Optimizing Technology: Applications for School Psychologists

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Learning Objectives

This workshop will help participants

1. Identify smartphone apps that can assist school psychologists in providing therapeutic services.
2. Become knowledgeable about various Internet services that can be used in the schools.
3. Become aware of student privacy issues that have arisen from the use of technology on the job.
Overview

• Useful technology to help extend our brain.
  – Software
  – Websites
  – Apps
New vs. Old Way

Which is the quickest way to get you there?

It isn’t always the newest way.
Selecting New Technology

• What can make my job more efficient and better service to students?
• How will this technology help me do my job better?
• How much time will I need to devote to learn this technology?
• Have I seen this technology used before by other school psychologists?
Selecting New Technology

• Have I tried the new technology and found it useful?
• Is the new technology consistent with best practice standards?
• What is the cost of adopting the new technology?
• What are the implications ethically of using this new technology?
Productivity
Productivity – Adobe Reader DC

• Streamlines routine pdf tasks
• Share files and easily add electronic signatures.
• Ability to highlight and add sticky notes
• Annotate and add drawings
Why should I use Apache OpenOffice?

Apache OpenOffice is the leading open-source office software suite for word processing, spreadsheets, presentations, graphics, databases and more. It is available in many languages and works on all common computers. It stores all your data in an international open standard format and can also read and write files from other common office software packages. It can be downloaded and used completely free of charge for any purpose.

- **Writer** a word processor you can use for anything from writing a quick letter to producing an entire book.
- **Calc** a powerful spreadsheet with all the tools you need to calculate, analyze, and present your data in numerical reports or sizzling graphics.
- **Impress** the fastest, most powerful way to create effective multimedia presentations.
- **Draw** lets you produce everything from simple diagrams to dynamic 3D illustrations.
- **Base** lets you manipulate databases seamlessly. Create and modify tables, forms, queries, and reports, all from within Apache OpenOffice.
- **Math** lets you create mathematical equations with a graphic user interface or by directly typing your formulas into the equation editor.
World of Google for Education

FREE PRODUCTIVITY TOOLS
Simplify and save time with Classroom, Gmail, Docs, and more.

CLASS CONTENT
Find thousands of teacher-approved apps and books.

DEVICES
Get laptops and tablets that are affordable and easy to manage.

The Google Apps for Education Suite
Tools that your entire school can use, together
Productivity Applications

• Faster, real-time collaboration
  – Edit documents with others and see changes as they type.
• Import from the desktop
  – Easily move documents between desktop applications and Google Docs.
• Online word processing and much more
• Autocrat extension
  – expand report and other templates to another level.
• Send large files to others securely
• Integrates into Outlook so e-mail is seamless
• Verify recipient identity, get return receipt
• File download expiration date
• Free account – send up to 250MB files

https://www.hightail.com/
Productivity Applications

• Create common lists and notes shared across various devices and colleagues
• Can search tag, keyword, or printed text in images.
• Free versions not allow shared item to be modified by others

https://evernote.com/
Productivity Applications

- Enables scheduling with less hassle
- E-mails colleagues for multiple possible meeting times
- Provides meeting calendar
- App available for smart phones

https://doodle.com/
Productivity Applications

- Send text or e-mail to large group of people
- Perfect for classrooms or committees
- Address and numbers are not shared among members in group
- Send timed reminders and track messages
- Send attachments
- Accessible through app and website

https://www.remind.com/
Productivity Applications

- Organize large groups and track progress
- Assign various members to certain tasks
- Create due dates for projects
- Link to documents even through Dropbox
- Accessible through app and website

https://trello.com/
Mile Tracker

• Track reimbursable mileage between schools or to trainings.
Apps - Videoconferencing

• Smartphones may not be best modality

• HIPAA standard services
  – Zoom  https://zoom.us/
  – Doxy.me  https://doxy.me/
  – VSee  https://vsee.com/
Apps - Texting

• Signal – free text app with encryption and no storage
• Telegram – free text app with encryption and anonymity
• Wickr – text app with encryption, anonymity and privacy focus
Flash Drives

• Easy and portable
• Prone to being lost or stolen
• Kanguru drives
• Splash ID Keysafe
In Cloud We Trust?

• Education data breaches double in 2017
  – 918 breaches involving 1.9 billion records
  – 118 successful attacks accounting for 13% of all breaches
    – Gemalto report - 9/20/17

• Education is #1 Target for Ransomware attacks
  – 15+ universities and school districts hit by ransomware
    – Emerging Ed Tech – 6/27/17
In Cloud We Trust?

- Violation of COPPA privacy laws on YouTube Kids
  - Multi-million dollar fine
  - 3rd most popular K-12 tool
- Deceiving users about ability to control privacy of personal information
  - Fine 5 billion dollars
  - 23rd most popular ed-tech product
Q-global Performance Update

To our valued Q-global customers,

As many of you are aware, we have been having performance issues with our Q-global® platform that began intermittently on September 19th and have been more prolific today.

We are working on correcting the issue and expect to have it resolved in the very near future. We understand the role that we play in your ability to do your job and we take it very seriously.

We regret the inconvenience that this service disruption may have caused you and those that you serve.

Sincerely,
Your Q-global Team
Am I the only one who received random Pearson notifications on emails about completed rating scales? I received students' names and their school districts, and some are private practitioners' names and their clients.

Talk about privacy violation! I am so worried that my own client's names have been released somewhere else!

I reached out to them and I just get a generic "we are currently working the website issues". I sent an email and never heard anything!

- Inadvertent disclosure
- Questions
  - School psych response
  - FERPA violation
  - Parent notification
FERPA and the Cloud

• Contractually identify cloud vendor as a “school official” under “direct control” of the education institution

• Five principles for schools to follow:
  – Maintain control of student data
  – Expressly prohibit the mining of student data for advertising and marketing purposes
  – Enter into a comprehensive agreement covering all of the cloud services provided to the education institution
  – Consider how providers may use anonymized data
  – Conduct due diligence into the cloud service provider’s practices with respect to student data
COPPA Issues

• Information on children under 13 do the following:
  – Provide parental notice of their information practices
  – Obtain prior parental consent for collection, use, and/or disclosure of personal information from children
  – Empower parents, upon request, to review the personal information from their children
  – Provide a parent with the opportunity to prevent further use of personal information that has already been collected or the future collection of personal information from that child
  – Establish and maintain reasonable procedures to protect the confidentiality, security, and integrity of personal information

• To the extent that data analytics services collect information directly from school children or enable the tracking of school children based on their interactions with the cloud service, COPPA obligations would apply
and yet....

- 25% of districts inform parents of their use of cloud services
- 20% of districts fail to have policies governing the use of online services
- 25% of the agreements specify the purpose for disclosures of student information, fewer than 7% of contracts restrict the sale or marketing of student information by vendors, many allow vendors to change the terms without notice
- The majority of cloud service contracts do not address parental notice, consent, or access to student information
- School district cloud service agreements generally do not provide for data security and even allow vendors to retain student information in perpetuity with alarming frequency

Source: Fordham Law Center (2013)
Encrypting Documents

Keeping Information Safe and Confidential
Encryption – Is BETTER!

• 128 bit is ok
• 256 bit security preferred
• Advanced Encryption Standard (AES)
  – Standard for U.S. Government
• HIPAA – not apply to schools
  – Personal Health Information (PHI)
  – Word processing files transmitted electronically
  – E-mail and texting between psychologist and school personnel, parents, and/or students.
Encryption

• Decide what needs to be encrypted
  – Folders and files with PII top priority
  – District policies on employee encryption
  – Check with district IT

• Encryption Program Types
  – Processing individual files and folders
  – Virtual Disk Drive
Keeping Google Docs Safe

• Keep Google account login secure
  – Use strong password
  – Enable two factor authentication
  – Possible use of hardware security key

• Encrypt documents before uploading
  – Can store but can’t edit files on Google Docs
  – Encrypt with Word
  – Encrypt with Boxcrypt
  – Encrypt with Veracrypt
How to Encrypt a Word Document

• Microsoft Office 2013 utilizes 128 bit encryption.

• Click on File tab and click on Info option.

• Screen will open and now Protect a Document box will be available.

• Clicking on Protect a Document box gives option to Encrypt with Password.

• Give a password for the document and verify it.
Encryption Options

• AxCrypt Premium
  – Secure files and folder
  – Secure files on cloud servers

• CertainSafe Digital Safety Deposit Box
  – Secure files stored on server
  – Files broken apart and stored on separate servers and encrypted

• Folder Lock
  – Encrypts files or locks them
  – Allows shredding of files
How Encrypt for the Cloud

• BoxCryptor – all OS + Mobile
• Boxcryptor.com – free version available
  – Can link to cloud drives (only 1 for free version)
  – Put files into boxcryptor folder which is linked to cloud storage
  – Drag and drop files to encrypt and store.
  – Within boxcryptor, able to open and close like usual.
How Encrypt for the Cloud

• BoxCryptor – all OS + Mobile
  – If try to access outside program for cloud, access is denied.
    • Right click, *Show in BoxCryptor* and able to open.
  – Option to provide others access with e-mail address
Other Encryption

• Cloud
  – Sookasa
  – Veracrypt

• USB Drives
  – Kanguru drives
  – SanDisk SecureAccess 3.0
    • Complimentary encryption
Words of Warning

- Pick a good password
- Pick a way to remember passwords
  - Encrypted Excel or Word file
- Check with company regarding encryption policy.
- Don’t put password of encrypted document in same e-mail in which document is attached.
Keep Accounts Locked Down

• Hardware Security Keys
  – Insert key into USB port after entering password

• Titan Security Key
  – Phishing resistant two-factor authentication
  – Second lock after password
  – Uses FIDO protocol (encryption)
  – Good on Google, Facebook, Twitter
  – $25-50 for key

• Others – Yubico & YubiKey
Cloud Storage Services

ADrive

CARBONITE
Storage of Records

• Differences among companies about how long the data can be stored and what information can be used by companies.
  – Pearson
  – Houghton Mifflin Riverside
  – PAR
  – MHS
  – Google G-Suites

• Look for privacy statements on websites
Scenario – Let Me Get That Down

• Student brings phone into testing session.

• School psychologist finds that student has been recording session.

• What is to be done?
Scenario - Issues

• Test security – federal copyright protection
  – Violation when any test materials are audio or video recorded.

• State law
  – Party requirement to agree being audio recorded.

• Follow-up with parent or student to address underlying reasons for recording
Social Media

• Should school personnel access student accounts?
• What ethical issues are involved?
• How would information gleaned from accounts help in providing services?
• What is the cost/benefit analysis of searching social media accounts?
• Some schools already monitoring accounts
• Access to student accounts
• Scan school-related cloud accounts
• Monitor student e-mail and chat
• Surveillance state
Social Media - Alternative

• Focus on how student is using social media
  – Browsing but not interacting – higher risk
  – Interacting with others and engaging – lower risk
  – Types of groups or sites spending time in
Social Media - Techniques

- Interview
- Phone usage metrics
- Media Use Survey
- Rating scales
Media Use Survey Screen

- Developed at Palo Alto University
- Short screener for social media usage prior to using apps in therapy
  - [http://www.m2health.paloaltou.edu/resources/](http://www.m2health.paloaltou.edu/resources/)

Hello! This is a preliminary survey on media use that is being tested on college populations prior to being made available to psychologists and psychiatrists. Please answer the following questions as though you were directed to the survey by a therapist.
Questions Social Media Policy Should Answer

• Why is the school issuing guidance for social media?
• Who monitors student social media sites?
• Should information found on student social media be used for evaluation purposes?
• What should school psychologists do if they discover or receive a report of inappropriate activity?
• How can school psychologists determine what constitutes confidential information?
Introducing Apps to Students

- Always get parent consent prior to having student use an app.
- Always check with district before recommending an app.
App Guidance

- Try technology out yourself first
- Know your clinical rationale
- Communicate your own enthusiasm
App Selection Considerations

• Solutions for Practice
  – Discuss limits with students – be clear, discuss how digital tools will be used and discuss frequency of contact between sessions
  – Stick to your commitments – following through on planned contacts, check in on use of digital tools, and use motivational skills to increase use as necessary.
  – Be aware – how does use of these tools impact your behavior, be aware of impact on student, and make adjustments if needed due to overreliance or behavioral concerns.
How Students Find Mental Health Apps

• Informal Sources of information predominate
  – Social Media (45.1%)
  – Personal Searches (42.7%)
  – Word of Mouth (36.9%)
  – Professionals (24.6%)

• Adoption of app
  – Ease of Use
  – Privacy and data security
  – Aesthetics

• Individual experiences

(Schueller et al., 2018)
Why Students Don’t Use or Stop Using Apps

• Do not Download
  – Cost
  – Lack of interest
  – Concerns about data collection

• Stop Using App
  – High data entry burden
  – Loss of interest
  – Hidden costs

Krebs & Duncan, 2015
Framework for Evaluating Apps
(Touros et al., 2015)

• **Foundational Tier** – Safety
  – App should not cause harm
  – Privacy and safety concerns – encryption
  – Minimum of transparent data policy
  – Many apps lack even basic private policy

• **Efficacy Tier** – apps that translate basic research into app
  – What theoretical framework is used and is it explained in app
Framework for Evaluating Apps
(Touros et al., 2015)

• **Ease of Use Tier** – consistent user experience.
  – Inquire how app being used by all parties (provider and patient)

• **Self-Actualized Tier** – data sharing fully interoperable and integrated with EMR.
  – Consent always required for this level of integration.
APA App Evaluation Framework

https://www.psychiatry.org/psychiatrists/practice/mental-health-apps
Sources for Apps Recs

• Beacon (https://beacon.anu.edu.au)
  – online directory of web-based mental health programs, websites, mobile applications, and internet support groups.
  – Comprehensive – includes anxiety disorders, depression, alcohol problems, physical activity, etc.
  – Includes ratings, expert reviews, and user comments
  – Not updated frequently
**Beacon** is your portal to online applications for mental and physical disorders.

A panel of health experts categorise, review and rate websites and mobile applications. These ratings are provided to you along with the site link and access information. Reviews of internet support groups are now also included.

Improve your health by undertaking programs that have been found to work!
- Alcohol
- Asthma
- Attention deficit hyperactivity disorder
- Autism Spectrum Disorder
- Bipolar Disorder
- Borderline Personality Disorder
- Cardiovascular disease
- Carers
- Depression
- Diabetes
- Disruptive Behaviour Disorders
- Eating Distress (Body image, Anorexia, Bulimia)
- Encopresis and Enuresis
- Epilepsy
- Gambling
- Generalised anxiety disorder
- Infertility
- Nutrition
- Obsessive compulsive disorder
- Pain
- Panic disorder
- Phobias
- Physical Health
- Physical activity
- Positive psychology
- Post traumatic stress disorder
- Psychosis
- Relationship issues
- Resilience
- Self Injurious Behaviour
- Sleep / insomnia
- Smoking
- Social anxiety
- Stress
- Substance abuse
- Suicidal ideation
- Support
- Tinnitus
- Traumatic brain injury
- Weight and Obesity
Depression Services

Filter by:

- Target Audience
- Access Type
- Smiley Rating

SHUTi (USA)

The SHUTi (Sleep Healthy Using the Internet) program is a fully automated, interactive, and tailored web-based program based on the well-established face-to-face cognitive behavioural therapy for insomnia. (English)

This Way Up - Depression Course

The course is designed to help in the management of symptoms of depression and is based on principles of cognitive behavioural therapy (CBT). (English)
App Reviews

Psyberguide (https://psyberguide.org/)

Three Criteria in Reviewing Apps

- Credibility Score – research base and interventions provided.
- Mobile App Rating Score – assesses design, accessibility of information, and overall experience app provides.
- Transparency Ratings – privacy policy and disclosure of data storage and collection procedures.
Psyberguide - Results for Anxiety & Stress apps

Help me find an App
- Platform: Any platform
- Cost: choose one or more
- Target Audience: Any Audience
- Target Conditions: Stress and Anxiety
- Treatment Types: choose one or more

FearFighter
- 4.30 out of 5
- Acceptable

WhatsMyM3
- 4.30 out of 5
- Acceptable

This Way Up
- 4.30 out of 5
- Acceptable

HAPPYneuron Pro
- 4.30 out of 5
- Acceptable
Ratings based on:
- Program Quality
- Source Credibility
- Privacy Explanation

http://mindtools.io/

Triple P Online

Triple P Online is a digital parenting program intended to help parents handle their child's behavior problems (discipline, compliance, oppositional behaviors). The...
Provides app reviews for child/adolescent oriented apps
• Mostly game and educational focus
• Search under Health & Fitness

Meditations for Kids

- age 4+
- Calming, kid-friendly exercises wash stress, anxiety away.
- Devices: iPhone, iPod Touch, iPad, Android (2018)
Clinical Uses of Mobile Assessments

• Use self-monitoring to notice patterns
• Uncover maintenance factors
• See if student symptoms reduce during treatment
Clinical Uses of Mobile Assessments

• Monitoring steps
  – Low behavioral activation is hallmark of depression.
  – Walking can decrease anxiety and depression symptoms.
  – Low physical activity and depression interact to increase cardiovascular disease risk.
My Fitbit Example – Activity Level

Graph 1: 30 day graph of steps, distance, and floors.

Graph 2: 30 day graph of time active (in hours), categorized as sedentary, lightly active, fairly active, and very active.
Clinical Uses of Mobile Assessments

• Monitoring sleep
  – Sleep is strong risk factor for depression
  – Anxiety can interfere with sleep quality
  – Delayed self-reports of sleep have been found to have questionable validity
More Wearable Tech

- MotivAider
- Revibe
- WobL
- E4 Wristband
App Interoperability

• Move beyond websites translated to apps.
• Tighter integration between health apps
  – IntelliCare Apps – 12 basic apps coordinated through a Hub
    • Targets common causes of depression and anxiety
    • Eg. sleep problems, social isolation, lack of activity, and obsessive thinking
    • Available on Google Play
    • [https://intellicare.cbits.northwestern.edu/](https://intellicare.cbits.northwestern.edu/)
Mood Panda

• Very quickly track mood (10-30s)
• Compare student’s happiness to other users’ happiness
• Can integrate with Fitbit and correspond with steps, eating, and sleeping
• Using App
  – Make sure to turn on Privacy Mode – otherwise student’s data will be shared by default.

https://www.moodpanda.com/
Mood Panda – Personal Example

Most of day to focus on presentation.

Good relaxed lunch and low stress day.

Getting ready for feedback with client. Successful day completing range of tasks.
Mood Panda – Personal Example

My Mood Graphs
My Mood Calendar
My Happy Times
My Unhappy Times
My Social History
My Panda Achievements

Analyse Daily
Show 0-10 scale

Hourly HeatMap
This will build as you post more updates

Dan F's Average Mood: 7.00
Wednesday October 10 2018
Mood Panda – Fitbit Integration

Fitbit steps and overall happiness
Based on your synced history

Fitbit sleep and overall happiness
Based on your synced history

Fitbit calories consumed and overall happiness
Based on your synced history

Source: Fitbit and MoodPanda
Mood Panda – Personal Example
Reviewing Progress with Student

• Discuss using app at beginning of each session
  – Stress importance of using the app between sessions

• Ways to review possible use:
  – Self-report, observations in the tool, dashboard
  – Reinforce use even if not perfect
  – If needed, discuss non-adherence to agreed use.
Smart Quit

GOAL SETTING

HELP WITH SKILLS

BEHAVIORAL TRACKING

What Matters

Once I Quit...

Support

My Quit Date

Friday, September 16, 2016

My Quit Mode

Next Steps

1. Make a Plan (Cont.)
2. Non-Smoking Exercise
3. Practice 3 times a day
4. Daily Training

 coal support as a Support Plan!

More they can help ensure into

Don’t Think

What would happen if I choose not to think about smoking? Let’s find out.

For the next 30 seconds, close your eyes and don’t think about smoking or smoking cigarettes. If you have any thoughts about smoking, fight to suppress them. Try this with your eyes closed.

What happened? If you are like most people, you tend to block out thoughts about smoking, the more the thought keeps coming, you may start to have an urge to smoke right now.

Did you know that people who try to avoid thinking about smoking are actually more likely to smoke? It’s true. Science shows that people who try not to think about smoking end up having MORE craving, smoke more than those who do not try to avoid thoughts about smoking. We have learned that the more you try not to think about something, the more powerful it becomes.

A Participant in our program said, “I started the program expecting it to help me stop smoking when I’m stressed, but I ended up praying and talking to God. Without knowing what was happening, my smoking rate dropped to a new low.”

We’ll keep your mind focused on what happens when you try to avoid thinking about smoking. Do you think you’re more likely to smoke if you try to avoid thinking about smoking? Remember, no amount of thinking about smoking will make you think about smoking less. Remember, no amount of thinking about smoking will make you think about smoking less.

Tomorrow you will start learning new ways to deal with those urges.
Stop, Breathe & Think

GUDIANCE USING SKILLS

TRACKING AND FEEDBACK

CENTER FOR m² HEALTH
Eating Disorder Apps

• Main functions
  – Provision of advice
  – Self-monitoring of eating habits
  – Self-assessment tools
  – Info transfer from client to clinician

(Fairburn & Rothwell, 2015)
Recovery Road

• Uses self-monitoring meals
• Incorporates
  – Positive reinforcement
  – Coping skills suggestion
  – Social support
  – Summative feedback
• 100,000 downloads in two year period
• Half of users were not receiving clinical treatment
• 33% not told anyone about eating disorder

(Tregarthen, Lock & Darcy, 2015)
Recovery Road

Your recovery journey companion

Evidence-based skills for healthy coping

Linking keeps your team on the same page

…and many more tools to help on your journey
Other Eating Disorder Apps

- Rise Up + Recover
Apps - Clinical

• FERPA/HIPAA does not apply to students
  – If student shares data from their app to school psychologist, it falls under FERPA/HIPAA guidelines

• Sample of apps to supplement therapy
  – CPT Coach – Veterans Affairs
  – Tactical Breather – Telehealth & Tech
Counseling Apps

• PTSD Coach – free app
  – Learn about and manage symptoms after a trauma
  – Screening tools
  – Tracking symptoms
  – Tools to help handle stress
Counseling Apps

• Suicide Safe - Free app
  – Suicide Assessment Five-Step Evaluation and Triage (SAFE-T) card
  – Crisis lines
  – Treatment resources

• Virtual Hope Box
  – Accessory for treatment for suicidal ideation
Recovery

- PAR’s Concussion Recognition and Response, previous concussion management as well as current impact information
- Mood monitoring app
- Allows tracking on variety of scales
Mental Health Apps

- NOT REVIEWED
- recoveryBox
- What’s My M3
- Stigma
- Realife Change
- MindShift
- What’s Up – A Mental Health App
- iCBT
- Cognitive Diary
Mental Health Apps

- NOT REVIEWED
- MoodKit
- Twenty-Four Hours a Day
- Quit That!
- Self-Help for Anxiety Management
- CBT Thought Record Diary
- Bipolar Disorder Connect
- IMoodJournal
- Happify
Mental Health Apps

- NOT REVIEWED
- MoodTools
- Lifesum
- nOCD
- Worry Watch
- Live OCD Free
- UCSF Prime
- Calm
- MY3
Get to Know Yourself

Mood 24/7 was developed by HealthCentral based on technology licensed exclusively from Johns Hopkins University to help you track your daily mood.

Sign up for free and pick a time of day to receive a text message. You can even share your results with doctors, family and friends in your trusted circle.

Are you a health professional? Register to follow others' moods.

Get Started

Health Pros Start Here

- **Text** from your phone
- **Track** your progress online

8:00PM
Mood247: On a scale of 1 to 10 what was your average mood today?
Gaming

• Efforts to incorporate gaming as way to increase motivation for treatment.

• Superbetter (https://www.superbetter.com/)
  – Focus on goal-setting and increasing resilience for range of disorders
  – Roekpeet et al. (2015) study
    • Very high dropout rate (>75%)
    • Significant reduction in depression
How SUPERBETTER WORKS

1. Future Boost
2. Quest
3. Epic Win
4. Keep setting Epic Wins...
5. Until you get...
6. You are a hero to others
7. You surprise yourself
8. You are stronger than you know

Next Challenge?

MY CHALLENGE

Getting SUPERBETTER means getting Stronger, so you can tackle ANY CHALLENGE
Intervention Websites
Prevention

• Class behavior management software for teachers
• iPad or Tablet administered
• Rewards and punishers
• Access and notification of parents
• Useful tool but observer bias can hinder effects
RTI Databases

• CBM tracking with reading and math focus
• Many free materials
• Cheaper online tracking than Aimsweb
• [https://dibels.uoregon.edu/assessment/reading](https://dibels.uoregon.edu/assessment/reading)
- Range of reading assistance materials for parents and professionals.
- Podcasts, newsletters and blogs available
- [https://www.readingrockets.org/](https://www.readingrockets.org/)
Why Khan Academy works

Personalized learning
Students practice at their own pace, first filling in gaps in their understanding and then accelerating their learning.

Trusted content
Created by experts, Khan Academy's library of trusted, standards-aligned practice and lessons covers math K-12 through early college, grammar, science, history, AP®, SAT®, and more. It's all free for learners and teachers.

Tools to empower teachers
With Khan Academy, teachers can identify gaps in their students' understanding, tailor instruction, and meet the needs of every student.

• https://www.khanacademy.org/
Treatment

• Several websites and apps available to assist in treatment of range of mental health concerns.
• CBT based intervention designed to prevent and treat depression.
• Identify and overcome problem emotions and develop good coping skills.
• 5 modules each taking 20- to 40-minutes to complete.
• Teach about mood and how to change it.
• Modules completed at own pace and through quizzes and exercises given feedback about mood and what results mean.
• [https://moodgym.anu.edu.au](https://moodgym.anu.edu.au)
Treatment

• **Camp Cope-A-Lot**
  – ages 7-13
  – Dr. Phil Kendall
  – CD and Online Interactive Tx
  – Anxiety focus
  – $200/$2000 fee + consumables
  – [https://www.copingcatparents.com/Camp_Cope_A_Lot](https://www.copingcatparents.com/Camp_Cope_A_Lot)
Treatment

• GoZen!
  – Ages 7-15
  – Series of animated videos
  – Focus on social-emotional learning
    • Stress, anxiety, worry, anger, perfectionism, etc.
  – $200 per user per year
  – https://gozen.com/
• Free resources for RTI
• Behavior intervention suggestions
• Academic intervention suggestions
• Modifiable forms
• Created by school psychologist
  – Jim Wright
• [https://www.interventioncentral.org/](https://www.interventioncentral.org/)
• Articles on mental health issues in children.
• Directed towards parents and includes mix of psychologists and celebrities.
• Weekly e-mail of recent stories available.
• https://childmind.org/
Milestone Tracker

• App and website
• For parents to track developmental milestones up to 5 years old

https://www.cdc.gov/ncbddd/actearly/index.html
Evidence for What Works in Education

We review the research on the different programs, products, practices, and policies in education.

Then, by focusing on the results from high-quality research, we try to answer the question “What works in education?”

Our goal is to provide educators with the information they need to make evidence-based decisions.

WWC Fact Check: Test Your Knowledge...
The WWC conducts research on interventions.

- True
- False

What’s New?
Subscribe to NewsFlash and stay updated!
• Collects and analyzes all education data for federal government

https://nces.ed.gov/
• Great resource for parent information on physical and mental health issues.
• App available for smart phones and tablets
• [https://healthychildren.org/](https://healthychildren.org/)

Trending Topics & Quick Links

- RSV
- Screen Time
- Winter & Car Seats
- Insurance FAQs
- Vaping Crisis
- Flu Prevention
- Symptom Checker
Treatment

• Cognitive Behavior Therapy
  – Trauma Focused – CBT - [https://tfcbt2.musc.edu/en](https://tfcbt2.musc.edu/en)
  – 10 hour free training with Certificate
Contact the Presenter

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