

PSI Health Aide's Heimlich Maneuver Saves Student

"In reality it was only a few seconds, Pat Tescar said, "but at the time it seemed longer than an hour." In mid-September of this school year at Olmsted Falls Intermediate School, a crowd came rushing through the clinic door. A fifth-grade boy, a ten-year-old named Bailey, had swallowed something during lunch that had become lodged in his throat.

"It was a tense moment. OH MY GOSH!! HERE WE GO!!!" Pat remembered thinking. "Almost on instinct, I did the thrusts—and it popped out, just like that, right into a nearby garbage can!" To be precise about the matter, Bailey added: "A chicken patty caused it! I didn't get it down all the way."

Pat's reactions were automatic. She is a well-trained Health Aide who kept calm and did what she had been taught to do. The Heimlich Maneuver is an integral part of all PSI First Aid Training. Skills are regularly updated so all PSI staff are well prepared when emergency strikes.

Even so, applying it in this situation was somewhat daunting! But Pat did what she had been prepared to do and she did it successfully, saving a child's life!

Although Pat has been with PSI intermittently for ten years, this is her first year at Olmsted Falls Intermediate School, where she works full-time. She loves her job! In a typical day, there is an ebb and flow of students with headaches, upset stomachs or playground injuries. Asked if she's ever had to deal with an emergency like Bailey's, Pat smiled and said, "Oh no, definitely nothing quite like that!"

The Heimlich Maneuver is one of many skills PSI Health Providers are prepared to deliver in an emergency. It's a simple yet critical skill that everyone should know how to competently deliver. You can receive this training in any of a number of locations including through the Red Cross as well as at a host of similar agencies in your community.

You can also learn more about this procedure on the web by visiting the American Heart Association's site: <http://www.americanheart.org> or many other health-oriented websites. These are among the critical skills we all need but that we depend upon PSI staff to be skilled in and ready to deliver at a moments notice. The dedication of such committed PSI professionals as Pat Tescar, make us all proud of our PSI team!



In this issue...

PSI Health Aide's Heimlich Maneuver Saves Student..... 1

News from...

Educational Support Services
Colleen Lorber,
Director of Educational Support Sevice.....2

Educational Specialists
Carol Weber,
Coordinator.....3

Prevention/Intervention
Karen McKelvey,
Coordinator.....4

Health Services Department
Janet Yue,
Coordinator.....5

Team PSI Walks for Autism
David Berenson.....6



PSI

2112 Case Pkwy. South, #10
P.O. Box 468
Twinsburg, OH 44087-0468

Local Telephone: 330.425.8474
Fax: 330.425.2905
Toll-Free: 800.841.4774
Toll-Free Fax: 866.687.2823

www.psi-solutions.org
info@psi-solutions.org

PSIdelines | November 2009

Vol. 21, No. 2

A newsletter for the professional staff of PSI published periodically throughout the school year.

MISSION STATEMENT

PSI is dedicated to providing high quality services in a cost effective manner to help students improve their grades, attitudes, behavior, and health. Our professional staff provides innovative resources within the fields of education, school psychology, school health, speech/language, prevention and tutoring. We are committed to developing and implementing a customized service and support system to fit the educational and health service needs of students.

EDUCATIONAL SPECIALISTS

Carol Weber, BS, Coordinator
Frank Lupica, MAT, Educational Consultant
Nancy Brewer, MEd, Educational Consultant

EDUCATIONAL SUPPORT SERVICES

Colleen Lorber, PhD, Director
Linda Grimm, EdS, Regional Support Supervisor
Robert Murray, EdS, Psychology Coordinator
Karen Heichel, MA, Psychology Supervisor
Christine Worthington, MS, CCC,
Speech Pathology Supervisor
Robin Caston, MS, CCC,
Speech Pathology Supervisor

HEALTH SERVICE TEAM

Lynn Chrostowski, RN, BSN, MSN, NCSN,
Manager
Janet Yue, RN, Manager
Laura Sheeks, RN, Manager

NO CHILD LEFT BEHIND

Ruth Harvey, MEd, Coordinator

PREVENTION/INTERVENTION INITIATIVES & SPECIAL PROJECTS

Karen McKelvey, MEd, EdS, Coordinator


ADMINISTRATION

Steven L. Rosenberg, PhD, President
Nancy Musci, Administration/New Client Services

From the Desk of Colleen Lorber

Director of Educational Support Services

I hope you are all enjoying the fall season and preparing for the cold weather! I want to give a special thank you to those of you who participated through walking and/or donations for the Walk for Autism. This was PSI's first year participating in this event and we plan to make it an annual tradition to support research for children with autism.

December 1st is fast approaching! I ask you to do a few things for yourself and your schools during the next month. First, remember to take a deep breath. This is an especially stressful time for many special education staff because of the pressure to complete the necessary paperwork before the funding deadline. Remember that the special education staff in your school or district may be a bit more fragile during the next month so when someone is short with you remind yourself that December 2nd will be a new day! Second, work as quickly and diligently as you can to complete all ETRs, IEPs, case reports, service plans, etc. that need to be completed for the December 1st count. If you have questions/concerns, do not hesitate to call the team members of the Educational Support Services Department. 

Mark Your Calendars

2009-2010 Conferences and PSI Events

- **PSI is providing an Ethics workshop on November 4th.**
- **PSI is sponsoring a workshop on the NEW Autism Spectrum Rating Scales (ASRS) on February 25th.**
- **Ohio School Psychology Association Conference; November 4-6 in Columbus.**
- **American Speech-Language-Hearing Association Convention; November 19-21 in New Orleans.**
- **National Association of School Psychology Convention; March 2-6 in Chicago.**
- **Ohio Speech-Language-Hearing Association Convention; March 11-13 in Columbus.**



From the Desk of Carol Weber *Educational Specialist Coordinator*

A great big thank you to all Educational Specialists for a very smooth start to the school year and the wonderful job you do for your students and PSI! I can hardly believe it is November and soon parent conferences will be here. These conferences give us a chance to build partnerships with the parents. We need to come into these meetings with the child as our focus and be respectful of the parents' view even in difficult situations.

Listening carefully, addressing only factual information and making sure everyone at the conference has time to provide input and ask questions, goes a long way toward finding solutions that are best for the student. At a recent workshop I attended, the presenter also noted that our body language speaks volumes and can be sending a message very different from our words. We all have one goal and that is to have the student succeed in a safe and positive environment.

Revise, Revise and Revise Some More

Ohio's Academic Content Standards revision process continues to move forward. "The standards are being streamlined, reducing the amount of content in each grade, while sharpening the focus of the remaining content to ensure coherence and promote greater depth of learning. Most content areas will be organized around themes to help teachers understand the big ideas and the relationships among them. Learning progressions of topics across grade levels will be clarified so teachers can tell when content is to be introduced, practiced and mastered.

The web-based design will enable teachers to sort and access the standards in ways that are most useful to them, allowing them to be the architects of their own classrooms... In addition to being able to manipulate the standards themselves, teachers will be able to access resources related to each content statement through links in the standards. The model curriculum will be a click away and will include an explanation of the content statement; instructional strategies with ways to infuse 21st century

skills; common misconceptions; learning expectations; and ways to integrate topics across the content areas."

(Source: Ides of ODE – Sept. 2009.)


Ready or Not

As flu season arrives, make sure to check with your school administrator regarding the school policy for students and teachers in case of a wide outbreak of the H1N1 flu virus. You need to know the school policy on absences and if there is a plan in place for students to access assignments and homework in case of a school closure. Many schools and districts are turning to e-learning measures where teachers could post assignments and homework online and students would have the ability to e-mail the teacher and attach their work.

It's About Us: 2010 Census in Schools

No fooling, the 2010 U.S. Census starts on April 1, 2010. The government has a website, <http://www.census.gov/schools>, which targets teachers, elementary and high school students. For teachers there are standards-based lesson plans, teaching ideas and access to free products; for elementary students there are interactive activities which include word finds, coloring pages and fun facts; and for high school students there are age-appropriate activities, advanced quizzes and memory games.

Best of the Web

The Center on Instruction, <http://centeroninstruction.org/>, is one of five content centers serving as resources for the 16 regional U.S. Department of Education Comprehensive Centers. The Center provides a collection of scientifically based research and information on K-12 instruction in Reading, Math, Science, Special Education, English Language Learning and Hot Topics (e.g. Adolescent Literacy and Response to Intervention - RtI). Visitors can subscribe to their ListServe and will receive a monthly newsletter and notices when new materials are posted to the site. 

From the Desk of Karen McKelvey

Prevention/Intervention & Special Projects

Prevention/Intervention News


Several members of the Prevention/Intervention team recently attended a workshop co-sponsored by Ohio Attorney General Richard Cordray and i-SAFE Inc., a worldwide leader in Internet safety education. I-SAFE is a non-profit foundation dedicated to protecting the online experiences of youth everywhere by incorporating classroom curriculum with dynamic community outreach to empower students, teachers, parents, law enforcement, and concerned adults to make the Internet a safer place. PSI staff who attended are now certified trainers in this area.

There is a troubling and increasing trend in teen drug abuse that is often not covered in drug education programs. Young people are using prescription drugs at “Pharm Parties,” which are essentially pill-popping parties. These pills are often taken from the medicine cabinets of family members, a process called “pharming.” To read more about this trend, go to:

http://www.usatoday.com/news/health/2006-06-12-teens-pharm-drugs_x.htm

Special Projects News

PSI Educational Specialist Supervisor, Frank Lupica, delivered the key-note at a recent Diocesan Secretarial Training. While keeping the audience laughing, Frank shared many thoughts on the complicated and expanding roles of the school secretary, including their role in marketing to the public. They truly are the voice and face that a visitor first encounters when contacting a school. Be sure to thank your school secretaries for all they do as you visit your various PSI schools!

The latest PSI in the A.M. presentation provided useful information on conducting parent conferences. Kathy McNamara, Ph.D. covered such topics as what parents want to hear and how to present it effectively; how to raise concerns and manage discussions of student problems with their parents; how to maintain control of interactions with parents; and how to make a case for the existence of student performance problems. Administrators and teachers alike attended the session. 

Prevention staff reminders:

REMEMBER to have your school staff complete the “Incident Sheets” each week.

There will be a staff meeting at the PSI office on November 18, 2009, 3:30-5:30 PM.



Frank Lupica

From the Desk of Janet Yue

Health Services Department

As predicted, H1N1 influenza virus is with us. PSI, in order to prepare our schools and staff, has provided several opportunities to get the information out. Starting with our web site we have links to the Centers for Disease Control and Prevention, the Ohio Department of Health, Flu.Gov and your local health departments. We are updating our web site as the situation changes.


We mailed in mid September a Communication Tool Kit for Pandemic Flu to all school client principals (you may go to www.flu.gov to download a copy for yourself) , we hosted a PSI in the A.M. informational meeting regarding H1N1 and we provided a meeting for all PSI Health Service Employees on October 14th. Our speaker, Karen Seidman from the Cuyahoga County Board of Health, spoke about the H1N1 virus, vaccine status, and our role as school health staff.

Please feel free to call the PSI Health Service Office for any questions regarding your school and students. Visit the above mentioned web sites for the most current information regarding this rapidly evolving virus. PSI Health Staff are in a unique position to educate school staff, students and parents. If we can help with this please let us know.

Things to remember...use good hand hygiene and use clinic visits to reinforce this with your students. Teach cough and cover. Children ill with fever must stay home until fever free for 24 hours without anti fever medication. We appreciate all your hard work during this difficult time. Our priority is caring for our students and staff. If you must postpone screenings because of work volume that is acceptable.

If you are having to re-prioritize screenings due to clinic volume, or excessive absence of students just be sure to communicate this to your building principal.

Thank you to all who attended the October 14th meeting. Your stipend for this meeting will be in your November 20th paycheck. For those of you who did not attend, we will be mailing our meeting handouts and updates to your Health Resource Guide. We realize that there are errors with page numbers, however, the information is complete. For those of you who would like to review the presentation from our speaker, go to the Cuyahoga County Board of Health website www.ccbh.org and click on the link to H1N1 Power Point presentation.

Happy Thanksgiving. We at the PSI Health Service Office are thankful to have such a wonderful staff to work with. Many blessings to you and your families. 



Team PSI Walks for Autism

By David Berenson

TEAM PSI MADE A DIFFERENCE FOR AUTISM!

On October 10th, many PSI employees and retirees joined over 6,000 people who braved the cold weather to raise awareness and money for Autism, at the Autism Speaks fund raiser in downtown Cleveland a couple of weeks ago.

Fearlessly led by Lori Greitzer (and family), Colleen Lorber (and family) as well as Steve Rosenberg, Linda Grimm, Nancy Berlan and Bob Murray, we raised hundreds of dollars to go to this much needed charity, while sporting our crisp, black TEAM PSI T-shirts. PSI staff from all departments were there, many with their spouses including colleagues from the speech, psychology, educational specialists, prevention and health departments.

“Despite the cold temperature, it warmed my heart to be involved in this event”, was one quote, amidst smiles, rosy cheeks, hats, gloves and thousands of people on this fall morning. The event included display tables from several organizations and businesses providing services to those with special needs along the Autism/PDD (Pervasive Developmental Disorders) spectrum.



This event happens each year throughout the country. Interested readers can learn more about this worthwhile event by visiting the organization’s website at:

www.walknowforautismspeaks.org. Contributions to this organization make for wonderful and much needed holiday gift!

There are many web sites available to learn more about autism. This range of disorders receives a great deal of publicity, some of the information widely distributed is accurate and other information we see on television and in the print media, is inaccurate. You can learn the facts about autism by visiting some of the main autism websites such as: **www.autism-society.org** and/or **www.ninds.nih.gov/disorders/autism/detail_autism.htm**.

PSI is also proud to be associated with Dr. Frank Sansosti of Kent State University. Dr. Sansosti is a national expert on autism and is one of several PSI Expert Partners. You can learn more about him at our web site (**www.psi-solutions.org**). He and our other PSI Expert Partners are available to our client schools for consultation, presentations, etc. Contact Karen Mckelvey (**karenmckelvey@psi-solutions.org**) to learn more about how our Expert Partners can be of service to you and your schools.

It seemed to be unanimous among those participating that The Walk for Autism was a wonderful experience and we would do it again. Anyone wishing to be involved in such events in the future, please let us know. 