



Optimizing Technology: Applications for School Psychologists

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Washington Association of School Psychologist
Webinar – March 20, 2020



Learning Objectives

This workshop will help participants

1. Identify smartphone apps that can assist school psychologists in providing therapeutic services.
2. Become knowledgeable about various Internet services that can be used in the schools.
3. Become aware of student privacy issues that have arisen from the use of technology on the job.

Overview

- Useful technology to help extend our brain.
 - Software
 - Websites
 - Apps



New vs. Old Way



Which is the quickest way to get you there?

It isn't always the newest way.

Selecting New Technology

- What can make my job more efficient and better service to students?
- How will this technology help me do my job better?
- How much time will I need to devote to learn this technology?
- Have I seen this technology used before by other school psychologists?

Selecting New Technology

- Have I tried the new technology and found it useful?
- Is the new technology consistent with best practice standards?
- What is the cost of adopting the new technology?
- What are the implications ethically of using this new technology?

Productivity



Productivity – Adobe Reader DC

- Streamlines routine pdf tasks
- Share files and easily add electronic signatures.
- Ability to highlight and add sticky notes
- Annotate and add drawings





Productivity Applications

- Offers free suite for word processing, spreadsheets, presentations, graphics, databases

Why should I use Apache OpenOffice?

Apache OpenOffice is the leading **open-source office software suite** for **word processing, spreadsheets, presentations, graphics, databases** and more. It is available in **many languages** and works on all **common computers**. It stores all your data in an **international open standard format** and can also read and write files from other common office software packages. It can be downloaded and used completely **free of charge** for **any purpose**.



[Writer](#) a word processor you can use for anything from writing a quick letter to producing an entire book.



[Calc](#) a powerful spreadsheet with all the tools you need to calculate, analyze, and present your data in numerical reports or sizzling graphics.



[Impress](#) the fastest, most powerful way to create effective multimedia presentations.



[Draw](#) lets you produce everything from simple diagrams to dynamic 3D illustrations.



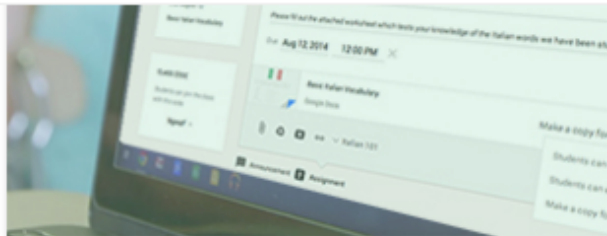
[Base](#) lets you manipulate databases seamlessly. Create and modify tables, forms, queries, and reports, all from within Apache OpenOffice.



[Math](#) lets you create mathematical equations with a graphic user interface or by directly typing your formulas into the equation editor.

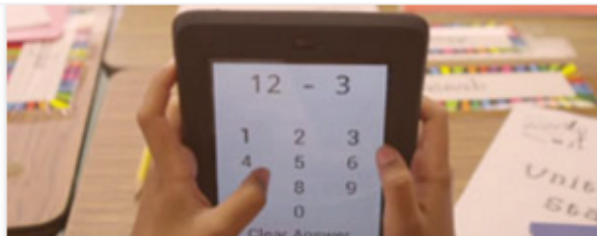
World of Google

Google for Education



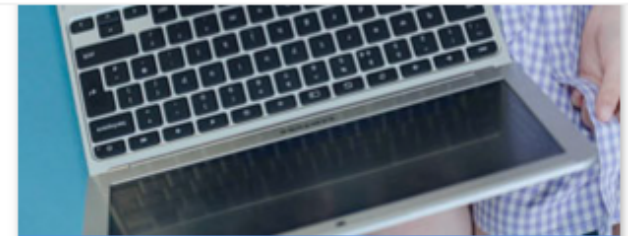
FREE PRODUCTIVITY TOOLS

Simplify and save time with Classroom, Gmail, Docs, and more.



CLASS CONTENT

Find thousands of teacher-approved apps and books.



DEVICES

Get laptops and tablets that are affordable and easy to manage.

The Google Apps for Education Suite

Tools that your entire school can use, together



Classroom



Gmail



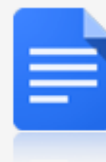
Drive



Calendar



Vault



Docs



Sheets



Slides



Sites

Productivity Applications

- Faster, real-time collaboration
 - Edit documents with others and see changes as they type.
- Import from the desktop
 - Easily move documents between desktop applications and Google Docs.
- Online word processing and much more
- Autocrat extension
 - expand report and other templates to another level.

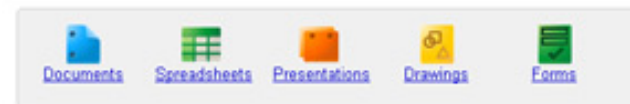
Google docs



Google docs

Create and share your work online with Google Docs

- Upload your files from your desktop: It's easy to get started and it's free!
- Access anywhere: Edit and view your docs from any computer or smart phone.
- Share your work: Real-time collaboration means work gets done more quickly.



Try Google Docs Now

[New Features](#) - [Watch the videos](#)

Latest News from the [Google Docs Blog](#)

Sign in with your
Google Account

Email:
ex: pat@example.com

Password:

Stay signed in

[Can't access your account?](#)

Don't have a Google Account?
[Create an account now](#)

HIGHTAIL



- Send large files to others securely
- Integrates into Outlook so e-mail is seamless
- Verify recipient identity, get return receipt
- File download expiration date
- Free account – send up to 250MB files

<https://www.hightail.com/>



Productivity Applications

- Create common lists and notes shared across various devices and colleagues
- Can search tag, keyword, or printed text in images.
- Free versions not allow shared item to be modified by others



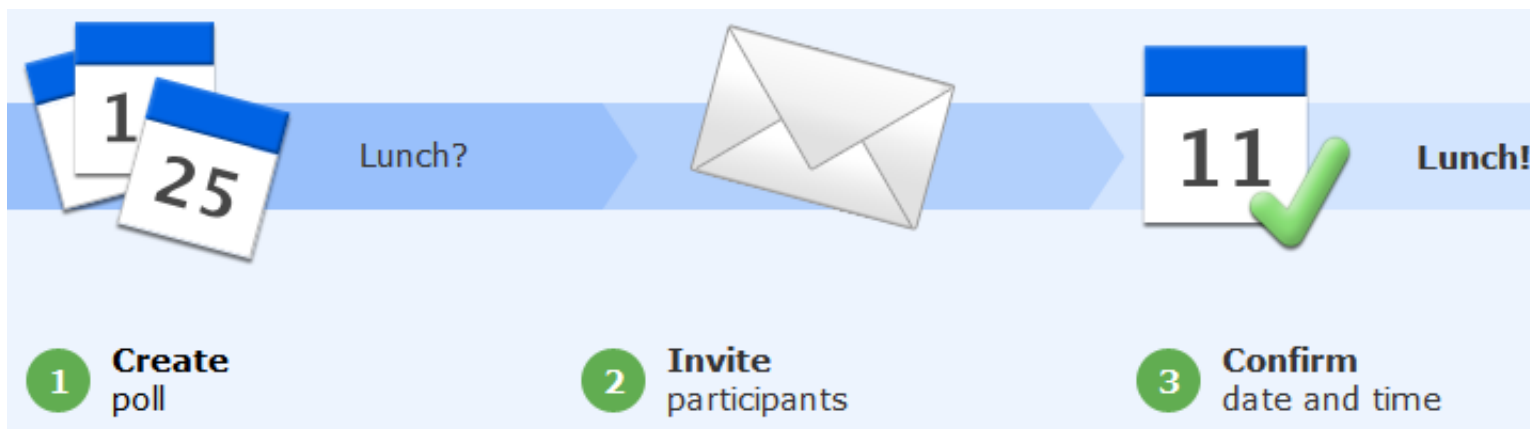
<https://evernote.com/>

Productivity Applications

Doodle®

<https://doodle.com/>

- Enables scheduling with less hassle
- E-mails colleagues for multiple possible meeting times
- Provides meeting calendar
- App available for smart phones





<https://www.remind.com/>

Productivity Applications

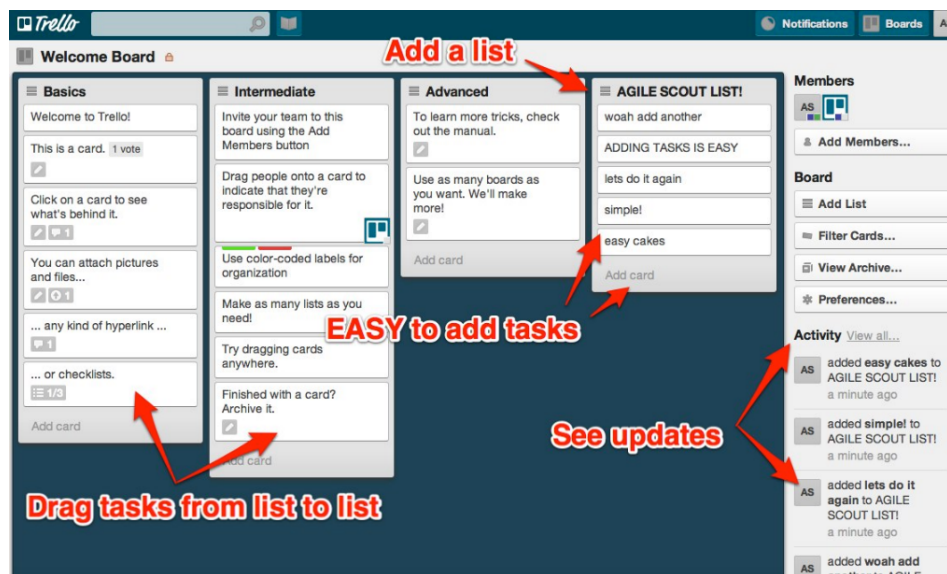
- Send text or e-mail to large group of people
- Perfect for classrooms or committees
- Address and numbers are not shared among members in group
- Send timed reminders and track messages
- Send attachments
- Accessible through app and website



Organize anything, together

Productivity Applications

- Organize large groups and track progress
- Assign various members to certain tasks
- Create due dates for projects
- Link to documents even through Dropbox
- Accessible through app and website



<https://trello.com/>

Mile Tracker



| New Mileage | |
|-------------|------------------------|
| Date | Thu, April 14, 2011 |
| Vehicle | Accord |
| | tap to enter mileage > |
| Project | > |
| From | office |
| To | manufacturing center |
| Client | > |
| Description | > |
| Notes | > |
| Options | |

| New Mileage | |
|-------------|----------------------|
| Date | Thu, April 14, 2011 |
| Vehicle | Accord |
| \$ | 41.82 |
| Mileage | 82 |
| Project | > |
| From | office |
| To | manufacturing center |
| Client | > |
| Description | > |
| Options | |

- Track reimbursable mileage between schools or to trainings.

Apps - Videoconferencing

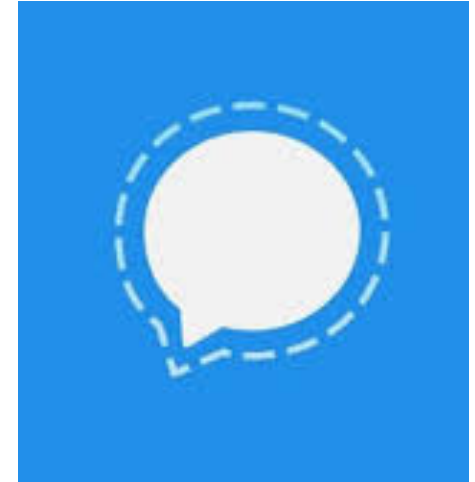
- Smartphones may not be best modality
- HIPAA standard services
 - Zoom <https://zoom.us/>
 - Doxy.me <https://doxy.me/>
 - VSee <https://vsee.com/>

vSee



Apps - Texting

- Signal – free text app with encryption and no storage
- Telegram – free text app with encryption and anonymity
- Wickr – text app with encryption, anonymity and privacy focus



Flash Drives

- Easy and portable
- Prone to being lost or stolen
- Kanguru drives
- Splash ID Keysafe



Cloud Computing



Google™

amazon.com®

PEARSON



Doodle®

In Cloud We Trust?

- Education data breaches double in 2017
 - 918 breaches involving 1.9 billion records
 - 118 successful attacks accounting for 13% of all breaches
 - Gemalto report - 9/20/17
- Education is #1 Target for Ransomware attacks
 - 15+ universities and school districts hit by ransomware
 - Emerging Ed Tech – 6/27/17





In Cloud We Trust?

- Violation of COPPA privacy laws on YouTube Kids
 - Multi-million dollar fine
 - 3rd most popular K-12 tool
- Deceiving users about ability to control privacy of personal information
 - Fine 5 billion dollars
 - 23rd most popular ed-tech product



PEARSON

September 20, 2017



Q-global Performance Update

To our valued Q-global customers,

As many of you are aware, we have been having performance issues with our Q-global® platform that began intermittently on September 19th and have been more prolific today.

We are working on correcting the issue and expect to have it resolved in the very near future. We understand the role that we play in your ability to do your job and we take it very seriously.

We regret the inconvenience that this service disruption may have caused you and those that you serve.

Sincerely,
Your Q-global Team

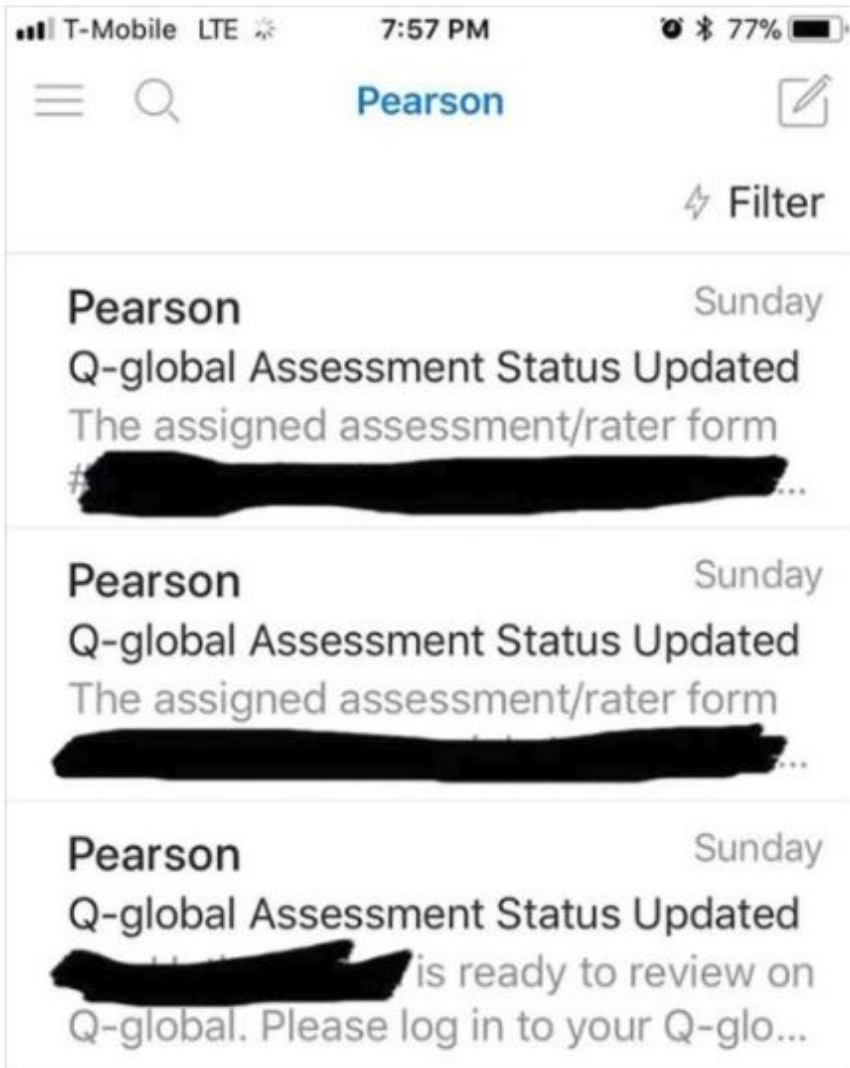


 Geraldine Hendren
10 hrs

Am I the only one who received random Pearson notifications on emails about completed rating scales? I received students' names and their school districts, and some are private practitioners' names and their clients.

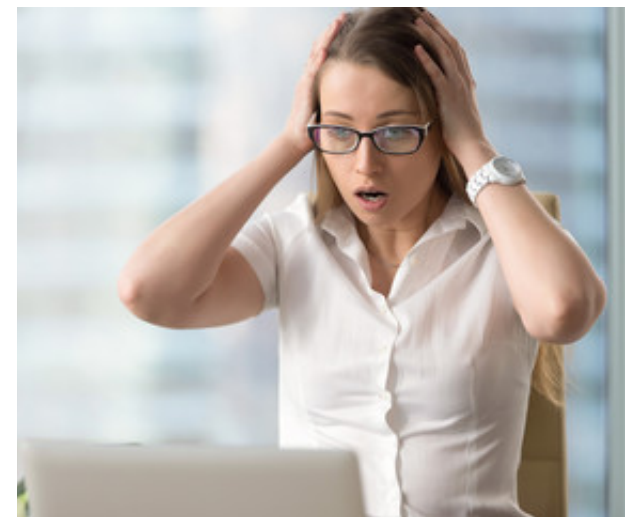
Talk about privacy violation! I am so worried that my own client's names have been released somewhere else!

I reached out to them and I just get a generic "we are currently working the website issues". I sent an email and never heard anything!



PEARSON

- Inadvertent disclosure
- Questions
 - School psych response
 - FERPA violation
 - Parent notification



FERPA and the Cloud

- Contractually identify cloud vendor as a “school official” under “direct control” of the education institution
- Five principles for schools to follow:
 - Maintain control of student data
 - Expressly prohibit the mining of student data for advertising and marketing purposes
 - Enter into a comprehensive agreement covering all of the cloud services provided to the education institution
 - Consider how providers may use anonymized data
 - Conduct due diligence into the cloud service provider’s practices with respect to student data

COPPA Issues

- Information on children under 13 do the following:
 - Provide parental notice of their information practices
 - Obtain prior parental consent for collection, use, and/or disclosure of personal information from children
 - Empower parents, upon request, to review the personal information from their children
 - Provide a parent with the opportunity to prevent further use of personal information that has already been collected or the future collection of personal information from that child
 - Establish and maintain reasonable procedures to protect the confidentiality, security, and integrity of personal information
- To the extent that data analytics services collect information directly from school children or enable the tracking of school children based on their interactions with the cloud service, COPPA obligations would apply



and yet....



- 25% of districts inform parents of their use of cloud services
- 20% of districts fail to have policies governing the use of online services
- 25% of the agreements specify the purpose for disclosures of student information, fewer than 7% of contracts restrict the sale or marketing of student information by vendors, many allow vendors to change the terms without notice
- The majority of cloud service contracts do not address parental notice, consent, or access to student information
- School district cloud service agreements generally do not provide for data security and even allow vendors to retain student information in perpetuity with alarming frequency



Encrypting Documents

Keeping Information
Safe and Confidential

Encryption – Is BETTER!

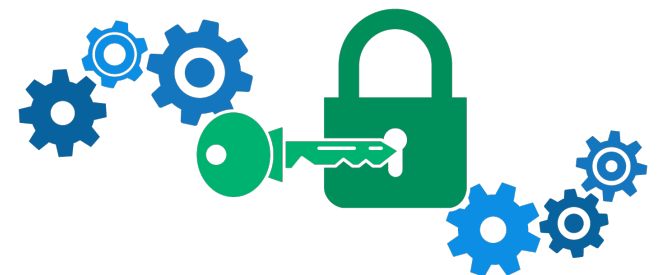
- 128 bit is ok
- 256 bit security preferred
- Advanced Encryption Standard (AES)
 - Standard for U.S. Government
- HIPAA – not apply to schools
 - Personal Health Information (PHI)
 - Word processing files transmitted electronically
 - E-mail and texting between psychologist and school personnel, parents, and/or students.





Encryption

- Decide what needs to be encrypted
 - Folders and files with PII top priority
 - District policies on employee encryption
 - Check with district IT
- Encryption Program Types
 - Processing individual files and folders
 - Virtual Disk Drive



Keeping Google Docs Safe



- Keep Google account login secure
 - Use strong password
 - Enable two factor authentication
 - Possible use of hardware security key
- Encrypt documents before uploading
 - Can store but can't edit files on Google Docs
 - Encrypt with Word
 - Encrypt with Boxcrypt
 - Encrypt with Veracrypt

How to Encrypt a Word Document



- Microsoft Office 2013 utilizes 128 bit encryption.
- Click on *File* tab and click on *Info* option.
- Screen will open and now *Protect a Document* box will be available.
- Clicking on *Protect a Document* box gives option to *Encrypt with Password*.
- Give a password for the document and verify it.

Encryption Options

- AxCrypt Premium

- Secure files and folder
- Secure files on cloud servers



- CertainSafe Digital Safety Deposit Box

- Secure files stored on server
- Files broken apart and stored on separate servers and encrypted



- Folder Lock

- Encrypts files or locks them
- Allows shredding of files



How Encrypt for the Cloud



- BoxCryptor – all OS + Mobile
- Boxcryptor.com – free version available
 - Can link to cloud drives (only 1 for free version)
 - Put files into boxcryptor folder which is linked to cloud storage
 - Drag and drop files to encrypt and store.
 - Within boxcryptor, able to open and close like usual.

How Encrypt for the Cloud

- BoxCryptor – all OS + Mobile
 - If try to access outside program for cloud, access is denied.
 - Right click, *Show in BoxCryptor* and able to open.
 - Option to provide others access with e-mail address



Other Encryption

- Cloud
 - Sookasa
 - Veracrypt
- USB Drives
 - Kanguru drives
 - SanDisk SecureAccess 3.0
 - Complimentary encryption





Words of Warning

- Pick a good password
- Pick a way to remember passwords
 - Encrypted Excel or Word file
- Check with company regarding encryption policy.
- Don't put password of encrypted document in same e-mail in which document is attached.

Keep Accounts Locked Down

- Hardware Security Keys
 - Insert key into USB port after entering password
- Titan Security Key
 - Phishing resistant two-factor authentication
 - Second lock after password
 - Uses FIDO protocol (encryption)
 - Good on Google, Facebook, Twitter
 - \$25-50 for key
- Others – Yubico & YubiKey



Cloud Storage Services

*A*Drive™

CARBONITE ™

Storage of Records

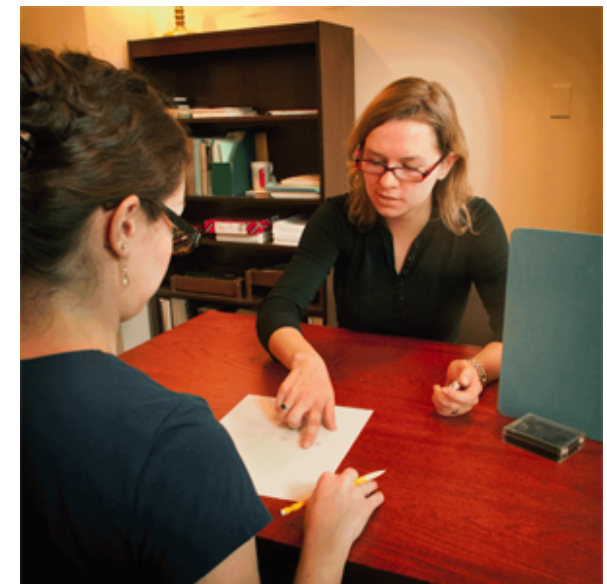
- Differences among companies about how long the data can be stored and what information can be used by companies.
 - **Pearson**
 - **Houghton Mifflin Riverside**
 - **PAR**
 - **MHS**
 - **Google G-Suites**
- Look for privacy statements on websites



Scenario – Let Me Get That Down

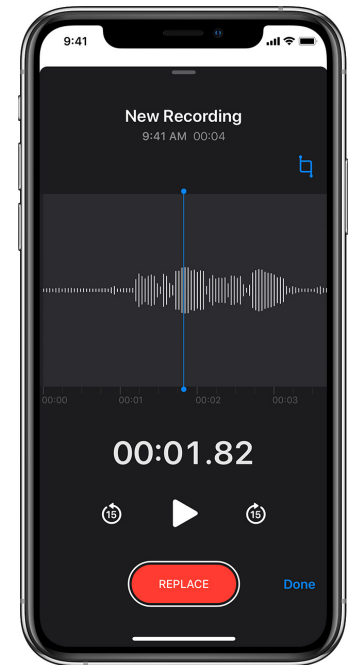


- Student brings phone into testing session.
- School psychologist finds that student has been recording session.
- What is to be done?



Scenario - Issues

- Test security – federal copyright protection
 - Violation when any test materials are audio or video recorded.
- State law
 - Party requirement to agree being audio recorded.
- Follow-up with parent or student to address underlying reasons for recording

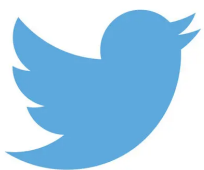




Social Media



- Should school personnel access student accounts?
- What ethical issues are involved?
- How would information gleaned from accounts help in providing services?
- What is the cost/benefit analysis of searching social media accounts?





- Some schools already monitoring accounts
- Access to student accounts
- Scan school-related cloud accounts
- Monitor student e-mail and chat
- Surveillance state



Social Media - Alternative

- Focus on how student is using social media
 - Browsing but not interacting – higher risk
 - Interacting with others and engaging – lower risk
 - Types of groups or sites spending time in



Social Media - Techniques

- Interview
- Phone usage metrics
- Media Use Survey
- Rating scales



Media Use Survey Screen

- Developed at Palo Alto University
- Short screener for social media usage prior to using apps in therapy
- <http://www.m2health.paloalto.edu/resources/>

Hello! This is a preliminary survey on media use that is being tested on college populations prior to being made available to psychologists and psychiatrists. Please answer the following questions as though you were directed to the survey by a therapist.

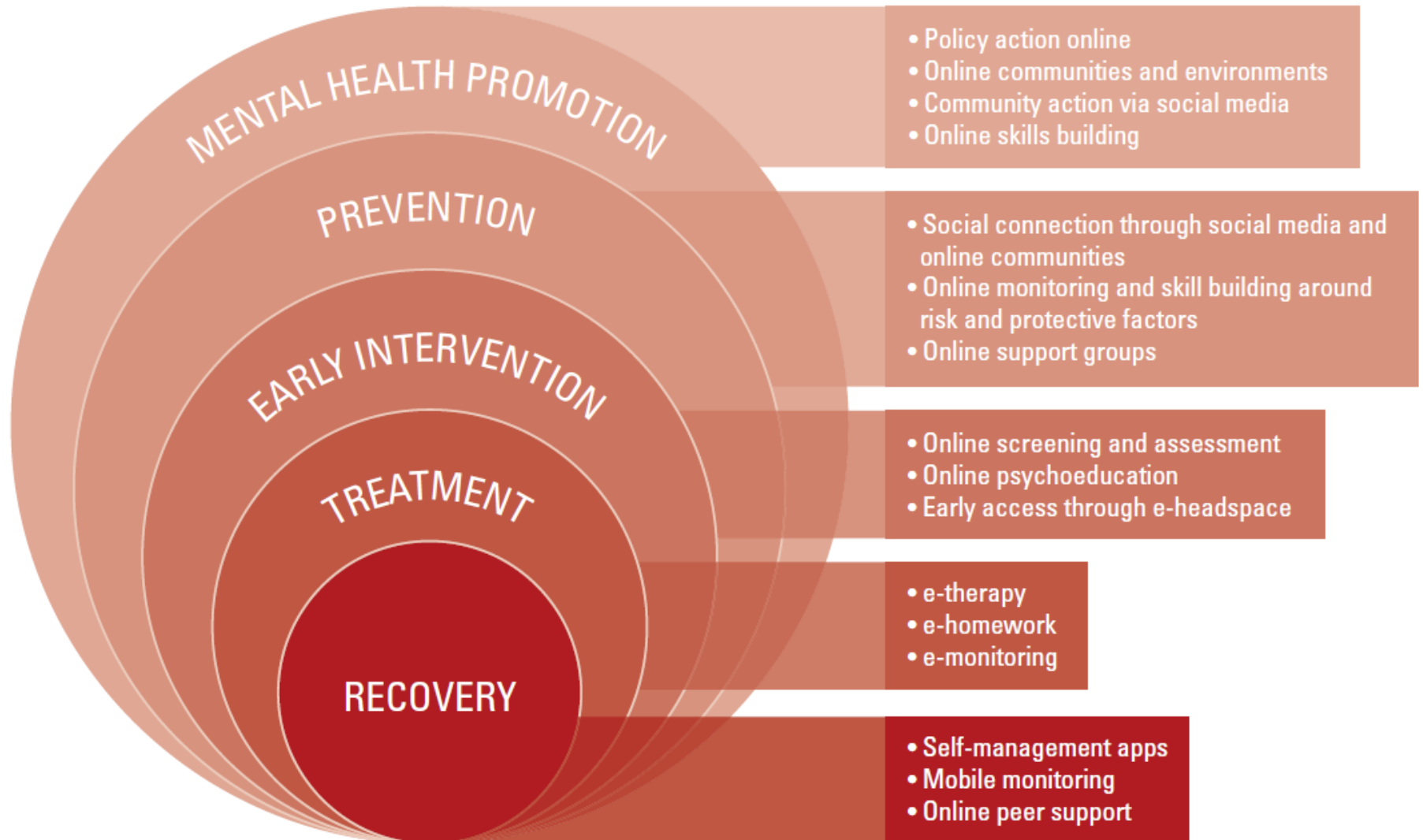




Questions Social Media Policy Should Answer

- Why is the school issuing guidance for social media?
- Who monitors student social media sites?
- Should information found on student social media be used for evaluation purposes?
- What should school psychologists do if they discover or receive a report of inappropriate activity?
- How can school psychologists determine what constitutes confidential information?

Mental Health Tools



Introducing Apps to Students

Inquire about previous use of technologies (Used for personal change?)



```
graph TD; A[Inquire about previous use of technologies (Used for personal change?)] --> B[Present rationale for use of specific tool(s)]; B --> C[Discuss and explore client perceptions and receptiveness]; C --> D[Agree on actions, perhaps initially as trial or experiment];
```

Present rationale for use of specific tool(s)

Discuss and explore client perceptions and receptiveness

Agree on actions, perhaps initially as trial or experiment

- Always get parent consent prior to having student use an app.
- Always check with district before recommending an app.

App Guidance

- Try technology out yourself first
- Know your clinical rationale
- Communicate your own enthusiasm



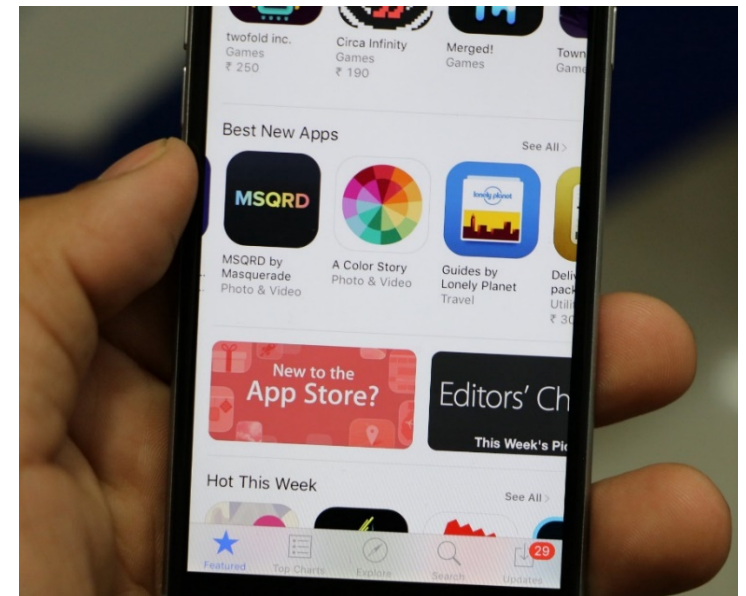
App Selection Considerations

- Solutions for Practice

- Discuss limits with students – be clear, discuss how digital tools will be used and discuss frequency of contact between sessions
- Stick to your commitments – following through on planned contacts, check in on use of digital tools, and use motivational skills to increase use as necessary.
- Be aware – how does use of these tools impact your behavior, be aware of impact on student, and make adjustments if needed due to overreliance or behavioral concerns.

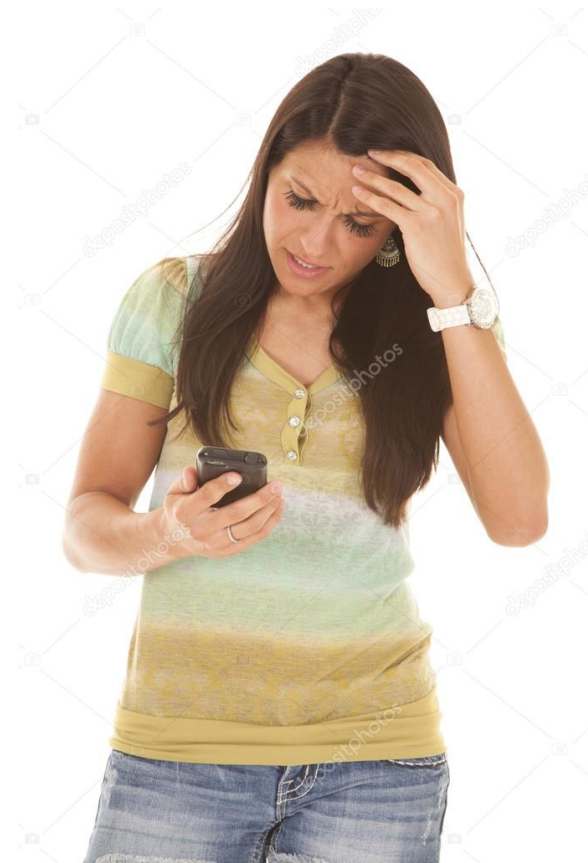
How Students Find Mental Health Apps

- Informal Sources of information predominate
 - Social Media (45.1%)
 - Personal Searches (42.7%)
 - Word of Mouth (36.9%)
 - Professionals (24.6%)
- Adoption of app
 - Ease of Use
 - Privacy and data security
 - Aesthetics
- Individual experiences



(Schueller et al., 2018)

Why Students Don't Use or Stop Using Apps

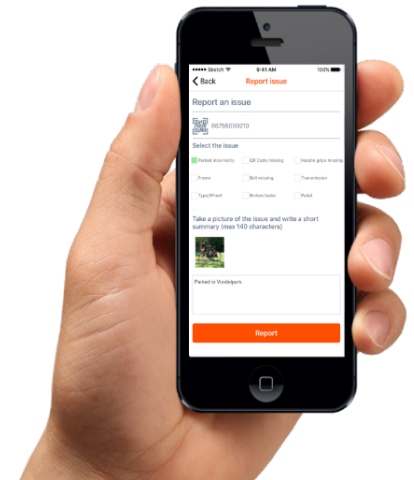


- Do not Download
 - Cost
 - Lack of interest
 - Concerns about data collection
- Stop Using App
 - High data entry burden
 - Loss of interest
 - Hidden costs

Framework for Evaluating Apps

(Touros et al., 2015)

- Foundational Tier – Safety
 - App should not cause harm
 - Privacy and safety concerns – encryption
 - Minimum of transparent data policy
 - Many apps lack even basic private policy
- Efficacy Tier – apps that translate basic research into app
 - What theoretical framework is used and is it explained in app

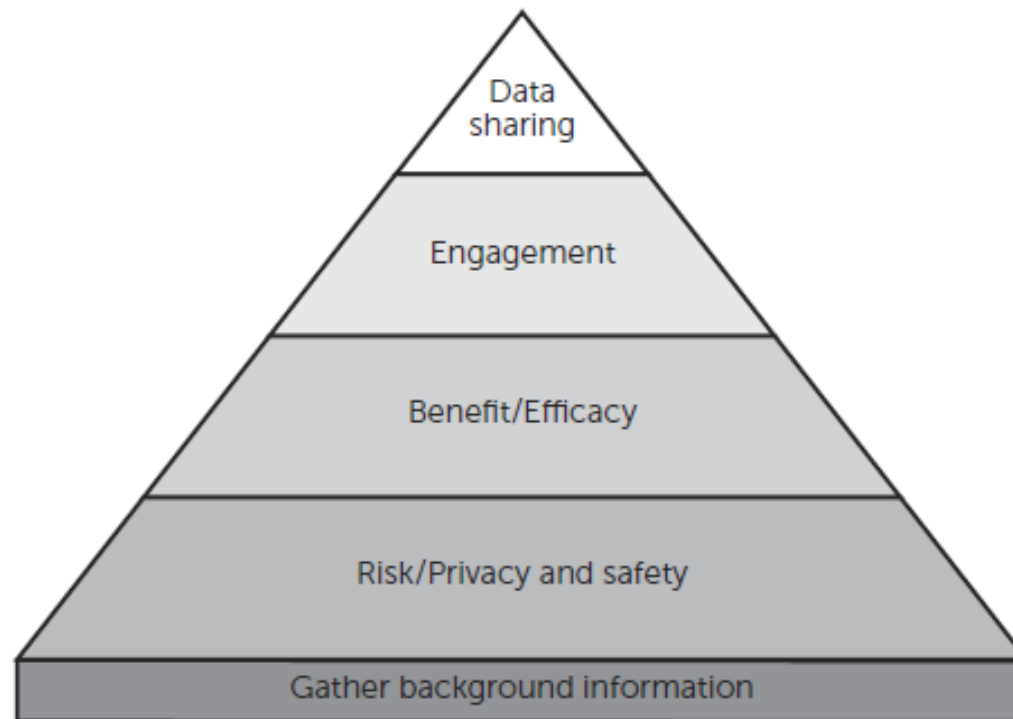


Framework for Evaluating Apps

(Touros et al., 2015)

- Ease of Use Tier – consistent user experience.
 - Inquire how app being used by all parties (provider and patient)
- Self-Actualized Tier – data sharing fully interoperable and integrated with EMR.
 - Consent always required for this level of integration.

APA App Evaluation Framework



<https://www.psychiatry.org/psychiatrists/practice/mental-health-apps>

Sources for Apps Recs

- Beacon (<https://beacon.anu.edu.au>)
 - online directory of web-based mental health programs, websites, mobile applications, and internet support groups.
 - Comprehensive – includes anxiety disorders, depression, alcohol problems, physical activity, etc.
 - Includes ratings, expert reviews, and user comments
 - Not updated frequently

beacon 2.0



Beacon is your portal to online applications for mental and physical disorders.

A panel of health experts categorise, review and rate websites and mobile applications. These ratings are provided to you along with the site link and access information. Reviews of internet support groups are now also included.

Improve your health by undertaking programs that have been found to work!



- [Alcohol](#)
- [Asthma](#)
- [Attention deficit hyperactivity disorder](#)
- [Autism Spectrum Disorder](#)
- [Bipolar Disorder](#)
- [Borderline Personality Disorder](#)
- [Cardiovascular disease](#)
- [Carers](#)
- [Depression](#)
- [Diabetes](#)
- [Disruptive Behaviour Disorders](#)
- [Eating Distress \(Body image, Anorexia, Bulimia\)](#)
- [Encopresis and Enuresis](#)
- [Epilepsy](#)
- [Gambling](#)
- [Generalised anxiety disorder](#)
- [Infertility](#)
- [Nutrition](#)
- [Obsessive compulsive disorder](#)
- [Pain](#)
- [Panic disorder](#)
- [Phobias](#)
- [Physical Health](#)
- [Physical activity](#)
- [Positive psychology](#)
- [Post traumatic stress disorder](#)
- [Psychosis](#)
- [Relationship issues](#)
- [Resilience](#)
- [Self Injurious Behaviour](#)
- [Sleep / insomnia](#)
- [Smoking](#)
- [Social anxiety](#)
- [Stress](#)
- [Substance abuse](#)
- [Suicidal ideation](#)
- [Support](#)
- [Tinnitus](#)
- [Traumatic brain injury](#)
- [Weight and Obesity](#)



Depression Services

Websites

Mobile Applications (5)

Support Groups (7)

Filter by:

Target Audience
(Show all) ▼

Access Type
(Show all) ▼

Smiley Rating
(Show all) ▼

[About the Smiley Rating](#)

SHUTi (USA)



The SHUTi (Sleep Healthy Using the Internet) program is a fully automated, interactive, and tailored web-based program based on the well-established face-to-face cognitive behavioural therapy for insomnia. (English)

This Way Up - Depression Course

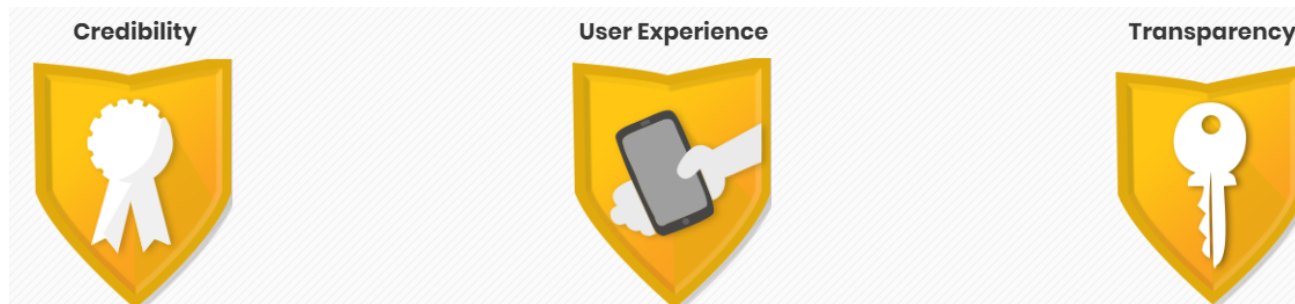


The course is designed to help in the management of symptoms of depression and is based on principles of cognitive behavioural therapy (CBT). (English)

App Reviews



- Psyberguide (<https://psyberguide.org/>)
- Three Criteria in Reviewing Apps
 - Credibility Score – research base and interventions provided.
 - Mobile App Rating Score – assesses design, accessibility of information, and overall experience app provides.
 - Transparency Ratings – privacy policy and disclosure of data storage and collection procedures.



Psyberguide - Results for Anxiety & Stress apps

Help me find an App


Platform: ▾Any platform ▾

Cost: ▾choose one or more ▾


Target Audience: ▾Any Audience ▾


Target Conditions: ▾Stress and Anxiety ▾


Treatment Types: ▾choose one or more ▾ ?





FearFighter





 4.30 out of 5


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 ---





WhatsMyM3™
WhatsMyM3


 4.30 out of 5


 2.73 out of 5


 Unacceptable





This Way Up




 4.30 out of 5


 ---


 ---




HAPPYneuron Pro



 4.30 out of 5

 ---

 Questionable

Clinical Aims:

- Anxiety & Stress Management (49)
- Enhance Well-Being (43)
- Overcome Depression (32)
- Quit/Reduce the Use of Substances (22)
- Schizophrenia & Psychosis (6)
- Support a Child's Mental Health (6)

Primary Strategies:

- CBT (45)
- Mindfulness/Meditation (16)
- Tracker (15)
- Emotional Support (5)
- Cognitive Training (4)
- Parent Training/Child Treatment (2)

Star rating:



1.1 — 4.4

Welcome to MindTools.io

Your guide to digital applications for quality of life, well-being, and mental health

FIND A PROGRAM

LEARN MORE

- Ratings based on:
 - Program Quality
 - Source Credibility
 - Privacy Explanation

<http://mindtools.io/>

The screenshot shows a program listing for 'Triple P Online'. At the top, there is a blue banner with a photo of a young girl with blonde hair and a red headband. The text on the banner reads: 'SMALL CHANGES, BIG IMPROVEMENTS THE PARENTING PROGRAM PROVEN TO WORK'. Below the banner, the program name 'Triple P Online' is displayed in a large, bold font, followed by a five-star rating (★★★★★). A short description follows: 'Triple P Online is a digital parenting program intended to help parents handle their child's behavior problems (discipline, compliance, oppositional behaviors). The...'. The listing is framed by a light blue border.


BROWSE BY SKILL

| | |
|--|-------|
| <input type="checkbox"/> Thinking & Reasoning | 1,217 |
| <input type="checkbox"/> Creativity | 525 |
| <input type="checkbox"/> Self-Direction | 590 |
| <input type="checkbox"/> Emotional Development | 305 |
| <input type="checkbox"/> Communication | 364 |
| <input type="checkbox"/> Collaboration | 97 |
| <input type="checkbox"/> Responsibility & Ethics | 158 |
| <input type="checkbox"/> Tech Skills | 479 |
| <input type="checkbox"/> Health & Fitness | 204 |

- Provides app reviews for child/adolescent oriented apps
- Mostly game and educational focus
- Search under Health & Fitness



 **Meditations for Kids**

 age 4+ ★★★★★

Calming, kid-friendly exercises wash stress, anxiety away.

Devices: iPhone, iPod Touch, iPad, Android (2018)

[Continue reading](#)

Clinical Uses of Mobile Assessments

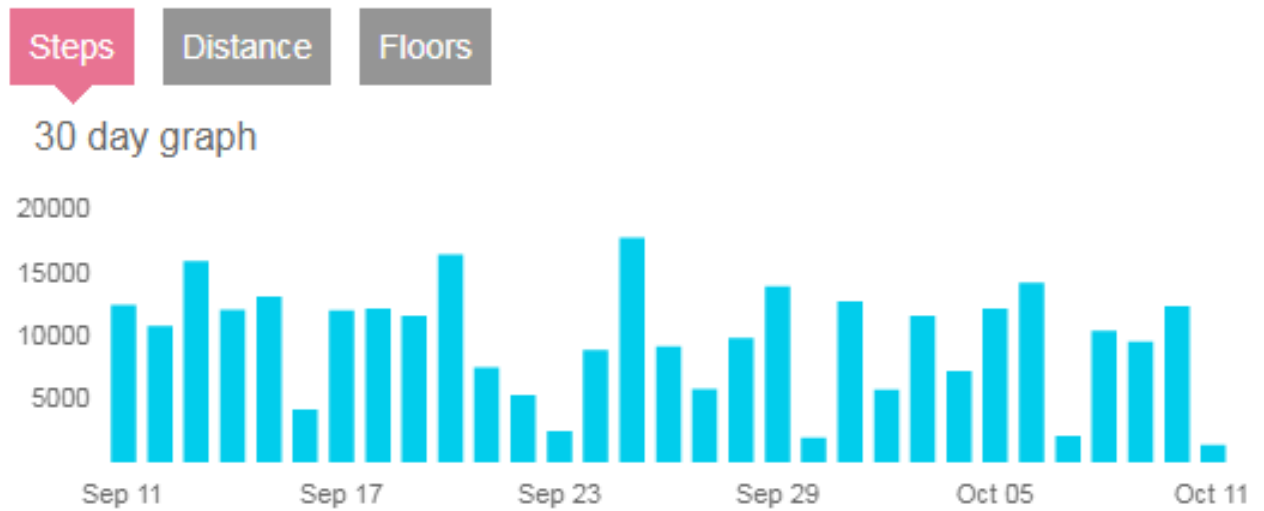
- Use self-monitoring to notice patterns
- Uncover maintenance factors
- See if student symptoms reduce during treatment

Clinical Uses of Mobile Assessments

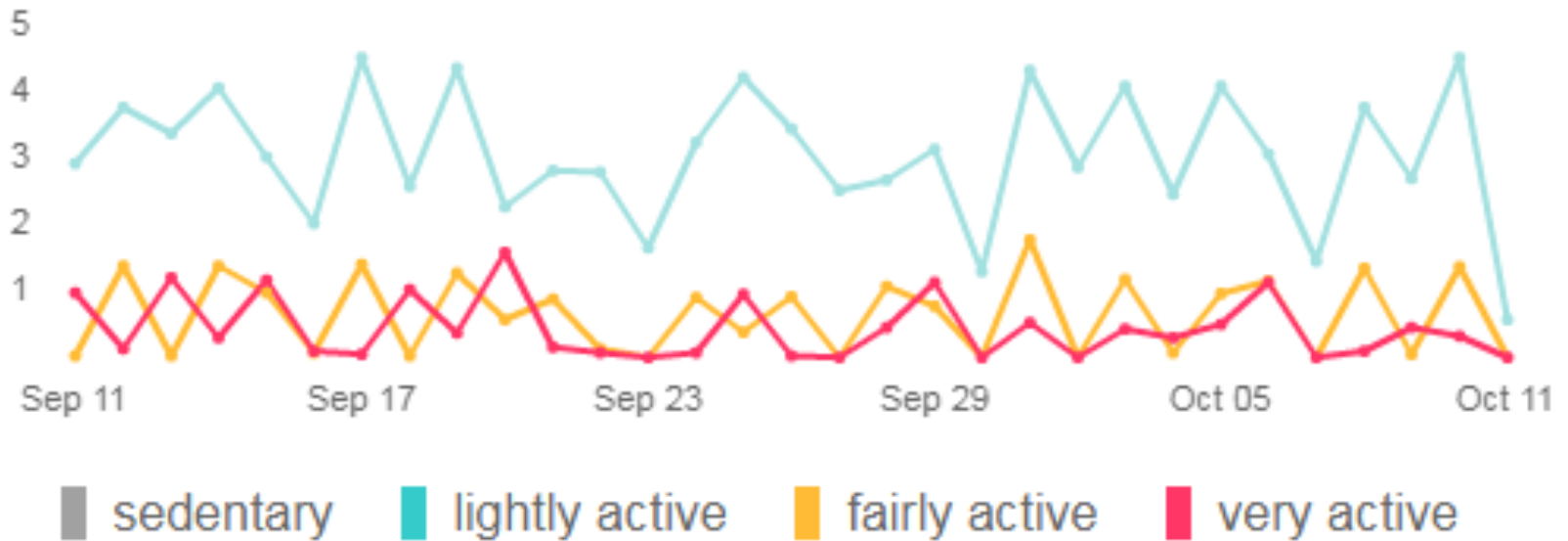
- Monitoring steps
 - Low behavioral activation is hallmark of depression.
 - Walking can decrease anxiety and depression symptoms.
 - Low physical activity and depression interact to increase cardiovascular disease risk.



My Fitbit Example – Activity Level



30 day graph of time active (in hours)



Clinical Uses of Mobile Assessments



- Monitoring sleep
 - Sleep is strong risk factor for depression
 - Anxiety can interfere with sleep quality
 - Delayed self-reports of sleep have been found to have questionable validity



More Wearable Tech

- MotivAider
- Revibe
- WobL
- E4 Wristband



App Interoperability

- Move beyond websites translated to apps.
- Tighter integration between health apps
 - IntelliCare Apps – 12 basic apps coordinated through a Hub
 - Targets common causes of depression and anxiety
 - Eg. sleep problems, social isolation, lack of activity, and obsessive thinking
 - Available on Google Play
 - <https://intellicare.cbits.northwestern.edu/>



Slumber Time

A good night's rest.

A day well spent.

Get to bed

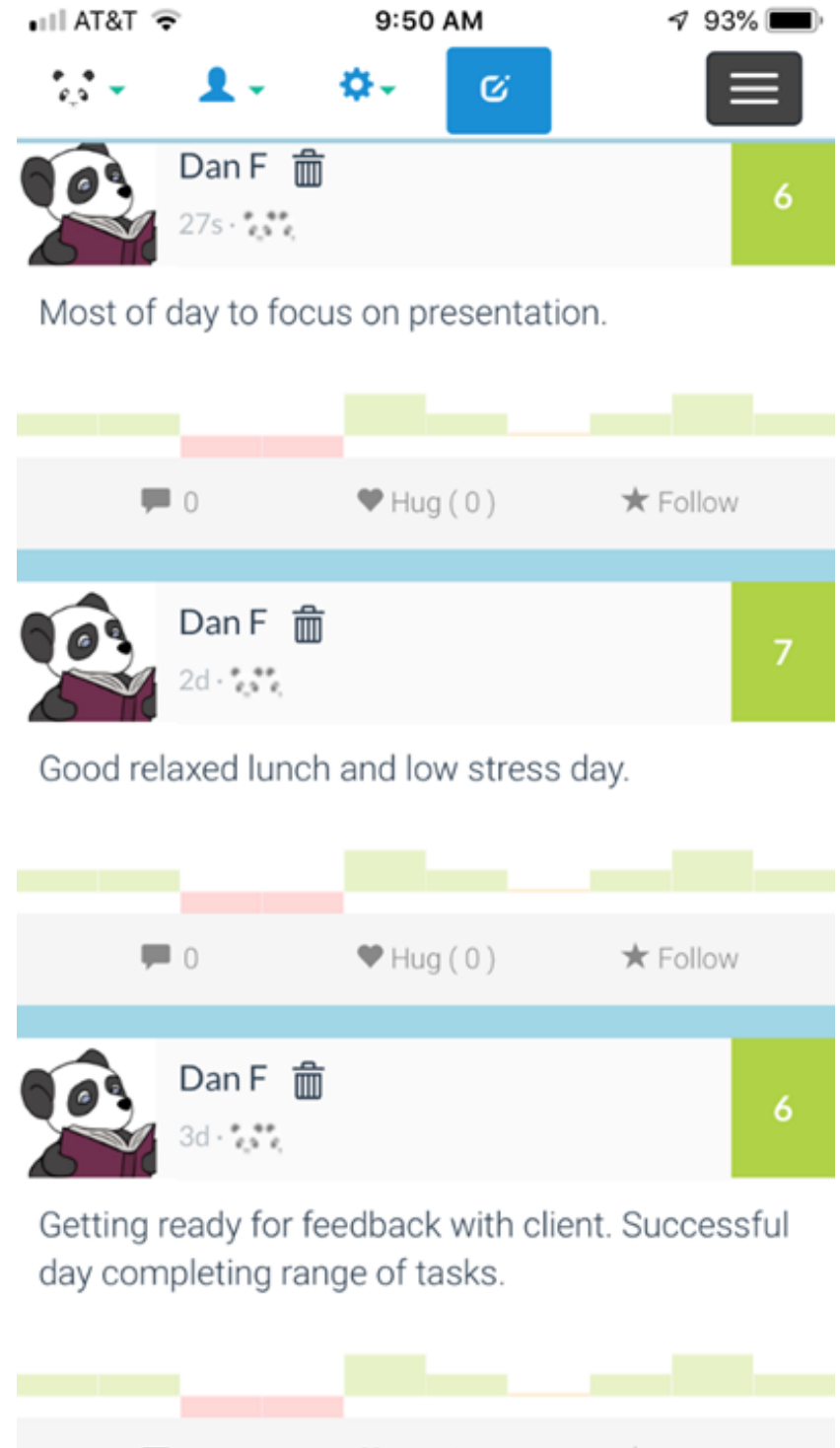
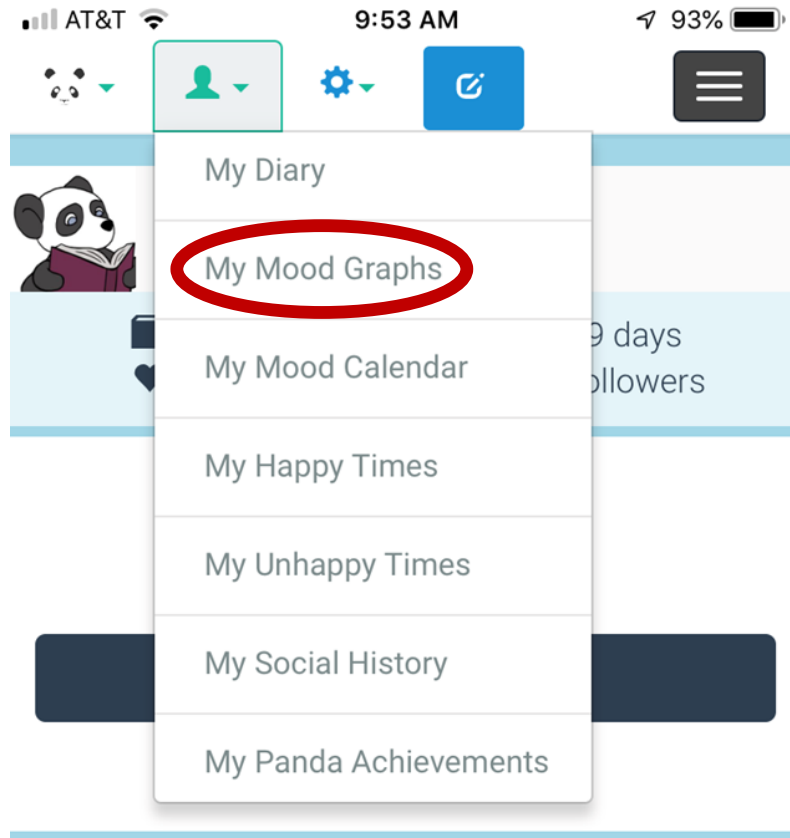
With this app.

Mood Panda

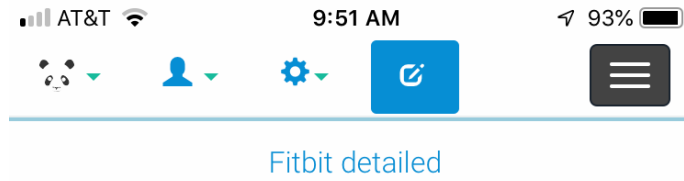
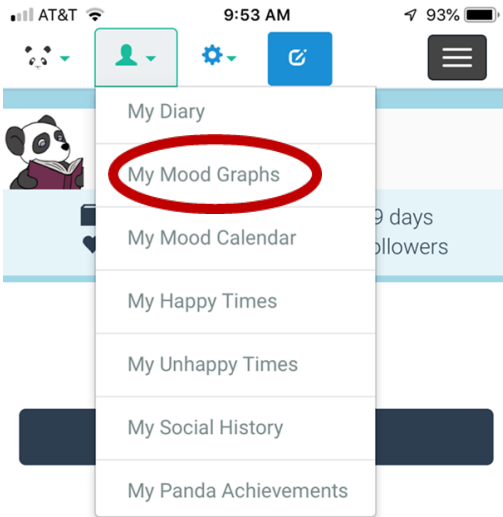


- Very quickly track mood (10-30s)
- Compare student's happiness to other users' happiness
- Can integrate with Fitbit and correspond with steps, eating, and sleeping
- Using App
 - Make sure to turn on Privacy Mode – otherwise student's data will be shared by default.

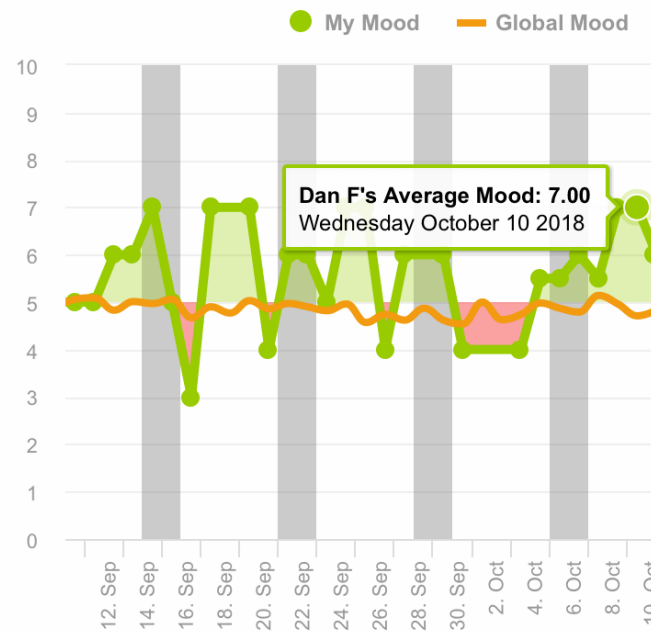
Mood Panda – Personal Example



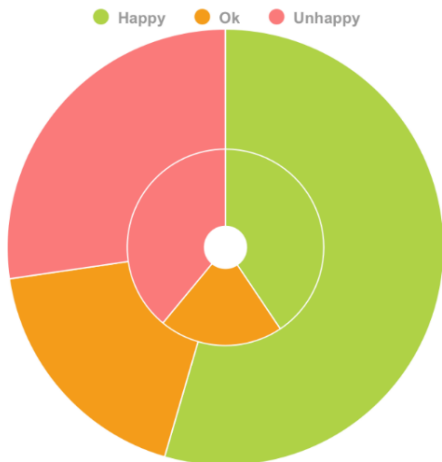
Mood Panda – Personal Example



Analyse Daily Show 0-10 scale

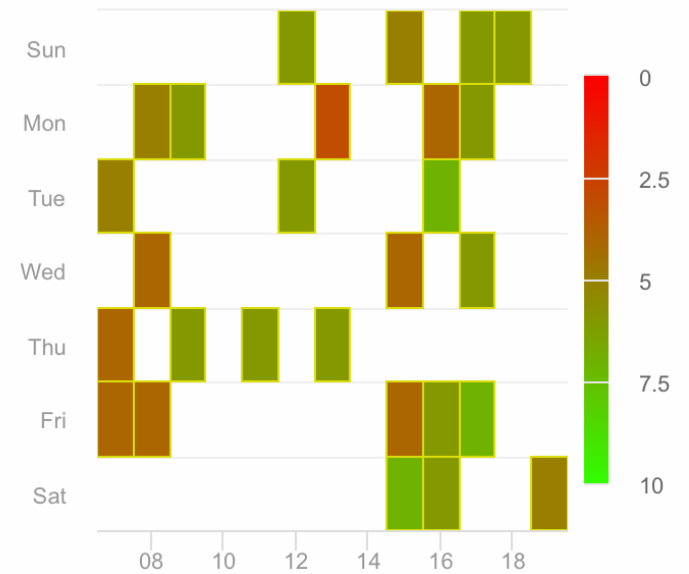


Summarized



Hourly HeatMap

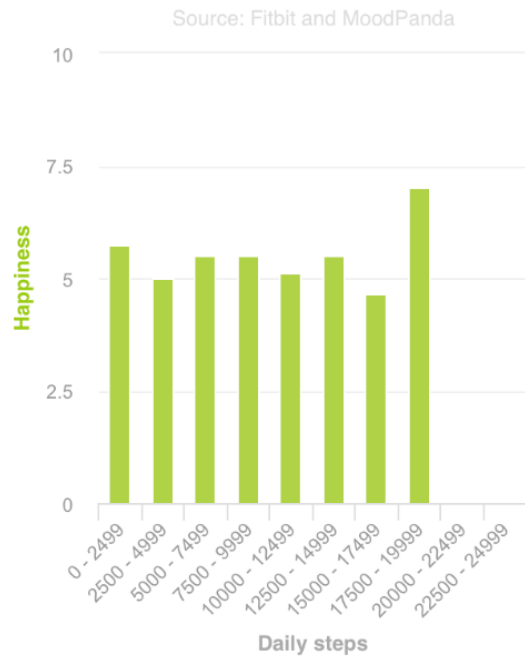
This will build as you post more updates



Mood Panda – Fitbit Integration

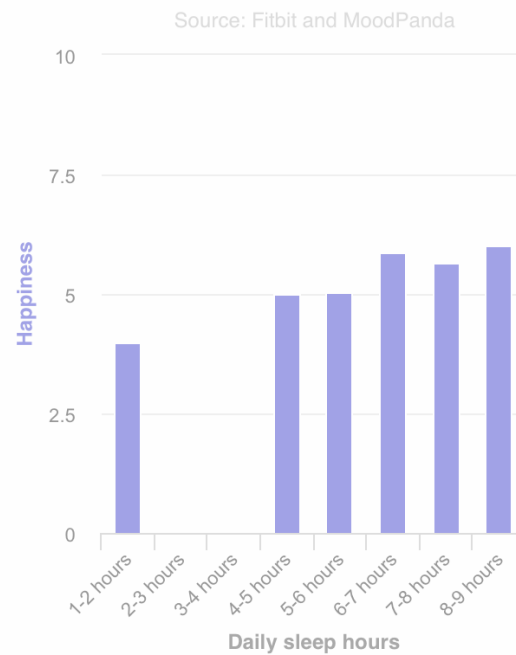
Fitbit steps and overall happiness

Based on your synced history



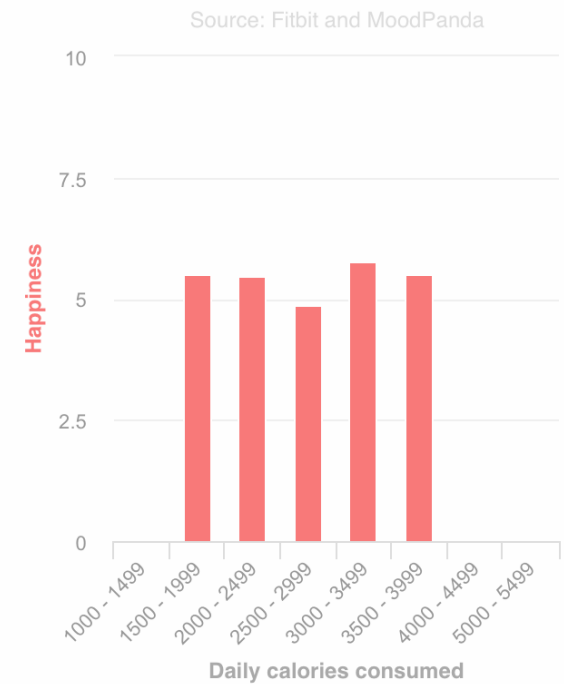
Fitbit sleep and overall happiness

Based on your synced history

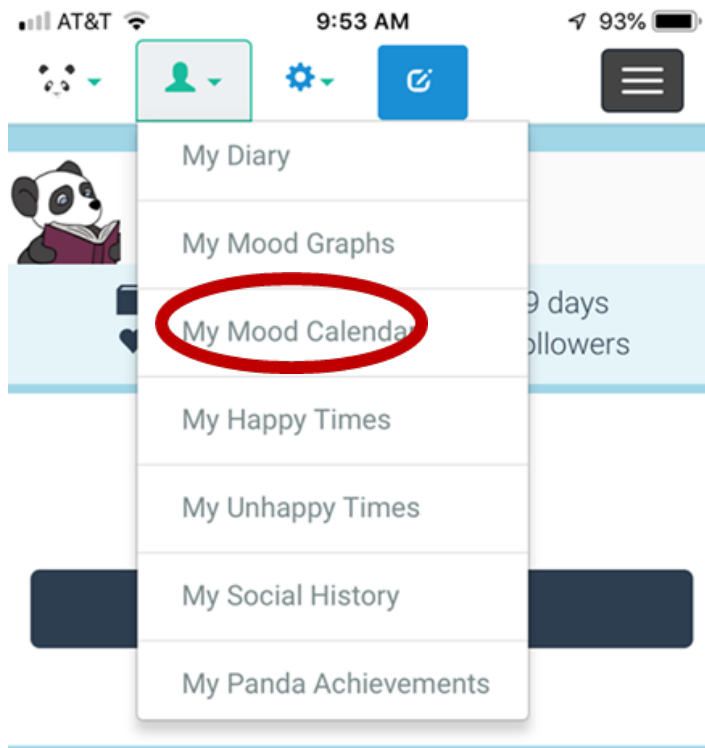


Fitbit calories consumed and overall happiness

Based on your synced history



Mood Panda – Personal Example



Reviewing Progress with Student

- Discuss using app at beginning of each session
 - Stress importance of using the app between sessions
- Ways to review possible use:
 - Self-report, observations in the tool, dashboard
 - Reinforce use even if not perfect
 - If needed, discuss non-adherence to agreed use.



Smart Quit

GOAL SETTING

What Matters

Health - Relationships - Family

My Quit Date

Friday, September 16, 2016

Once I Quit...

I currently spend 100 minutes each day smoking. In the future I will spend it **With family**.

I currently spend \$210 per month on cigarettes. In the future I can spend it on **Fun stuff, eat out, movies**.

Support

There are people who support my efforts to quit. **Add supporters on My Support Plan**.

How they can help: **emotional help**

My Quit Meds

I plan to use the following medications: **None**

Next Steps

1. Make a Plan (Done)
2. Know Data Exercise
3. Practice 3 times a day
4. Daily Tracking

HELP WITH SKILLS

Don't Think

Don't Think

What would happen if you chose not to think about smoking? Let's find out.

For the next 30 seconds, close your eyes and don't think about smoking or seeing a cigarette. If you have any thoughts about smoking, fight hard to suppress them. Try this with your eyes closed before you read the next paragraph.

What happened? If you are like most people, the more you tried to get rid of thoughts about smoking, the more the thoughts kept coming. You may even be having an urge to smoke right now.

Did you know that people who try to avoid thinking about smoking are actually more likely to smoke? It's true. Science shows that people who try not to think about smoking and up having MORE cravings, smoke more three weeks later, and are more likely to relapse after they do quit. We have learned that the more you try not to think about something, the more powerful it becomes.

A participant in our program put it best: "I started this program expecting to learn tips for avoiding thinking about my cravings. I mean, that's what everything I've read has taught me. I really, really wanted to stay away from cravings. But this program helped me see that the more I avoided them, the worse they got."

WHAT TO DO: Pay attention to what happens when you try not to think about smoking. Do you think about smoking even more? Does your urge to smoke increase? Remember, the secret is about becoming aware of your smoking patterns. The more you are aware of when you try not to think about smoking, the better you will be at using the strategies in this program. Continue to track your urges as a way to become more aware.

Tomorrow you will start learning new ways to deal with those urges.

BEHAVIORAL TRACKING

Calendar

September 2016

Task-Urges - Urges Passed - Quit Date - Smokefree

| S | M | T | W | T | F | S |
|----|----|----|----|----|------|----|
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | ★ 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |

I was Smoke Free

Add Urge

9/26/2016 10:59 PM - Urge ✕

9/26/2016 10:59 PM - Urge ✕



Stop, Breathe & Think

GUIDANCE USING SKILLS



CENTER FOR
m² HEALTH

TRACKING AND FEEDBACK



Eating Disorder Apps



- Main functions
 - Provision of advice
 - Self-monitoring of eating habits
 - Self-assessment tools
 - Info transfer from client to clinician

(Fairburn & Rothwell, 2015)

Recovery Road

- Uses self-monitoring meals
- Incorporates
 - Positive reinforcement
 - Coping skills suggestion
 - Social support
 - Summative feedback
- 100,000 downloads in two year period
- Half of users were not receiving clinical treatment
- 33% not told anyone about eating disorder



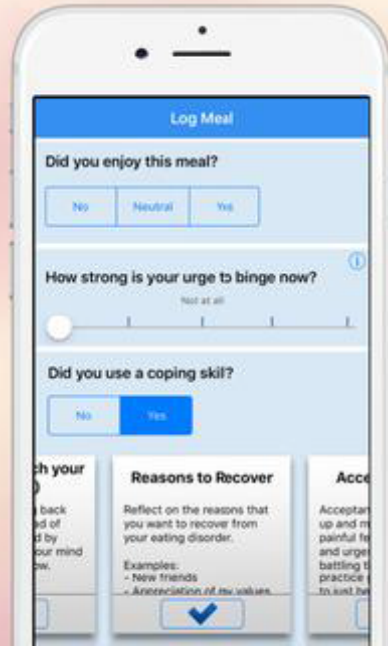
(Tregarthen, Lock & Darcy, 2015)

Recovery Road

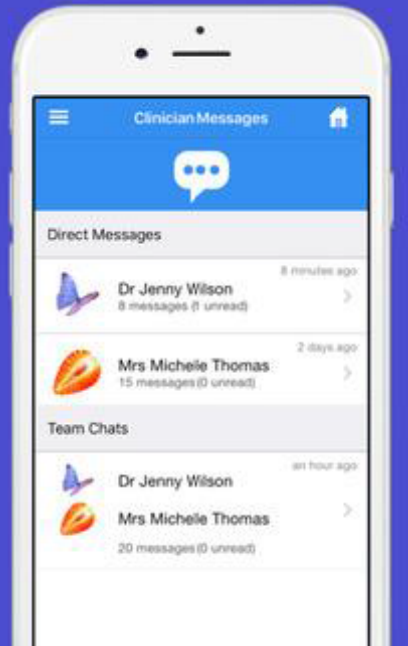
Your recovery journey
companion



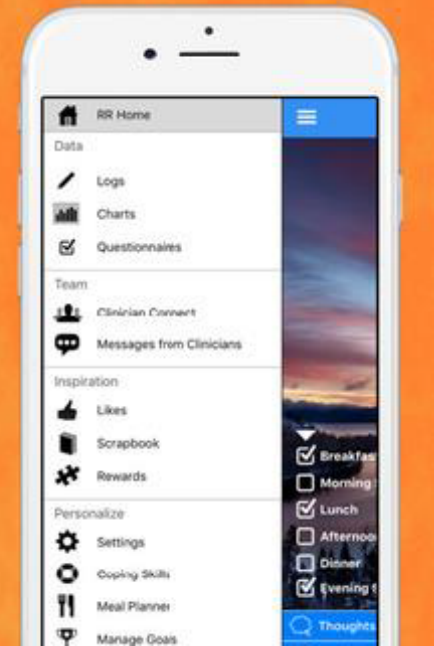
Evidence-based skills for
healthy coping



Linking keeps your team
on the same page



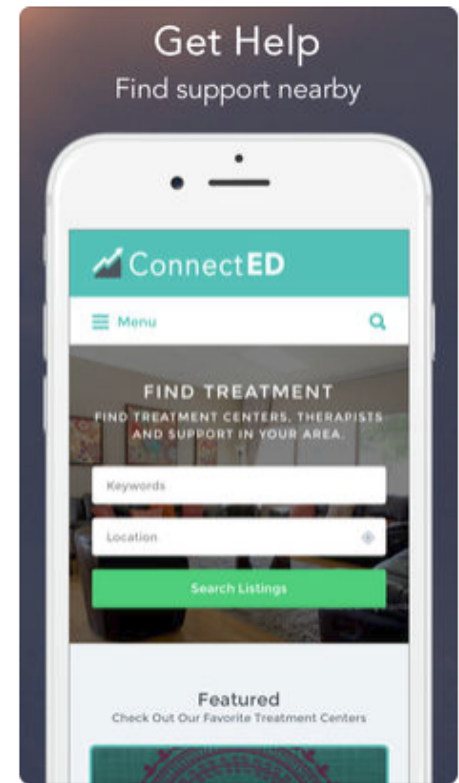
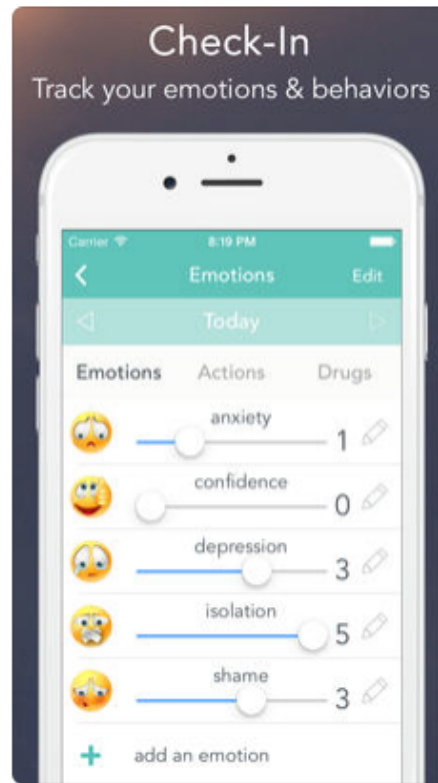
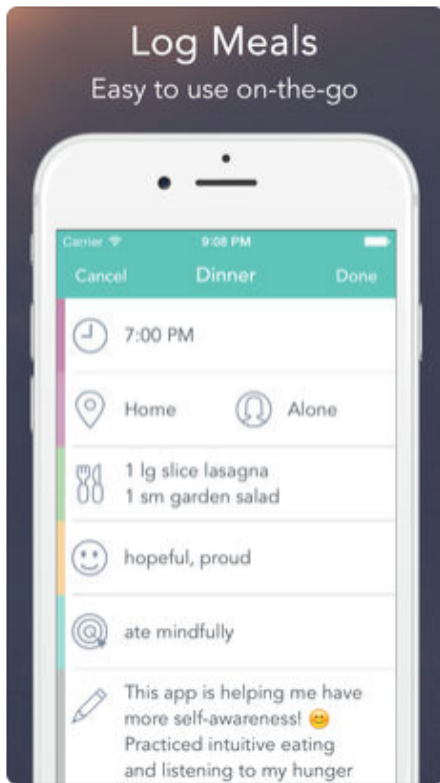
...and many more tools
to help on your journey





Other Eating Disorder Apps

- Rise Up + Recover



Apps - Clinical

- FERPA/HIPAA does not apply to students
 - If student shares data from their app to school psychologist, it falls under FERPA/HIPAA guidelines
- Sample of apps to supplement therapy
 - CPT Coach – Veterans Affairs
 - Tactical Breather – Telehealth & Tech



Counseling Apps

- PTSD Coach – free app
 - Learn about and manage symptoms after a trauma
 - Screening tools
 - Tracking symptoms
 - Tools to help handle stress





Counseling Apps

- Suicide Safe - Free app
 - Suicide Assessment Five-Step Evaluation and Triage (SAFE-T) card
 - Crisis lines
 - Treatment resources
- Virtual Hope Box
 - Accessory for treatment for suicidal ideation



Recovery



- **PAR's Concussion Recognition and Response**, previous concussion management as well as current impact information



- Mood monitoring app
- Allows tracking on variety of scales



Whats My **M3**™



Mental Health Apps

- NOT REVIEWED
- recoveryBox
- What'sMyM3
- Stigma
- Realife Change
- MindShift
- What's Up – A Mental Health App
- iCBT
- Cognitive Diary





Mental Health Apps

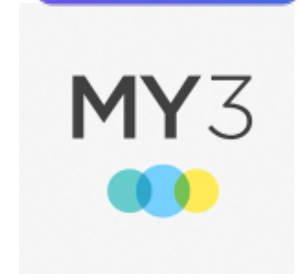
- NOT REVIEWED
- MoodKit
- Twenty-Four Hours a Day
- Quit That!
- Self-Help for Anxiety Management
- CBT Thought Record Diary
- Bipolar Disorder Connect
- IMoodJournal
- Happify





Mental Health Apps

- NOT REVIEWED
- MoodTools
- Lifesum
- nOCD
- Worry Watch
- Live OCD Free
- UCSF Prime
- Calm
- MY3





Get to Know Yourself

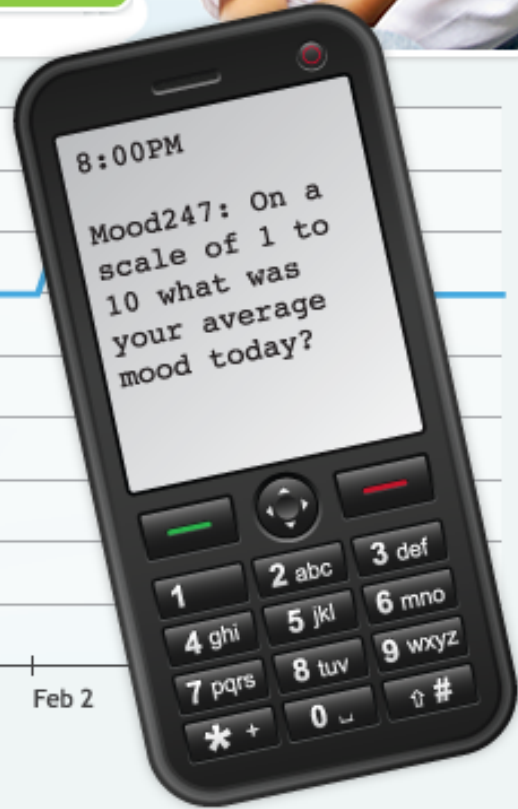
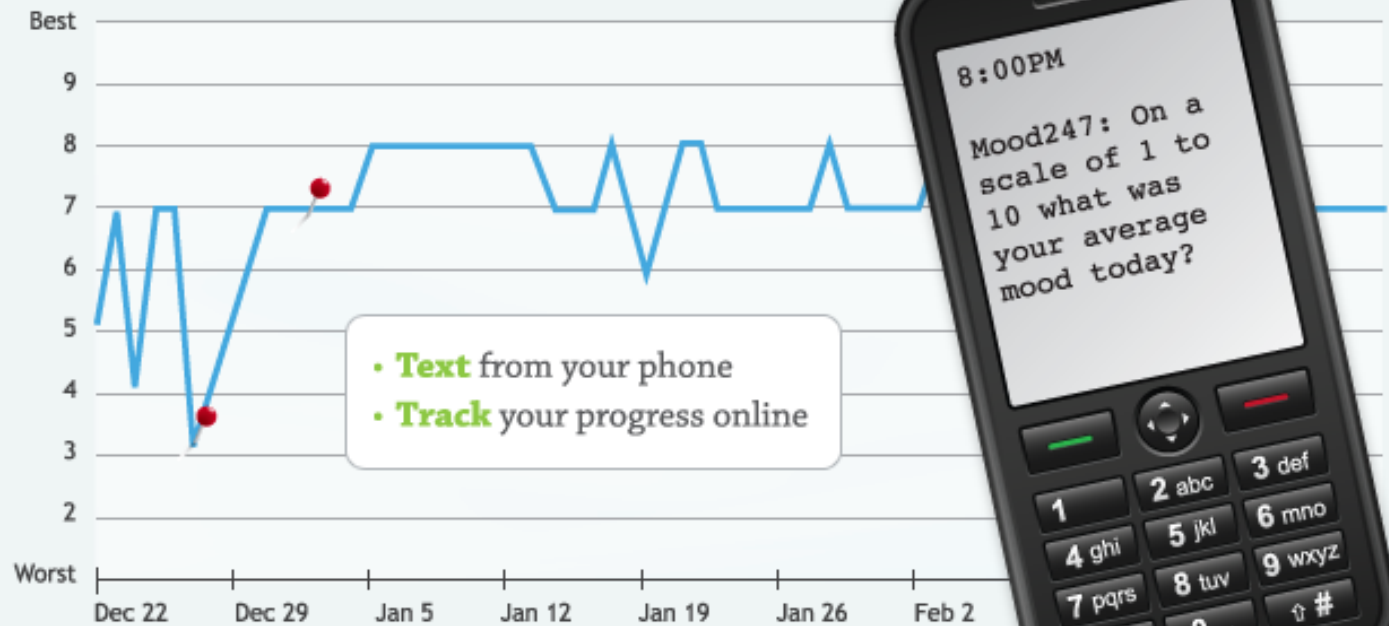
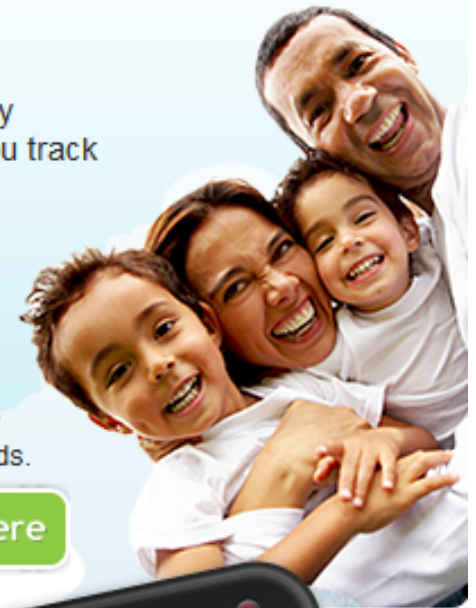
Mood 24/7 was developed by HealthCentral based on technology licensed exclusively from **Johns Hopkins University** to help you track your daily mood.

Sign up for free and pick a time of day to receive a text message. You can even share your results with doctors, family and friends in your trusted circle.

[Get Started](#)

Are you a health professional?
Register to follow others' moods.

[Health Pros Start Here](#)



Gaming

- Efforts to incorporate gaming as way to increase motivation for treatment.
- Superbetter (<https://www.superbetter.com/>)
 - Focus on goal-setting and increasing resilience for range of disorders
 - Roekpeet et al. (2015) study
 - Very high dropout rate (>75%)
 - Significant reduction in depression



How SUPERBETTER WORKS



ALLIES LEARN HOW TO HELP YOU WIN



QUESTS ARE THE DAILY STEPS YOU TAKE



POWER UPS GIVE YOU STRENGTH + ENERGY



BAD GUYS ARE OBSTACLES YOU FACE



FUTURE BOOSTS ARE EVERYTHING YOU'RE LOOKING FORWARD TO



PHYSICAL



MENTAL



EMOTIONAL

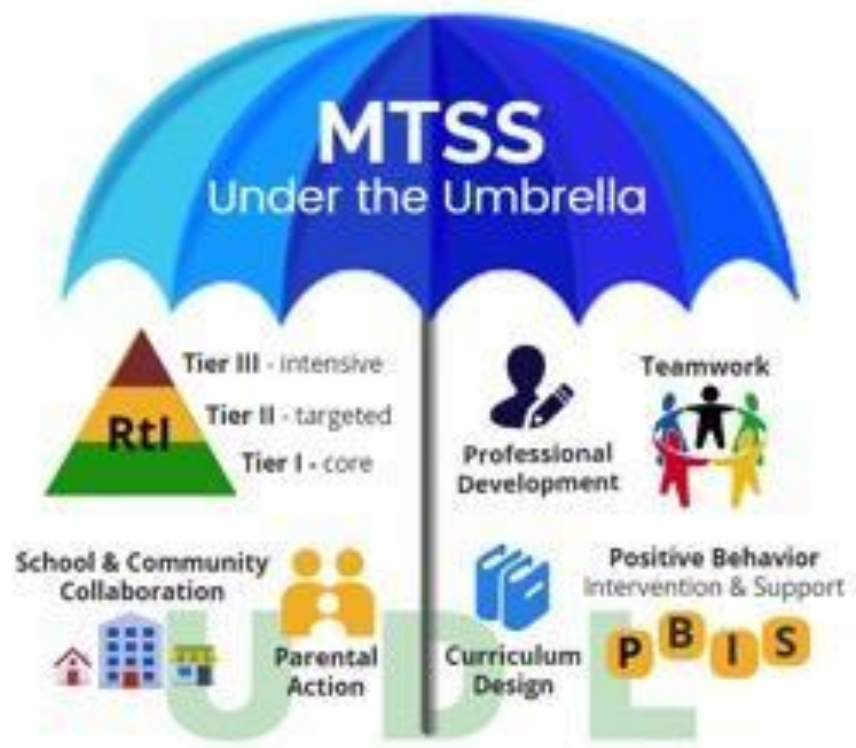


SOCIAL

GETTING SUPERBETTER MEANS GETTING STRONGER, SO YOU CAN TACKLE ANY CHALLENGE

SUPERBETTER BUILDS 4 KINDS OF STRENGTH

Intervention Websites

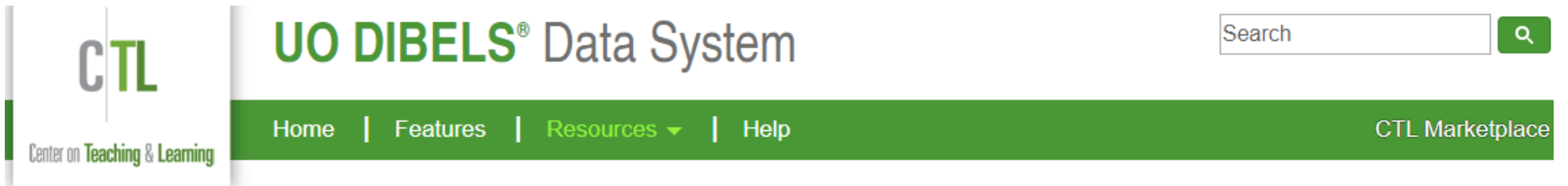


Prevention



- Class behavior management software for teachers
- iPad or Tablet administered
- Rewards and punishers
- Access and notification of parents
- Useful tool but observer bias can hinder effects

RTI Databases



Home >> Resources >> Assessments >>

easyCBM Reading




easyCBM Reading is a universal screening and progress monitoring assessment system for kindergarten to 6th grade. Online and tablet-based administration streamlines student assessment.



- CBM tracking with reading and math focus
- Many free materials
- Cheaper online tracking than Aimsweb
- <https://dibels.uoregon.edu/assessment/reading>



- Range of reading assistance materials for parents and professionals.
- Podcasts, newsletters and blogs available
- <https://www.readingrockets.org/>

| | | | | |
|---|--|--|--|--|
|  |  |  |  |  |
| <p>Literacy Apps Find the best apps for building literacy skills.</p> | <p>Target the Problem Pinpoint the problem a struggling reader is having and discover ways to help.</p> | <p>FAQs About Reading Real questions from parents and educators, answered by experts.</p> | <p>Our Podcasts Watch or listen to our classroom video, author interviews and more.</p> | <p>PBS KIDS Lab The newest educational games, activities and mobile apps, for kids PreK to grade 3.</p> |



Why Khan Academy works



Personalized learning

Students practice at their own pace, first filling in gaps in their understanding and then accelerating their learning.



Trusted content

Created by experts, Khan Academy's library of trusted, standards-aligned practice and lessons covers math K-12 through early college, grammar, science, history, AP®, SAT®, and more. It's all free for learners and teachers.



Tools to empower teachers

With Khan Academy, teachers can identify gaps in their students' understanding, tailor instruction, and meet the needs of every student.

- <https://www.khanacademy.org/>

Treatment

- Several websites and apps available to assist in treatment of range of mental health concerns.





- CBT based intervention designed to prevent and treat depression.
- Identify and overcome problem emotions and develop good coping skills.
- 5 modules each taking 20- to 40-minutes to complete.
- Teach about mood and how to change it.
- Modules completed at own pace and through quizzes and exercises given feedback about mood and what results mean.
- <https://moodgym.anu.edu.au>



Treatment

- Camp Cope-A-Lot
 - ages 7-13
 - Dr. Phil Kendall
 - CD and Online Interactive Tx
 - Anxiety focus
 - \$200/\$2000 fee + consumables
 - https://www.copingcatparents.com/Camp_Cope_A_Lot



Treatment

- GoZen!
 - Ages 7-15
 - Series of animated videos
 - Focus on social-emotional learning
 - Stress, anxiety, worry, anger, perfectionism, etc.
 - \$200 per user per year
 - <https://gozen.com/>



- Free resources for RTI
- Behavior intervention suggestions
- Academic intervention suggestions
- Modifiable forms
- Created by school psychologist
– Jim Wright
- <https://www.interventioncentral.org/>

Featured Tools

Academic Intervention
Planner for Struggling
Students



Behavior Intervention Planner



Behavior Rating Scales
Report Card Maker



ChartDog Graph Maker



Dolch Wordlist Fluency
Generator



Early Math Fluency
Generator



Learning Disability
Accommodations Finder



Letter Name Fluency
Generator



Math Work - Math Worksheet
Generator



Reading Fluency Passages
Generator



Self-Check Behavior
Checklist Maker



Student Academic Success
Strategies - Checklist Maker



Student Rewards - Jackpot
Reward Finder



- Articles on mental health issues in children.
- Directed towards parents and includes mix of psychologists and celebrities.
- Weekly e-mail of recent stories available.
- <https://childmind.org/>

TOPICS

FEATURED | MOST RECENT | VIEW ALL ▶



Liza Long: The author sees a future for her son, thanks to diagnosis




How to Know if Your Child Is Being Bullied



How to Talk to Your Kids About Sexting




Top ADHD Resources: Essential information about symptoms, behaviors and treatments

SYMPTOM CHECKER 

Connect symptoms to possible psychiatric & learning disorders.

MENTAL HEALTH GUIDE 

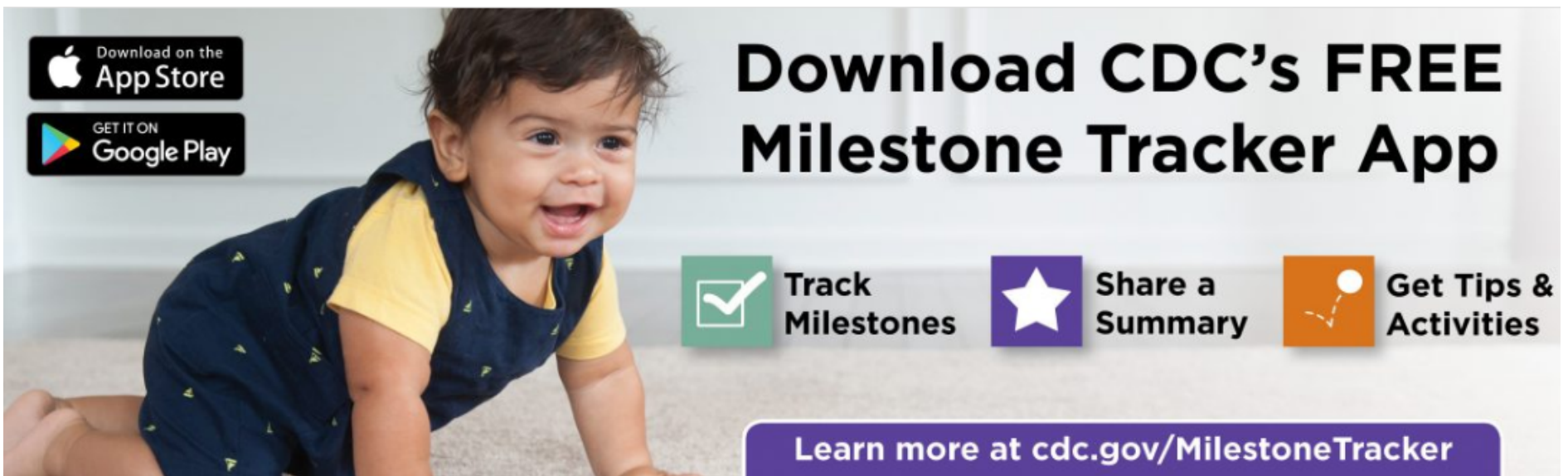
Childhood psychiatric and learning disorders, A to Z.

PARENTS GUIDE TO GETTING GOOD CARE 

Learn who can help, what to expect, and what questions to ask.

Milestone Tracker

- App and website
- For parents to track developmental milestones up to 5 years old



Download on the App Store

GET IT ON Google Play

Download CDC's FREE Milestone Tracker App

Track Milestones

Share a Summary

Get Tips & Activities

Learn more at [cdc.gov/MilestoneTracker](https://www.cdc.gov/MilestoneTracker)



Evidence for What Works in Education

We review the research on the different programs, products, practices, and policies in education.

Then, by focusing on the results from *high-quality research*, we try to answer the question “What works in education?”

Our goal is to provide educators with the information they need to make **evidence-based decisions**.



Publications & Reviews

10,341 studies reviewed!

Get started with WWC products:

- **Practice guides** help educators address classroom challenges.
- **Intervention reports** guide evidence-based decisions.
- **Single study reviews** examine research quality.
- **Quick reviews** give the WWC's assessment of recent education research.
- The **studies database** contains all WWC-reviewed studies.



WWC Fact Check: Test Your Knowledge...


The WWC conducts research on interventions.

- True False

NEW



What's New?

Subscribe to NewsFlash  and stay updated!



Find What Works!

| English language development | | | | |
|---|---------------------------|-------------------|----------------------|--------------------|
| Intervention | Topic | Improvement Index | Effectiveness Rating | Extent of Evidence |
| Fast Forward® Language | English Language Learners | -40 | ++ + 0 + + | Small |
| Instructional Conversations and Literature Logs | English Language Learners | -40 | 23 | Small |

Based on the research evidence, find what works to...

- improve literacy skills in 3rd graders,
 - increase math achievement in preschoolers,
 - reduce dropout rates,
 - help students with special needs,
- ... or address your school's challenge!

Your School and District at a Glance

The School and District Navigator makes it easy to view and compare information about your district or school.

The **National Center for Education Statistics (NCES)** is the primary federal entity for collecting and analyzing data related to education.

[Learn more about NCES](#)

About Us

Surveys and Programs

Publications and Products

Data and Tools

- Collects and analyzes all education data for federal government

<https://nces.ed.gov/>

- Great resource for parent information on physical and mental health issues.
- App available for smart phones and tablets
- <https://healthychildren.org/>

Trending Topics & Quick Links



RSV



Screen
Time



Winter &
Car Seats



Insurance
FAQs



Vaping
Crisis



Flu
Prevention



Symptom
Checker

Welcome!

SCHOOL MENTAL HEALTH PROJECT

CENTER FOR MENTAL HEALTH IN SCHOOLS



Gateway to a World of Resources
for Enhancing MH in Schools

<http://smhp.psych.ucla.edu/>

Treatment

- **Cognitive Behavior Therapy**

- **Trauma Focused – CBT** - <https://tfcbt2.musc.edu/en>
- 10 hour free training with Certificate



Foundations of TF-CBT

Psychoeducation

Parenting Skills

Relaxation

Affect Identification & Regulation

Cognitive Coping

Trauma Narration and Processing I

Trauma Narration and Processing II

In Vivo Mastery

Conjoint Parent-Child Sessions

Enhancing Safety & Future
Development

Contact the Presenter

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 - Dan.florell@eku.edu
 - Twitter: @schoolpsychtech
 - Facebook: “Like” MindPsi

