

## Resiliency, School Nurses and the Whole Child


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## Objectives

- Participants will be able to describe the role of the School Nurse in Ohio schools.
- Participants will be able to describe the importance of providing care to the whole child.
- Participants will be able to describe the value of school nursing in school climate.



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## Who are School Nurses?

- *“School nursing, a specialized practice of nursing, protects and promotes student health, facilitates optimal development, and advances academic success. School nurses, provide care coordination, advocate for quality student-centered care, and collaborate to design systems that allow individuals and communities to develop their full potential” (National Association of School Nurses, 2017).*
- In Ohio, School Nurses are dual-licensed related services providers
  - Bachelor’s prepared Registered Nurse (RN)
  - Additional graduate level coursework and ODE license

<http://education.ohio.gov/Topics/Special-Education/Related-Services>



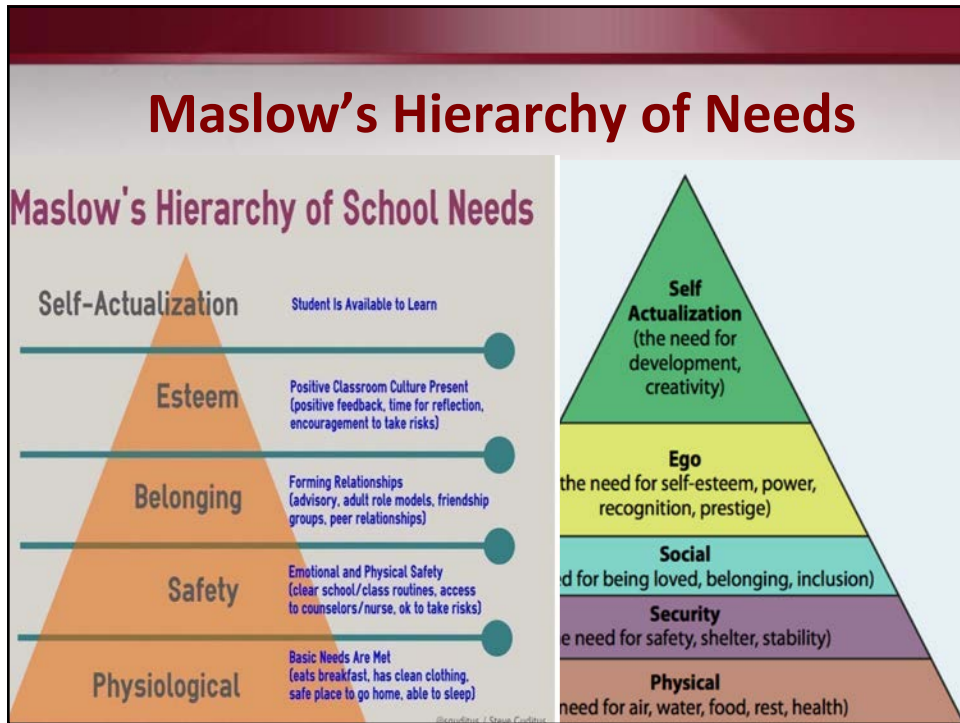
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## Brief Theory Overview of School Nursing and Education

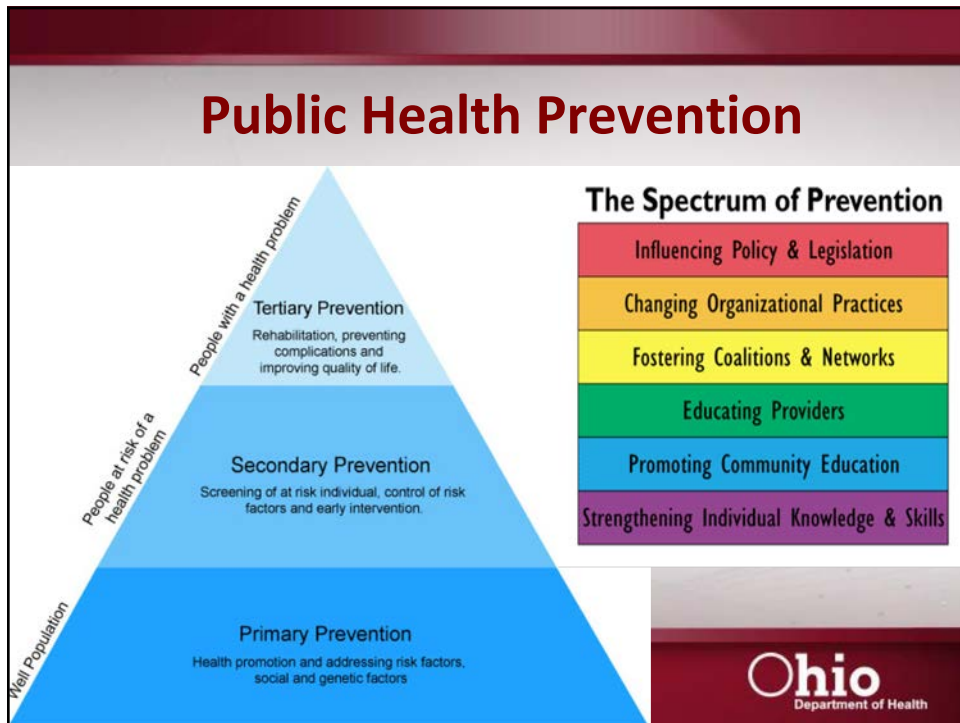
- Maslow’s Hierarchy of Needs
- Public Health Prevention
- Holistic Nursing Theory
- Resiliency Theory
- Whole School, Whole Community, Whole Child



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## Holistic Nursing Theory

- Nursing practice addresses the whole person:
  - >Mind                      >Spirit                      >Emotion
  - >Body                      >Environment
- Grounded in caring, relationship, and interconnectedness

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## Resiliency Theory

- Conceptual framework for considering a strengths-based approach
- Addresses why some youth grow up to be healthy adults in spite of risks
- Focuses on positive contextual, social, and individual variables that interfere or disrupt developmental trajectories from risk to problem behaviors, mental distress, and poor health outcomes
- Positive contextual, social, and individual variables are called promotive factors that operate in opposition to risk factors
- Identifies two types of promotive factors:
  - Assets –internal factors such as self-efficacy and self-esteem
  - Resources--external factors such parental support, adult mentors and youth programs that provide youth with opportunities to learn and practice skills

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**Whole School,  
Whole Community,  
Whole Child**



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## School Nurses & Behavioral Health

National Association of School Nurses states that school nurses serve a vital role in promoting positive behavioral health outcomes in students through evidence-based programs and curricula in schools and communities.

Behavioral health, which encompasses mental health, is as critical to academic success as physical well-being.

As members of interdisciplinary teams, school nurses collaborate with school personnel, community healthcare professionals, students, and families in the assessment, identification, intervention, referral, and follow-up of children in need of behavioral health services.

School nurses, because of their regular access to students, are uniquely qualified to identify students with potential behavioral health concerns.

School nurses can serve as advocates, facilitators, and counselors of behavioral health services within the school environment and in the community.

<https://www.nasn.org/nasn/advocacy/professional-practice-documents/position-statements/ps-behavioral-health>



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# Kettering City Schools 2018-2024 Strategic Plan A Blueprint for Student Success

## GOAL 5: WHOLE PERSON

Our district and schools will attend to the needs of our students and staff above and beyond educational requirements to remove roadblocks to student and staff success.



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# A Blueprint for Student Success Goal 5: Whole Person

- ❖ Objective 1: Social-Emotional Curriculum & Plan
- ❖ Objective 2: Inventory of Student Support Resources
- ❖ **Objective 3: Student Health Supports**
- ❖ Objective 4: Capstone Program



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## Student Health Supports

- ❖ Strategy 1: Ensure each student and staff member has access to **physical health, mental health, and dental health services.**
- ❖ Strategy 2: Map out school curriculum to promote appropriate **social/emotional learning.**
- ❖ Strategy 3: Partner with local healthcare agencies to provide additional **support and services based on student needs**



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## School Nursing Services at KCS

- ❖ 11.6 FTE ODE Licensed School Nurses in 12 schools
- ❖ Provide school nursing services with a Holistic Nursing approach that addresses the whole student's physical, emotional, spiritual, academic and environmental needs
- ❖ Develop caring relationships with students and families
- ❖ Build student resiliency through assessment of risks and development of promoting factors in collaboration with other providers in the school and community



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## School Nurses Meeting Student Physical Health Needs

- ❖ What School Nurses are mostly known for - Maslow's "physiological & safety needs"
- ❖ Primary Prevention School Health
  - All Students Every Day
  - Keep students healthy, in school & in the classroom
- ❖ Secondary Prevention School Health
  - At risk students
  - Screen for health risks & early intervention
- ❖ Tertiary Prevention School Health
  - Nursing care of students with chronic health conditions
  - Preventing complications-acute/chronic conditions
  - Improving the quality of life



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## School Nurses Meeting Student Mental Health Needs

- ❖ Identifying Adverse Childhood Experiences (ACEs) and risk factors through nursing assessment
  - Whole Child Assessment Tool (Center for Youth Wellness ACE-Q)
  - Assists in referring the student for help/supports
- ❖ Referral options
  - In-School: Guidance Counselor, School Based South Community Inc Counseling Services, Kettering City/KCS Social Worker
  - Community Services: Dayton Children's Behavioral Health (acute care), South Community Inc., and other community based social services.
- ❖ School Nurses administer prescribed medications



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## School Nurses Meeting Student Dental Health Needs

- ❖ 30% of children ages 6-12 in 2016 missed school due to dental problems
- ❖ Findings of the 2017 Ohio Medicaid Assessment Survey show that, regardless of income, getting dental care remains the most common unmet health care need among children
- ❖ School Nurses provide primary prevention education regarding dental health in school
- ❖ School Nurses connect resources for secondary and tertiary dental health prevention services
  - Dental screenings and dental sealants
  - Dentist visits with restorative care



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## School Nurses Supporting Social Emotional Learning

- ❖ Positive Behavioral Interventions and Supports (PBIS)
  - Improves social, emotional and academic outcomes for all students, including students with disabilities and students from underrepresented groups
- ❖ Hope Squad
  - School based peer to peer suicide prevention program
  - Seeks to reduce self-destructive behavior and youth suicide by training, building, and creating change in schools and communities
- ❖ ReDo Day
  - Helps students look beyond stereotypes, build respect, and put an end to bullying
  - Designed to unite members of the school/community
    - message of respect and caring for all



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## School Nurses Partnering with Local/Statewide Healthcare Agencies

- ❖ Ohio Department of Health/Public Health - Dayton & Montgomery County
- ❖ Primary Health Care Providers
- ❖ Dayton Children’s Behavioral Health
- ❖ South Community Inc. - Counseling Services
- ❖ Dayton Children’s, Cincinnati Children’s Hospital Medical Center & Nationwide Children’s Hospital
- ❖ Five Rivers Health Centers
- ❖ Kettering Health Network - Athletic Trainers



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## Ohio Association of School Nurses Connecting Resources

### Supporting the Whole Child

- Education on current topics regarding holistic nursing, mental health, whole child, resiliency, public health prevention, etc.
  - OASN Annual Statewide Conference
  - ODH School Nursing Program Regional Conferences and New School Nurse Training and other timely topic webinars/trainings
  - Self study webinars
  - National School Nurse Conference
- Building statewide coalitions/partnerships
  - Other professional and state organizations with an interest in the whole child
  - Local and state legislatures and public officials
  - Ohio Department of Health
  - Ohio Department of Education
- Advocacy for Children and their Families at the local, state and national level
  - Experts on child health
  - Experts on connecting educational outcomes and health



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### Table Top Activity: Breaking Down Silos to Build Resiliency in Ohio's Children

Silos prevent collaboration and the flow of information and resources



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## Table Top Activity

1. Divide up into small groups of 4-5 individuals.
2. Read the child scenario assigned to your group.
3. Describe the role each individual in your group (based on your profession or position in your community) will take to identify the risks and promoting factors for the child.
4. How will you work with others in your group and the community to build resiliency for this child?



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## Resources

- <https://www.psychologytoday.com/us/blog/hide-and-peek/201205/our-hierarchy-needs>
- [https://www.cdc.gov/pictureofamerica/pdfs/picture\\_of\\_america\\_prevention.pdf](https://www.cdc.gov/pictureofamerica/pdfs/picture_of_america_prevention.pdf)
- <https://www.americannursetoday.com/holistic-nursing-focusing-onthe-whole-person/>
- <https://www.cdc.gov/healthyschools/wsc/index.htm>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3966565/>



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<https://www.pbis.org/>

## Resources


- <https://centerforyouthwellness.org/cyw-aceq/>
- <https://hopesquad.com/>
- Kettering City Schools A Blueprint for Student Success.  
<https://www.ketteringschools.org/userfiles/1919/my%20files/strategic%20plan%20--%20final%20booklet.pdf?id=557699>
- <https://www.pbis.org/>
- <https://redoday.com/>
- Manion, I. (2019). Breaking Down Silos Between School and Community Mental Health.  
<https://www.csmh.uwo.ca/docs/Manion-Banff-2019.pdf>



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**Thank you!**


Questions?



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**Contact Information**

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