

PSI PARADIGM[®]

A PSI Communique for the Educational Community

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Commitment Matters!

A Professional Development Newsletter for Educators

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[What is Commitment?](#)

October 4th, 2011 by Steve Pavlina

Put your head underwater and keep it there for a while. You'll soon realize that you're 100% committed to breathing.

Notice that you don't make excuses not to breathe. Notice that you don't worry about motivating yourself to breathe. Notice that you don't need to justify your desire to breathe.

You just breathe.

Commitment is action.

No excuses. No debate. No lengthy analysis. No whining about how hard it is. No worrying about what others might think. No cowardly delays.

Just go.

What if something gets in the way of your commitment? What would you do if someone tried to prevent you from breathing?

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Commitment to a Cause: Suicide Prevention and Education

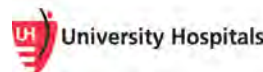
PSI has recently joined forces with LifeAct (<http://lifeact.org/education/program-information/>) to be the educational partner to provide Middle School and/or High School students complimentary suicide education and prevention programs. PSI is determining an interest for this program. The response has been overwhelming so a waiting list is being developed.

Click the link for a form that can complete this registration process:

<https://www.surveymonkey.com/r/PSIPrevention>.

Middle School Program: UROK™

LifeAct, in conjunction with the Department of Child and Adolescent Psychiatry at University Hospitals, has developed a program specifically designed for middle school students that emphasizes the unique situations and challenges they face that may induce stress and lead to depression. Middle school students learn to identify and manage stress in their lives. Most importantly, they are taught to recognize healthy and unhealthy responses to stress, when they should ask for help, and how to request that help from a trusted adult.

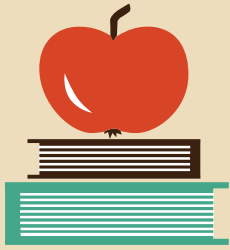


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Commitment Matters
PSI SOLUTIONS
AND LIFEACT

High School Program: Recognizing Teen Depression and Preventing Suicide

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The goal of our program is to raise awareness among young teens about unhealthy behaviors that indicate that a teen is struggling and needs adult help. Early identification and intervention for teens with mental health issues is the most effective way to prevent teen suicide. High school students will learn to identify the outward manifestations of depression and the warning signs of suicide.

PSI and LifeAct school programs have been presented to more than 170,000 students since 2000. The two-day presentation (1.5 hours total time), utilizes PowerPoint, videos, a small group activity, and class discussion designed to engage students by focusing on age-relevant experiences. Students who self-identify to PSI or LifeAct instructors and who may be experiencing mental health issues (including depression, bullying, self-harm and suicidal thoughts) are escorted to a guidance counselor or other appropriate school personnel. PSI or LifeAct instructors record each self-identifying student and provide a copy of the docu-

mentation to both the classroom teacher and guidance counselor or appropriate school personnel. Students frequently self-identify to school personnel in the two to three weeks following LifeAct's program delivery. The school personnel are a critical element to this program; however, they are not expected to diagnose or treat these possible mental illnesses. PSI will provide appropriate assessment and referral resources.

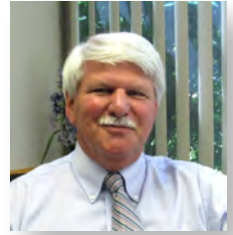
Knowledge is power. PSI is committed to this important cause.

Please register your interest for your school at no cost:

<https://www.surveymonkey.com/r/PSIPrevention>

Committed School Administrator: Rick Dillman

*Director of Pupil Services,
Bedford School District*



For the past 23 years Rick Dillman has been the Director of Pupil Services for the Bedford School District. It has been a long journey in education that began 47 years ago, 1968 to be precise, when he began his career.

Having graduated Union College of Barberville, Kentucky with a degree in History and a minor in Psychology, Rick soon got a teaching position in special education in a small Kentucky town that didn't even have a traffic light. His first administrative post came soon after as Director of Special Education for the Goosecreek Consolidated Independent School District of Kentucky, a locale that may not be too familiar for most of us.

As to how it happened that a youth with a History degree got to work with children with disabilities, Rick says, "I liked both history and working with kids. At the time, they needed a special ed teacher and I looked like I could do the job."

With his long and varied background to draw upon, Rick's advice to those who today are considering a career in education is to have a passion for teaching and a willingness to accept the rewards that kids will bring. "The rewards are simple and clear: showing that they've learned what you've taught them!" He adds, "It's

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Rick Dillman

**FOCUS ON
COMMITMENT**

Committed School Administrator: Rick Dillman

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tougher now with all the accountability demanded at every turn. Testing is not the

only way to evaluate the experiences of a child in the classroom. Evaluations are all done on computers, and not all students do well because of that.”

The Bedford School District is 85 percent African-American, with the administrative staff equally black and white. The district has 3,400 kids pre-K through 12, eighty percent of whom are from families that are under the poverty line.

For about fifteen years PSI has been involved, helping to staff Nursing, Clinic Aides, English as a Second Language and Child Abuse Training. “One of the things PSI has done for me is that when I put a new program in place, I can get the right people *and quickly*.”

Rick’s accomplishments number being the Chair of the National Membership Council for Exceptional Children and President of the Ohio Association of Pupil Services Administration. Next year will probably be his last.

As with everything everywhere, the new technology has made its mark. While a lot of Bedford students don’t have PCs and keyboards, they do have iPhones and tablets. “Our schools have a wireless network. We have become a Google Application District, meaning kids get free Google accounts and storage that any device can access.”

What can be problematic about the job is that the buck stops at Rick’s desk when it comes to expulsions. “It happens more often than you like. It used to be mostly boys, but unfortunately that’s changing.” Most students return after being expelled for a certain amount of time.

Where is burnout in all this? “I don’t have that problem. I like what I do and I like the people. Besides, I’m an optimist and I enjoy the challenges.”

Committed PSI Employee: Kelly Hickey

**From the Yearbook of St. John Nottingham
Lutheran School 2014-2015**

Yearbook Dedication

Mrs. Kelly Hickey, PSI School Psychologist

Each year St. John Nottingham dedicates the yearbook to a special person. This gives us an opportunity to recognize the outstanding efforts of those who give unselfishly to our school and our students.

The Faculty and Staff at St. John Nottingham Lutheran School are pleased to dedicate this yearbook to Mrs. Kelly Hickey, our School Psychologist. She works diligently to help our students learn skills to get along with others, practice self-control, become more organized and improve study skills. Mrs. Hickey is so much more than that. She is an exceptional Christian role model for our students who develops positive relationships with our students to help them achieve their God-given talents and abilities.

She conducts before school programs and is always looking for ways to help our students. This year she introduced Mr. Kita to the First Tee of Cleveland Program. First



Tee seeks to positively impact the lives of young people from greater Cleveland by providing educational programs that build character, instill life-enhancing values, and promote health choices through the game of golf. The 2nd-6th Graders of St. John Nottingham were exposed to First Tee and the game of golf this year. Mrs. Hickey makes a tremendous impact on our students and the culture of our school.

We are blessed to have her on our staff!



HOLLY DAVIDSON FOCUS ON COMMITMENT

Committed Parent: Holly Davidson



The Marketing Coordinator of St. Columbkille Parish School in Parma is Holly Davidson, who has now been on the job for nearly two years. Holly was hired by Karen McKelvey, PSI's Director of Prevention/Intervention Services. Both Karen and now retired Principal Rita Klement recognized that Holly's boundless energy, team spirit and get the job done attitude were perfect for the position.

Beforehand, Holly was a stay at home mom who participated in a drove of charitable activities, particularly those at St. Columbkille, whose K-8 enrollment numbers 450. Her post now includes heading up a marketing committee of ten with the attendant meetings, creating events and their content, getting volunteers to act as staff, fund-raising, working with the PTU (Parent Teacher's Union), coordinating with advertisers of the school newsletter, interconnecting with PSI, getting the job done on time, and more! It takes a people-person to aid in marketing a school, no matter that it often seems like a never-ending merry-go-round.

This daily, multi-faceted experience brings a lot of rewards, both short and long term. Most important for Holly is her firm belief in Catholic education. "I want to see it survive and thrive. If I can even mail out postcards, it's worthwhile." One recent event was Pray and Play, created to introduce the school's program to four-year olds. Just this one idea called for thinking up the concept, naming it, coordinating the content with teachers and volunteers, listing a time-frame, media publicity and the manifold ways of getting the word out. And, to be sure, there are always bumps in this and any road that gets traveled!



At times, the cumulative workload of events, people and the pressures of time can be overwhelming. Being ready at the starting line is second nature, but still there are those moments. Holly's answer: "I walk. After that, I put together a game plan of who can help me deal with the issue at hand. You have to have people to call for help."

There are surprises that come with any job. For Holly, the most noteworthy is the different perception that Marketing Coordinator brings. "Any leadership position will have the effect of you being viewed differently. That's good! I'm the one who's accountable, and I'm always going to go that extra mile!"

As for the ever-present technological revolution, Holly does the school's Facebook page, with both Twitter and Instagram soon to follow. "The younger generation communicates through social media, so it's a fact that they all are here to stay." In parallel with technology, when students graduate they become alumni. Their names and addresses are then added to the school's database so that they and their parents will be updated about future events and informed that St. Coumbkille's doors will always be open.

With four children enrolled, it's a long-term involvement with St. Columbkille School Parish. The same applies to Holly Davidson.