



## Walker Consulting

### Virtual Professional Development

These Virtual Professional Development offerings, for both professionals and paraprofessionals, are 1- or 2-hour orientation sessions, and subsequent 1-hour weekly group coaching sessions, on various topics new to the K-12 educational world we now find ourselves in. These sessions provide instruction and coaching for your staff in a number of skill sets:

- Providing telehealth social-emotional-behavioral services to students and families at home **(For more information see pages 2-3)**
- Teaching and supporting families to use Solution Focused approaches with students at home **(For more information see pages 4-5)**
- Helping families set up and use calming structures and processes with students at home **(For more information see pages 6-7)**



## **Walker Consulting**

### **GUIDANCE FOR SCHOOL-BASED MENTAL HEALTH/SEB SUPPORT STAFF PROVIDING VIRTUAL/TELETHErapy WITH CHILDREN**

Walker Consulting offers guidance and support to the school/district staff who are reaching out to the students and families at home. Our experienced clinicians deliver professional development for staff using on-line approaches to support students and families at home.

This virtual professional development includes an on-line 1.5-hour orientation session and 1-hour coaching and consultation sessions for groups of staff.

#### **DESCRIPTION**

The orientation session and subsequent coaching and consultation provide information and skills for staff in virtual telehealth services and guide these staff in supporting children. The program is organized in four segments: 1) Preparing to Provide Telehealth Services, 2) Engaging with Families as Partners in the Process, 3) Preparing Children for Virtual Counseling/Therapy, and 4) Conducting Virtual Counseling/Therapy Sessions with Children.

#### **1. Preparing to Provide Telehealth Services**

- Ensure you have an appropriate platform to maintain confidentiality
- Consider the special challenges and opportunities of the on-line environment
- Establish appropriate expectations for yourself
- Prepare to rethink and reset the logistics; e.g., frequency and length of the sessions
- Consider how to start and end each session with particular students

#### **2. Engaging with Families as Partners in The Process**

- Explain the virtual service to the family
- Define the important roles of the family before, during and after the sessions

- Discuss an appropriate space in the home for the session
- Collaborate with the family in scheduling the sessions

### **3. Preparing Children for Virtual Counseling/Therapy**

- Set appropriate expectations with the child
- Discuss the child's role in the sessions
- Define with the child the use of the space, time and other logistics

### **4. Conducting the Sessions**

- Use strategies appropriate in the virtual environment for engaging the child
- Set the agenda for the session with the child
- Check-in with the child and help the child focus
- Manage the pace of the session and control the time
- Provide the child with appropriate reminders
- Before ending the session, discuss what comes next; e.g., next session, transitions

#### **EXPECTED OUTCOMES**

With this orientation and subsequent coaching and consultation, school staff should develop the understanding and skills needed to effectively provide virtual counseling/therapy for children at home.

*For over 25 years, Walker Consulting has been collaborating with organizations to develop high-quality educational services and settings for students with significant social, emotional, and behavioral challenges. We offer a wide range of consulting services to schools, districts and other organizations in Massachusetts and surrounding states.*

*To speak to someone about how Walker Consulting can address your organization's needs, please contact [John Verre](mailto:jverre@walkercares.org), Director of Walker Consulting at 781-292-2178 or [jverre@walkercares.org](mailto:jverre@walkercares.org)*



## **Walker Consulting**

### **GUIDANCE FOR SCHOOL-BASED MENTAL HEALTH/SEB SUPPORT STAFF HELPING FAMILIES USE A SOLUTION FOCUSED APPROACH WITH CHILDREN AT HOME**

Walker Consulting offers guidance and support to the school/district staff who are reaching out to students and families at home. Our experienced educators and clinicians deliver professional development for staff – professional and paraprofessional – in helping families use a Solution Focused approach in their homes.

This virtual professional development includes a one-time on-line 1.5-hour orientation session and weekly 1-hour coaching and consultation sessions for groups of staff.

#### **DESCRIPTION**

The orientation session and subsequent coaching and consultation provide information and skills for staff in Solution Focused approaches and guide these staff in supporting families support their children. The program is organized in four segments: 1) Understanding Solution Focused Approaches; 2) Helping Families Learn Solution Focused Approaches; 3) Helping Families Teach Children Solution Focused Approaches; 4) Helping Families and Children Use Solution Focused Approaches.

#### **1. Understanding Solution Focused Approaches**

The Consultant explains Solution Focused approaches:

- The definition of Solution Focused practice
- The philosophy and critical perspectives of Solution Focused practice
- The relationship to other behavioral approaches
- The key components

## **2. Helping Families Learn Solution Focused Approaches**

The Consultant explores how staff can support families learning Solution Focused approaches:

- Understanding how to engage families
- Distinguishing between the Solution Focused approach and a Problem Solving approach
- Clarifying the roles of the child and the family member
- Defining how families would use Solution Focused approaches to help children at home

## **3. Helping Families Teach Children Solution Focused Approaches**

The Consultant describes how staff can guide families teaching their children Solution Focused approaches:

- Practicing strength-based and positive language
- Using virtual role-playing
- Discussing real situations

## **4. Helping Families and Children Use Solution Focused Approaches**

The Consultant provides guidance to staff as they support families using Solution Focused approaches with their children:

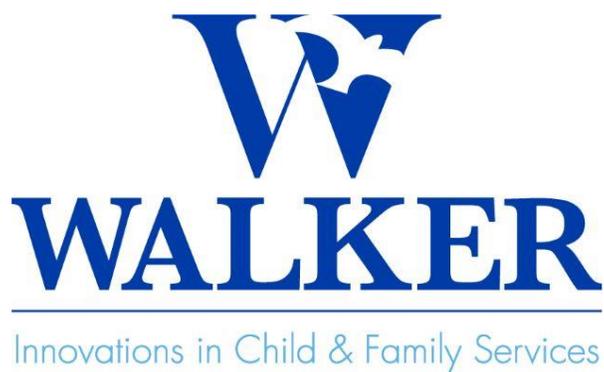
- Reviewing and discussing individual children, the behaviors, and family practices
- Developing and adjusting plans for individual children
- Accepting and addressing the families' real challenges

### **EXPECTED OUTCOMES**

With this orientation and subsequent coaching and consultation, school staff should develop the understanding and skills needed to effectively support families using Solution Focused approaches with their children at home.

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## Walker Consulting

### **GUIDANCE FOR SCHOOL-BASED MENTAL HEALTH/SEB SUPPORT STAFF HELPING FAMILIES SET UP AND USE CALMING AREAS AT HOME**

Walker Consulting offers guidance and support to the school/district staff who are reaching out to the students and families at home. Our experienced educators and clinicians deliver professional development for staff – professional and paraprofessional – in helping families set up and use Calming Areas in their homes.

This virtual professional development includes a one-time on-line 1.5-hour orientation session and weekly 1-hour coaching and consultation sessions for groups of staff, and an on-line Calming Area Guide for Families.

#### **DESCRIPTION**

The orientation session and subsequent coaching and consultation provide information for staff about Calming Areas as a social-emotional-behavioral support and guides staff in supporting families in important development activities: 1) Understanding the Purpose of the Calming Area, 2) Locating and Setting-Up the Calming Area, 3) Preparing Children to Use the Calming Area, 4) Establishing the Calming Area Process.

#### **5. Understanding the Purpose of the Calming Area**

The Consultant defines the purpose of a Calming Area at home:

- Considers which children need and might benefit from using the Calming Area
- Facilitates understanding of how the Calming Areas might help these children

#### **6. Locating and Setting-Up the Calming Area**

The Consultant explores the many critical family activities required for an effective home Calming Area:

- Identify an appropriate location in the home
- Design and equip the area
- Find materials and supplies that may be useful
- Select the auditory, visual, and tactile tools that may be needed

## 7. **Preparing Children to Use the Calming Area**

The Consultant explains how families can adequately prepare children to use the Calming Area:

- Use a specific approach to planning with the children
- Teach the children about the purpose
- Engage the children in the creation of the Calming Area
- Provide children with important reminders

## 8. **Establishing the Calming Area Processes**

The Consultant provides guidance for implementing appropriate processes:

- How a Calming Time is initiated
- Developing and using a menu of calming tools
- Establishing the role of the parent/caretaker during a Calming Time
- How to finish a Calming Time and what to do next

### **EXPECTED OUTCOMES**

With this orientation and subsequent coaching and consultation, school staff should develop the understanding and skills needed to effectively support families in setting up and using a Calming Area for their children at home.

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