Navigating Resources During School Closure
April 2020
WEBINAR 4: SUPPORTING TEACHERS
Introductions

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Webinar: Strategies for Supporting Teachers Delivering Remote Instruction

- This webinar is for school psychologists to listen to about how to support teachers.
- Teachers need support in how to talk to students about topics such as stress/anxiety, grief and loss.
- What were you doing before the pandemic to support teachers that you can continue to do?
  - Consultation and problem solving meetings.
  - Guidance on tele-consultation.
  - Continue practices like check-in/check-out to connect with students.
- Provide teachers with encouragement and support regarding the stress they are experiencing.

Teleconsultation with Teachers and Caregivers

Similarities with face-to-face consultation
- Start by building a relationship based on mutual respect
- Problem identification and analysis steps
- Implementing and monitoring the intervention

Unique factors
- During relationship building ask about comfort with technology
- Particular effort in understanding contextual factors when identifying the problem.
- Utilize screen share for note taking during problem-solving
- Need to use HIPAA and FERPA compliant platforms.

Textbook by Dr. Fischer et al. referenced on the info-graphic would be a deep dive on this topic. *Technology applications in school psychology: Consultation, supervision, and training.*
Countering Coronavirus Stigma & Racism: Tips for Teachers and Other Educators

NASP resource for all educators with tips to battle stigma and racism.

Document is easy to read, however it might be longer than people’s attention span right now.

Target audience may be a school leadership team or MTSS team working on behavioral norms for a school.

This could potentially be a good topic for beginning of the year staff meetings.

Topics addressed include: speaking up against microaggressions and misinformation, validate student fears, consider stigma and racism directed at staff, and provide a culturally rich school environment (e.g., images, curriculum including diverse individuals).

Care for the Caregiver: Tips for Families and Educators

- Be aware of putting personal needs aside to care for others.
- Need for awareness regarding signs of burnout and secondary trauma or stress.
- Highlight caregiver reactions that may warrant professional support.
- Highlight recommendations for preventing burnout.

Care for the Teacher: Action Plan

- Documentation log
  - for special education and general education teachers to document contact
    - date/time, absences, type of method used to contact (phone, video, email, etc)
- Shared drive folder—one stop shop
  - school closure resources
    - who to contact for specific staff skills (slide presentation, google classroom, online learning websites, etc.)
    - folder that staff can revise (remote learning ideas, sample remote teaching schedules, community resources for staff and parent, etc.)
    - special education staff folder (legal updates, community resources, district communication, guidelines of how tos during school closure)
- Outreach through email
  - Sent email to all staff based on the article from the previous slide to remind them about crucial protective factors to decrease and/or prevent burnout and secondary trauma
    - Employee Assistance Program
    - physically scheduling a time for self-care (minutes or even seconds)
    - utilize community resources (counseling, utilities support, food, etc.)
Get Inspired: You are a resource!

- Have your go-to resources ready to send to teachers.
  - They are on the frontlines interacting with children.
- Ask teachers what their needs are now and what some anticipated needs are for the new school year.
- Support use of existing social-emotional learning curriculum (e.g., Second Step, Sanford Harmony).
- Consider a needs assessment with your staff - what do they need/want from you?
Top 5 List of Tasks for School Psychologists When Supporting Teachers

5. Manage the Technology
   ● block time for technology and schedule meetings around this time when possible
   ● delay the delivery of emails and consolidate content when possible

4. Manage the Mentoring/Consultation
   ● hold weekly check-in meetings (mandated for important updates, otherwise optional)
   ● produce shared team folder (community-based resources, federal/state/district guidelines, etc.)

3. Manage the Environment
   ● consider office hours (e.g., in Zoom you can have a personal meeting open and admit people in the waiting room) to create a structured schedule
   ● assist in creating meeting norms and agendas for video conferencing (muting upon entry, raise hand to speak)

2. Manage the Behavior
   ● discuss the importance of creating healthy boundaries (school, personal, and student)
   ● have resources ready regarding employer provided counseling services and other agencies in your community that may take referrals (many are using teletherapy)

1. Manage the Attention
   ● prioritize importance (think Maslow) and triage when needed

(Thomas, 2018)
Top 5 List of Tasks for Teachers

5. Manage the Technology
   • block time for technology
   • delay the delivery of emails to only work hours

4. Manage the Collaboration
   • scheduling time for teamwork and use shared team folders (resources, instructional models, etc.)

3. Manage the Environment
   • room setup, lighting, noise levels, schedule office/home hours
   • create meeting norms and agendas for video conferencing

2. Manage the Behavior
   • adhere to district policies regarding boundaries and consult
   • have fun, forgive, and be flexible with oneself and others

1. Manage the Attention
   • create a schedule of tasks based on what is most meaningful to you

(Thomas, 2018)
Resources and References


