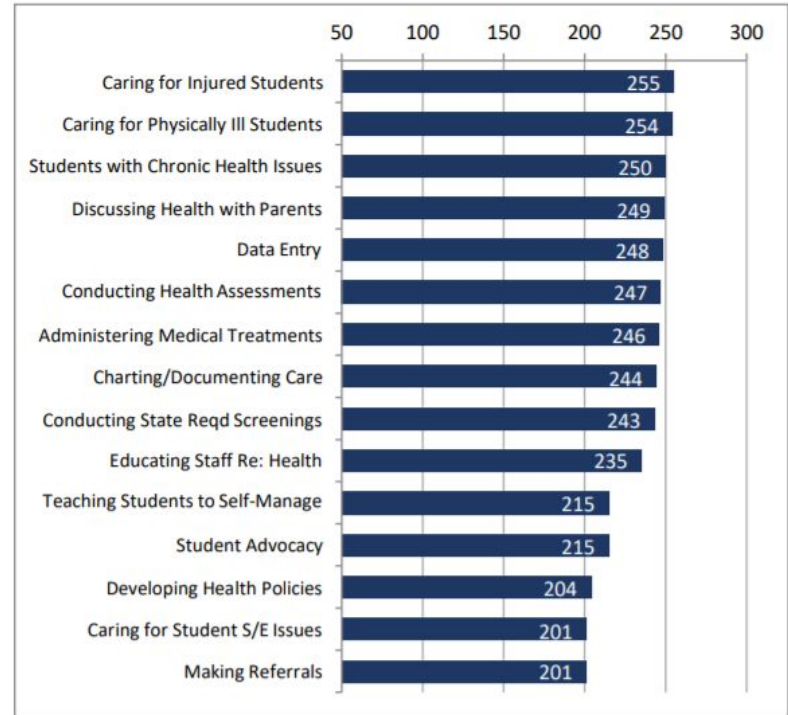
Objectives

- 1.) Consider implications of recent data on the state of students' health and services in Indiana schools as they relate to mental health;
- 2.) Explore Indiana's social, emotional and behavioral wellness resources to help improve mental health response and prevention;
- 3.) Identify one strategy to be implemented in the 2019-2020 school year that will contribute to the reduction of mental health stigma in schools and develop a culture which supports social and emotional learning



Indiana Data

- [Student Needs Assessment Survey](#)
 - Administered in November 2018
 - 289 districts responded with a 91% response rate
- 201 School Nurses reported “Caring for Students Social and Emotional Issues” as a service provided most often



Indiana Data

- [School Health Services in Indiana Survey](#)
 - Administered in Summer 2018
 - Consolidated & analyzed multiple data sources about health services in Indiana schools

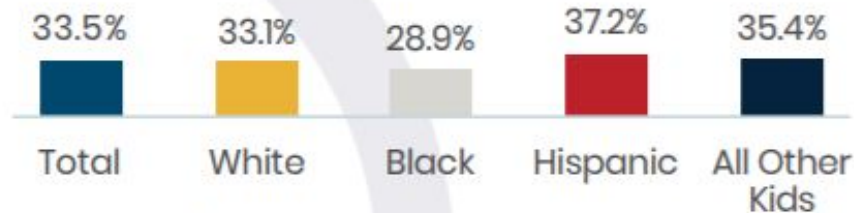
Mental health was reported as one of the top five health-related issues rated as most significant by school nurses in Indiana



Indiana Data

1 in 3 high school students feels sad or hopeless

Percentage of High School Students Who Report Feeling Sad or Hopeless by Race/Ethnicity, Indiana: 2018



Source: Indiana Youth Survey

Indiana Youth Institute Kids Count Databook (2019): Mental Health Spotlight pgs.104-105

https://s3.amazonaws.com/ivi-website/data-book/2019+Data+book+/2019_IYI_Databook_022619.pdf



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National Data

NASN Position Statement: The School Nurse's Role in Behavioral/Mental Health of Students

Common behavioral health disorders include:

- attention deficit hyperactivity disorders, mood disorders, depression, bipolar disorders, conduct disorders, anxiety disorders, panic disorders, eating disorders, psychotic disorders, and substance use disorders.



National Data



- According to CDC, 13% to 20% of children living in the United States experience a mental disorder in a given year (CDC, 2013).
- In 2014, approximately 5% of adolescents ages 12–17 in the U.S. had a substance use disorder (SAMHSA, 2017).



National Data

- The (CDC) 2015 Youth Risk Behavior Survey found that 17.7% of high-school students had seriously considered attempting suicide in the past twelve months, 14.6% had made plans to do so, and 8.6% had made one or more attempts to do so (Kahn et al., 2016).
- Suicide is the second leading cause of death in adolescents (Banspach et al., 2016).



National Data



- YRBS also indicates that 21.7% of students were offered, sold, or given an illegal drug on school property in the past year, and 17.7% of students consumed five or more servings of alcohol in a row in the past 30 days (CDC, 2015).



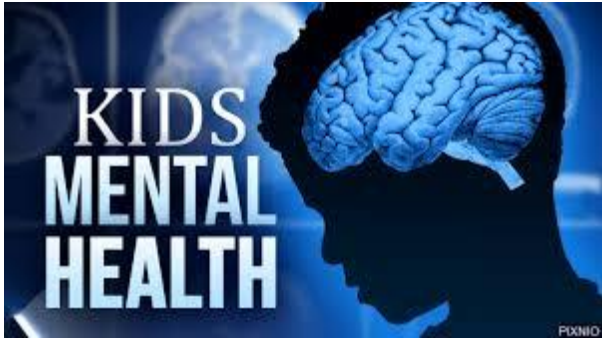
National Data

- Adverse childhood experiences (ACEs), including physical, emotional and sexual abuse and other potentially traumatic experiences, are common among youth and are related to increased risk for lasting negative effects on physical and mental health (CDC, 2015).
- Approximately 66% of adults surveyed report experiencing at least one ACE, and more than 20% reported experiencing three or more ACEs. As the total number of ACEs increase, the risk of adverse health outcomes increase (CDC, 2015).

Want to learn more? ACE's and Self-Healing Communities Conference
Dr. Anda Training, Pike High School on July 19th
[Link to Sign Up for FREE training](#)



National Data



School nurses spend approximately one third of their time providing mental health services

(Bobo & Shubert, 2013)



Barriers

- The American Academy of Pediatrics estimates that only 10% to 40% of students needing behavioral health services receive them (AAP, 2016; SAMHSA, 2012).
- Barriers to treatment include the stigma associated with mental illness, families not recognizing the signs of mental illness, and families not knowing where to go to seek help (Bowers, Manion, Papadopoulos, & Gauvreau, 2012).



Barriers

Health Care Reform
Health care reform is the
intended to research reform
Health care reforms have
Reform of healthcare an
with losses from insur
of lack of

- Additional barriers include:
 - inadequate funding at the state and federal levels,
 - lack of insurance or limited coverage for behavioral healthcare services
 - shortage of child behavioral health providers, which leads to long wait times for treatment and/or families having to travel long distances for care (AAP, 2017).



What is the role of a school nurse in school-based behavior and mental health services?



School Nurse Role

1. Recognize warning signs such as changes in school performance, mood changes, complaints of illness before or during the school day, problems at home, self-harm, and suicidality (Zupp, 2013; American School Counselor Association [ASCA], 2015).
2. Adhere to appropriate guidelines regarding confidentiality (ASCA, 2015).
3. Promote student success by developing and implementing the Individualized Healthcare Plan (IHP), and the health portions of Section 504 plans and Special Education Individual Education Programs (IEP).



School Nurse Role

4. School nurses' regular contact with students allows them to provide ongoing assessment, monitor treatment compliance, and provide timely feedback to families, physicians and mental health professionals regarding a student's response to treatment, thus allowing for better medical management of behavioral health conditions and health outcomes (AAP, 2016; Bobo & Shubert, 2013).



Additional Recommendations



- The school nurse can assist in the re-entry of students into the school environment following homebound instruction or hospitalization and serve as a care coordinator among community behavioral health and primary care providers, the family, and school personnel.
- Riley Children's Hospital Student Transition Plan Example



Additional Recommendations

- Provide education about mental health and substance use disorders, psychotropic medication information, and cognitive behavioral skills.
- Recognize care coordination as a critical component of comprehensive behavioral health services and regularly make referrals and connect parents and children with school and community behavioral health resources (NASN, 2015).
- Regularly provide educational programming to teachers, administrators, parents and guardians, and students about behavioral health concerns and assist with crisis intervention planning.



Additional Recommendations

- School nurses are often a student's first point of entry into behavioral health services.
- School nurses are also part of the normal school experience and are easily accessible to students seeking assistance with behavioral health issues.
- Visiting the school nurse may be viewed as less stigmatizing for students than seeking a school behavioral health provider (Prymachuk, Graham, Haddad, & Tyler, 2011).



The Why!?

- Due to their regular access to students, school nurses are uniquely qualified to identify students with potential behavioral health concerns.
- School nurses can serve as advocates, facilitators, and counselors of behavioral health services within the school environment and in the community.

What specific role have you seen school nurses play in meeting the behavioral health needs of students & staff?



Social, Emotional, & Behavioral Resources

www.doe.in.gov/sebw

[jyoder@doe.in.gov](mailto: jyoder@doe.in.gov)

 [@jesskyoder](https://twitter.com/@jesskyoder)



The screenshot shows the Indiana Department of Education website. At the top, it says "Working Together for Student Success" and has a search bar. The logo for the Indiana Department of Education is prominent. Below the logo, there are navigation links for PROGRAMS, DIRECTORY, EVENTS, NEWS, DATA, and RESOURCES FOR... The main heading is "Social, Emotional, and Behavioral Wellness". Below this, it says "Posted: Wed, 01/09/2019 - 1:25pm Updated: Mon, 01/14/2019 - 3:16pm". A paragraph of text explains that according to CASEL, "Social and Emotional Learning is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions." Below the text is a video player featuring Christy Berger, Assistant Director of Social, Emotional, and Behavioral Wellness. To the right of the video is a diagram of a tree with various skills as branches: Mindset, Collaboration, Critical Thinking, Connection, Regulation, and Strategy, Mind, and Resilience. Below the diagram is a list of resources: IDOE Student Services, IDOE Multi-Tiered System of Supports (MTSS), Title IV, Indiana School Mental Health Initiative, and LookUP. At the bottom right, there is a contact section for Christy Berger, Assistant Director of Social, Emotional, and Behavioral Wellness, with her phone number (317) 234-1242 and email cberger@doe.in.gov.



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Indiana Corporation Case Study

“If a student has anxiety, where do they go?”



Lea Bergman, Nursing Coordinator
Noblesville Schools
lea_bergman@nobl.k12.in.us



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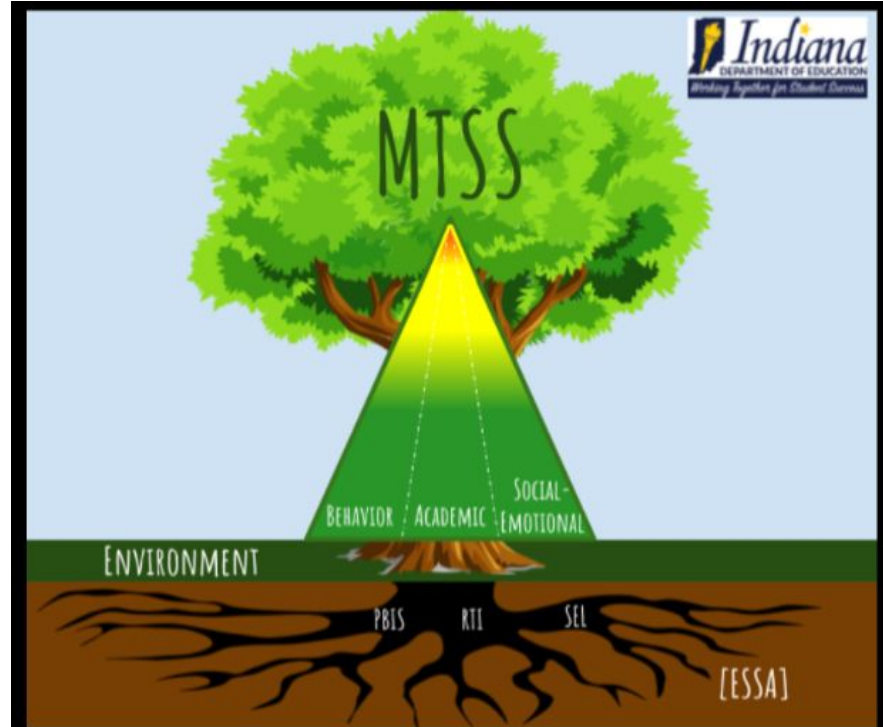
Indiana Department of Education



Indiana Corporation Case Study

MTSS Process Defined

- Where do nurses fit?
- Clinic data could be used or found
- Training rolled out for all district nurses
- When students are released from clinic, where do they go?
 1. Refer to counseling?
 2. Go back to class?
 3. Student begging to go home - parent agrees
 4. Didn't come to nurse - went straight to parents - no coping skill



Discussion

Questions?

- What types of mental health conditions are you seeing in your students?
- What types of interventions or strategies do you use in your clinic or school?
- What do you see as your biggest barriers to care?
- Any success stories or programs that appear to be helpful?
- How do you think you can be involved?



Community Resources

Community Resources

Posted: Tue, 04/02/2019 - 10:58am Updated: Tue, 04/02/2019 - 11:01am

- [211](#)[Ⓔ]
 - Community resources such as rent support, utility support, etc. by your zip code
- [DCS Educational Liaisons](#)[Ⓜ]
 - DCS Educational liaisons can provide many resources including free trauma staff training.
- [Homeless Resources](#)
 - Resources that are specific to homeless students including McKinney-Vento liaisons.
- [Look Up Indiana](#)[Ⓔ]
 - Mental health services by zip code
- [Mental Health America](#)[Ⓔ]
 - Can provide training around mental health statewide
- [Mental Health Providers](#)[Ⓔ]
 - County providers for mental health services
- [Suicide Coalition Point Person](#)[Ⓜ]
 - Suicide coalition point person by county
- [Systems of Care Point of Contact](#)[Ⓜ]
 - Systems of Care can help provide wraparound services for families and students.
- [United Way](#)[Ⓔ]
 - Community resources provided for families

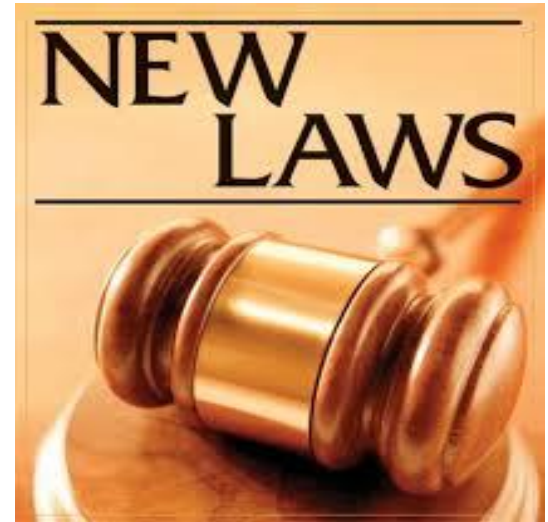
Find Links at:

<https://www.doe.in.gov/sebw/community-resources>



Quick School Nurse Update

- **IDOE Resource Changes**
- **New 2019 Legislation**



State Resources - IDOE

- [IDOE Health Webpage](#)
- IDOE Moodle Learning Platform
- Indiana School Nurse Manual
- School Nurse Learning Connection Community = CLOSING



Learning Connection Transition

IDOE Learning Connection –
Files and Bookmarks Folders and Monthly Newsletter

Moodle

Gov Delivery



IDOE Moodle Links

School Nurses

Online Courses

[Indiana School Nurse Basics](#)

[EMSC School Nurse Emergency Care](#)

[Care of Students with Diabetes](#)

[Care of Students with Asthma](#)

[Care of Students with Special Dietary Needs](#)

[Diabetes Training Program for Voluntary Health Aides](#)

Resources

[School Nurse Community](#)



IDOE Moodle

Courses:

- **Will close every June, all data cleared, and reopened**
- **Each course and the resources require an enrollment key**



School Nurse Newsletter – Registration



Dr. Jennifer McCormick
Superintendent of Public Instruction

Working Together for Student Success

INDIANA SCHOOL NURSE REGISTRY

The purpose of this registry is to have a means of communicating announcements, information, and a monthly newsletter to school nurses. Only school nurses, or those school employees that are involved with administering health services to students, should complete this form. This form will ask you for your school corporation number and your school number. A list of the school corporation and school numbers for both public and non-public schools can be found [HERE](#). Once this form is submitted, you will be automatically added to the list of people that will receive the monthly school nurse newsletter, as well as other announcements or information pertinent to school nurses.

School Corporation Number

Name of School Corporation

- **One time registration/ subscription to receive the school nurse newsletter and announcements**
- **Link sent out in the April, May, and June Newsletters or found on IDOE Health Webpage**



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New Legislation

HEA 1063 – Stop the Bleed Program

- At least five staff members must volunteer to be trained
- Each school given three tourniquets
- School nurses should work collaboratively with administration and SRO to implement program



New Legislation

HEA 1089 – Care of Students with Seizures

- All staff having “direct, ongoing contact with children” will need to have education regarding signs and symptoms of seizures and the appropriate steps to take
- At initial hiring and every five years
- Training can be determined by the school – in person, online, study packet, or any method the school chooses that is consistent with current standards



New Legislation

HEA 1089 – Care of Students with Seizures

- If school receives a seizure management and treatment plan for a student, the school must have:
 - An IHP developed for the student by an RN that applies during the school day and during school-sponsored activities
 - A school nurse or the nurse's designee available to implement the IHP
- IDOE must identify resources to assist schools



New Legislation

More Information in the Fall – Setting Precedent

HEA 1344 – Nurse Compact;
Multi-State License and Rules

HEA 1652 – Insulin Delegation

SEA 228 – Standing Order
Requirements



Indiana General Assembly

Indiana General Assembly
2019 Session

Information - Session - Committees - **Legislation** - Laws - Publications

Search Code Bills Legislators

Search the current session

Search the current session

Advanced Search

Upcoming Meetings Wednesday

View calendar details + < Dec 26 > 2018

No meetings scheduled for this day.

Find Your Legislator >



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Indiana School Nurse Manual

Indiana School Nurse Manual

- Posted on the Moodle under “Resources”
- Legislation information on pages 45–48



Questions and Contact Information



Jessica Yoder
Project AWARE Specialist
iyoder@doe.in.gov

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ibracale@doe.in.gov

