Teaming Up: 
School Counselor & School Nurse Collaboration

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During this presentation, we will cover...

- School Nurse & School Counselor History
- School Counselor and School Nurse Collaboration Model
- Multi-Tiered, Multi-Domained Systems of Supports (MTMDSS) Overview
- MTMDSS Tiers (Collaboration Steps 3 & 4)
- School Counselor + School Nurse Collaboration
Start of School Nursing

- Lina Rogers
  - 1902: One month experiment where Lina Rogers, RN provided nursing services in the school setting
  - 10,000 to 1 ratio

- Drastic drop in absenteeism
  - Interventions
    - Band aid fixes (small bites, cuts, etc.)
    - Disabilities (vision, hearing)
    - Contagious conditions (educate hygiene & prevention)
    - Barriers (provided food, clothing)
  - Within 6 months, absenteeism fell by 90%
  - School board agreed to supply funds for 27 nurses.
  - Close to 400 nurses in schools of NYC by 1914
School Nurse History

NOW

- Recommended Student to School Nurse Ratio: 1:750 (National Association for School Nurses)
- Mental Health concerns occupy up to 35% of school nurses’ time (Cogan & Kiefner, 2019)
Start of School Counseling

- Jesse B. Davis
  - Late 1800s & early 1900s: 1st to implement a systematic guidance program in the schools
  - Detroit & Grand Rapids public schools
  - 1960s began shift from primary focus of careers to include personal & social concerns
  - 1998: first systemic meta-analysis of school counseling was published with outcome research
  - 2014-15: 1:347 average Missouri student to school counselor ratio
School Counselor History

NOW

- Recommended Student to School Counselor Ratio: 1:250
  (American School Counselor Association)
School Nurse & School Counselor Collaboration Model
School Nurse & School Counselor Collaboration Model

Step 1. Mutual Understanding of Professional Role in the School Setting

Step 2. Respect for Ethical Considerations

Step 3. Establishing Guidelines for Collaboration

Step 4. Ongoing Communication and Consultation

(Tuttle, Yordy, Appling, & Hanley, 2018)
School Nurse & School Counselor Collaboration Model: Step 1

Step 1: Mutual Understanding of Professional Role in School Setting
● Schedule an initial meeting to discuss
  ○ Professional training
  ○ Job roles and parameters
  ○ Areas to provide support to school, staff, and students
  ○ Mandated reporting
  ○ Identify areas of collaboration
Step 2: Respect for Ethical Considerations

- Discuss ethical guidelines and limitations of sharing during collaboration
  - ASCA ethical standards
  - NASN code of ethics
    - HIPAA
    - FERPA
  - Maintain confidentiality
Step 3: Establishing Guidelines for Collaboration

- Identify how the school counselor and school nurse can work together to best support all students
- Know when nursing initiatives are on calendar (i.e., vision, hearing)
- Distinguish between each role in certain situations
Step 4: Ongoing Communication and Consultation

- Ensures continuity of care
  - Assess progress over time
  - Maintain professional boundaries
  - Prevents disruption of services to student

- Create intentional plan for ongoing communication and consultation which includes an action plan for follow up
Multi-Tiered, Multi-Domained Systems of Support (MTMDSS)
Multi-Tiered, Multi-Domained Systems of Support

(Hatch, Triplett, Duarte, & Gomez, 2019)
MTMDSS Overview

Tier 1: Core Program (Universal Supports; 100% of students)
- District Core Curriculum
- Individual Student Planning 6-12
- District/Schoolwide Programs and Activities

Tier 2: Targeted Interventions (Some Students; 20% of students)
- Small Groups/Individual/Referral to Resources
- Consultation/Collaboration

Tier 3: Intensive Interventions (Few Students; 5-10% of students)
- Referral to Resources
- Individual Counseling
Common Goals & Framework
Common Goals & Framework

Positively Influence
- Attendance
- Behaviors (discipline)
- Academics
MTMDSS Tiers within Collaboration Steps 3 & 4
MTMDSS Tier 1 within Collaboration Model

District Core Curriculum

- School Nurse
  - Role of Health Educator
  - Develop & promote health program initiatives
    - Healthy eating
    - Hygiene
    - Alcohol & Drugs
    - Vaping
    - Dental health

- School Counselor
  - GLEs
MTMDSS Tier 1 within Collaboration Model

Individual Student Planning

● School Nurse
  ○ Technical Centers

● School Counselor
  ○ Middle School
    ■ Career Clusters & Paths
  ○ High School
    ■ Registration
    ■ Senior Interviews
MTMDSS Tier 1 within Collaboration Model

District/Schoolwide Programs and Activities

● School Nurse
  ○ Screenings
    ■ Hearing
    ■ Vision
    ■ Scoliosis

● School Counselor
  ○ Screenings & Prevention
    ■ Suicide
    ■ Bullying

● Crisis & Disaster Plans
Advisory Committee

● School Nurses are required to have an Advisory Committee as a part of a “Coordinated School Health Program”

● Consider having School Nurse as part of Counseling School Advisory and vice versa
Utilize School Nurse Data

- Youth Risk Behavior Survey (DESE, odd years, 9-12)
  - Tobacco use
  - Unhealthy physical activity
  - Alcohol and other drug use
  - Sexual behaviors
  - Behaviors that may result in intentional injuries (violence & suicide) and unintentional injuries (motor vehicle crashes)

- School Health Index tool
  - Similar info as above
MTMDSS Tier 1 within Collaboration Model

Utilize School Nurse Data (continued)

- Department of Health & Senior Services local/county & state data
  - [https://health.mo.gov/living/families/schoolhealth/pdf/SHCNSurveyForm.pdf](https://health.mo.gov/living/families/schoolhealth/pdf/SHCNSurveyForm.pdf)

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[MSCA Fall Conference 2019: Triple Crown]

[Missouri School Counselor Association]
MTMDSS Tier 2 within Collaboration Model

Group Counseling/Activities
● School Nurse
● School Counselor
  ○ Small Groups
    ■ Mental health specific: depression, anxiety, etc.
    ■ Anger management
    ■ Conflict resolution
    ■ Impulse control

Consultation & Collaboration
● School Nurse
● School Counselor
MTMDSS Tier 3 within Collaboration Model

Referral to Resources

- School Nurse
  - Resource Coordinator
    - Chronic Illnesses
    - Food Scarcity
    - Dental Services
    - Vision Services
- School Counselor
  - Resources
    - Therapy
    - Psychiatry
    - Substance Abuse Services
MTMDSS Tier 3 within Collaboration Model

Individual Counseling/Activities

- School Nurse: Advocate & Mentor
  - Teenage pregnancy
  - Abuse/neglect
  - Chronic clinic visits
  - Anxiety
  - Hygiene
  - Educational planning
    - Homebound services
    - 504 accommodations
    - Schedules & changes

- School Counselor: Counseling
  - Mental health concerns
  - Reentry into school setting
  - Interdisciplinary team
    - Scheduled weekly check-ins with interdisciplinary team to discuss students who have been identified as needing additional support
    - Gauge student referrals, visits, and questionable incidents
School Nurse + School Counselor

Improvements in...

- Physical health
- Mental health
- Additional data needed:
  - Attendance
  - Behaviors (discipline)
  - Academics
Thank you!

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References


