



School-Based Telemedicine and Behavioral Health Services

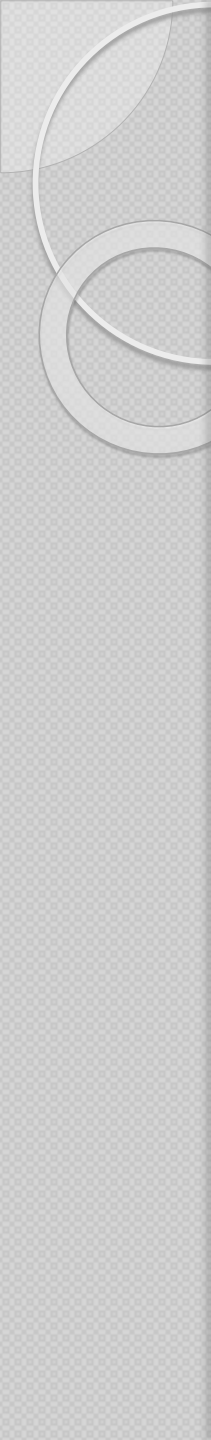
School-Based Telemedicine Services

How does it work?



- **Student remains in school for “virtual” visit with psychiatrist**
- **A Behavioral Health Specialist or Support Coordinator onsite at the school will facilitate the visit**



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- **Psychiatrist located in remote medical clinic provides clinical assessment, treatment plan, and is able to prescribe medication**
 - **Parent or guardian comes to the school to attend the psychiatry appointments with the student**

School-Based Behavioral Health Services

- **Student remains in school for in-person behavioral health services**
- **Parent or guardian:**
 - **Comes to the school for the Biopsychosocial Assessment**
 - **Sign consent forms**
 - **Do not need to be present for follow up appointments**

- **Behavioral Health Specialist's office is located at the school to provide the following services:**

- **Biopsychosocial Assessments**
- **Individual Therapy**
- **Group Therapy**
- **Family Therapy**
- **Screenings of students**
- **Identification of community resources**
- **Coordination and management of care**



The Benefits

- **Timely and increased access to healthcare**
- **Early identification and intervention**
- **Convenience for those with transportation difficulties**
- **Less time away from work for parents and school for students**
- **Increased teacher and school collaboration with behavioral health providers**
- **Increased likelihood of improved attendance, better grades, and fewer classroom disruptions**

The Team

- **Telepsychiatrist, Monroe, Lenawee, and Wayne Counties:**
 - **Mubeen A. Memon, MD**
 - **Specialty: Child psychiatry**
- **Behavioral Health Specialists, Lenawee Co:**
 - **Kelly Swett, MA, LLPC**
 - **Alexa Anderson, MA, LLPC**

The Team

- **Behavioral Health Specialists, Monroe Co:**
 - **Meredith Gilliam, LMSW**
 - **Austin Kovar, MA, LLP**
 - **Kailah Ayres-Tuttle, MA, LLPC**
 - **Corinne Howe, LLMSW**
 - **Candace Kovar, MA, TLLP**
- **Behavioral Health Specialists, Wayne Co:**
 - **Kierra Jones, LLMSW**
 - **Monica Rich-McLaurin, LMSW**

The Team

- **Program Support Coordinator, Monroe Co:**
 - **Shannon Lorentz**
 - **CMA – In process of hiring**
- **Program Medical Support Coordinator, Wayne Co:**
 - **Shachara Pullen, CMA**
- **Program Medical Support Coordinator, Lenawee Co:**
 - **M'Chae Hollowell, CMA**

“Normal” behavior?



It can be difficult to discern the difference between “normal” child and adolescent changes in behavior due to hormones, physical changes, and the significant social adjustments they are dealing with, versus a more serious issue.

Signs a child or adolescent may be struggling:

- **Decrease in enjoyment and time spent with friends and family (isolation)**
- **Significant decrease in school performance**
- **Loss of interest in sports or activities they used to enjoy**
- **A change in sleep habits/rituals**
- **Strong resistance to attending school or absenteeism**
- **Problems with memory, attention or concentration**
- **Significant changes in energy levels or eating (weight gain or weight loss)**
- **Physical symptoms (stomachaches, headaches, backaches, etc) and/or frequent visits to the school nurse**

Signs a child or adolescent may be struggling:

- **Feelings of hopelessness, sadness, anxiety, crying often**
- **Frequent aggression, disobedience or lashing out verbally**
- **Excessive neglect of personal appearance or hygiene**
- **Substance use**
- **Dangerous, illegal, or thrill-seeking behavior**
- **Making critical comments about themselves, behavior problems at school or at home**
- **Signs of cutting, burning or other self-harm**
- **Preoccupation with death**

Students Reaching Out

- **If a young person reaches out for help NEVER dismiss it as attention seeking behavior. Usually by the time they reach out (if they do), they really need help**
- **If you are ever in doubt, always err on the side of caution**
- **Many sign/symptoms are also indicative of normal behavior and require professional diagnosis**



How to Make a Referral

1. Designated person at the school will contact the parent or legal guardian to inform them of the referral

2. Send paperwork packet home for parent to review, complete, and bring to their first appointment

- a. Explanation of services
- b. Consents
- c. Insurance information form

3. Complete Referral

- a. Paper Form
- b. Google Doc form

How to Make a Referral

Designated School Staff

Who: A nurse, school social worker, school counselor, or another individual designated by the school

Role: This individual will collect paperwork from children and parents, and coordinate with the Program Support Coordinator, to get each child services through FMC

Program Supports Coordinators

Who: TBD

Role: Coordinate with Designated School Staff, enter clients in the EMR, facilitate appropriate referrals, coordination of care, management of necessary paperwork and schedule clients for assessment

Social Workers

Who: TBD

Role: Perform in-school biopsychosocial assessments, brief individual therapy, provide necessary resources, facilitate telemedicine appointments, determine appropriate referrals, and coordination of care with Psychiatrist and Psychologist.

Psychiatrist

Who: Dr. Mubeen A. Memon

Role: Perform Psychiatric assessments, follow-up psychiatric appointments, and prescribe and manage medications via a telemedicine platform

Psychologist

Who: Austin Kovar, MA, TLLP

Role: Perform in-school psychological assessments, psychological testing, individual therapy, facilitate telemedicine appointments, and coordination of care with Psychiatrist and Social Workers

Crisis Response Needed?

If a student in this program demonstrates intentions of suicide or is in immediate crisis while at school, each school will utilize their crisis intervention protocol



School-Based Services

Service	Telemedicine	School-Based Assessment	School-Based Testing	School-Based Therapy
Delivery Model	Video Conferencing at school	Students will meet with a FMC behavioral health specialist in-person at the school		
Description of Service	Students will be able to meet with a psychiatrist at FMC, face-to-face, via a video call that is facilitated by an onsite behavioral health specialist and get appropriate medications prescribed	Students will be assessed to evaluate the concerns related to the child and determine the appropriate services and interventions needed	Students will be tested if needed for childhood diagnoses, such as ADHD, Oppositional Defiant Disorder, and Conduct Disorder	Student will receive individualized therapy to develop coping skills and work on symptom and stress management