

Pediatric Psychiatry ECHO®

Session 7 Notes and Resource Sheet



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DIDACTIC PRESENTATION

“Crisis Services”

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[Recording](#)

[Presentation Slides](#)

CASE SUMMARY

We explored the case of a 16 y/o F in 11th grade with a 504 plan. She is an only child that lives with mom and dad, who is transgender female, in a small trailer. Patient is experiencing anxiety, depression, and many social and academic concerns since the pandemic, including serious school refusal issues. She is falling off track to graduate due to low number of earned credits. School staff have been very involved, provided a plan to recover summer school credits, and helped to explore other options to proceed on a path towards high school completion. Patient is seeing a counselor in an outpatient setting and on 20 mg of Citalopram daily.

KEY QUESTION(S)

Are there any additional med recommendations?
What else can be done about school attendance?

CLARIFYING QUESTIONS

When did school refusal start, did she have this issue in elementary school?

It seems that the school refusal is not a new issue as she is behind course with credits to graduate.

Does she use cannabis?

No.

Dad is trans masculine. Is she facing any peer stresses regarding that?

She says this is not an issue for her.

How effective are parents in setting expectations?

Parents are supportive and involved but are also at a loss as to what to do. At times, she will miss the bus, and they leave her at home as they both have to get to work. They do get her to appointments, have pursued counseling and attend and participate in meetings at school.

KEY RECOMMENDATIONS – Academics

Explore virtual school options, public high school is not for everyone.
Maine Virtual Academy : <https://meva.k12.com>

Consider Wayfinder Schools Program for students that find it difficult to thrive in a traditional school setting. <https://www.wayfinderschools.org/admissions>

KEY RECOMMENDATIONS – Academics (cont'd.)

Maine Adult Education: Students must be at least 16yo to enroll in any of their programs.
[Adult Education | Department of Education \(maine.gov\)](#)

Count ME In is a good resources for parents and providers regarding school attendance.
<https://countmeinmaine.org/newsite/our-services/>

Consider tutoring as an option. If she is willing to sit in the guidance office, provide the tutoring in that setting.

KEY RECOMMENDATIONS – Mentor/Peer Support

Find a champion adult at school or elsewhere that could spend more time with her.

She may be eligible for services that would connect her with a peer. Statewide Peer Support Network:
<https://www.mainehealth.org/Maine-Behavioral-Healthcare/Services/counseling-Therapy-Services-Adult-Child/Peer-Support/Youth-Peer-Support-Statewide-Network>

KEY RECOMMENDATIONS – Family Support

Take a compassionate approach, and be mindful when offering guidance for the parents. Work with parents, “school is her job,” set expectations.

Family could apply for Katie Beckett Insurance -to cover services private insurance may not cover (peer support, case management, in-home support). <https://www.maine.gov/dhhs/ocfs/support-for-families/childrens-behavioral-health/katie-beckett-option>

ADDITIONAL RESOURCES

The School Avoidance Alliance is dedicated to sharing expertise, evidence-based and best practice interventions, school avoidance facts, strategies, and resources, to help kids with chronic school absences & school avoidance get back to learning. <https://schoolavoidance.org/>

School Refusal Assessment Scale:
<https://schoolavoidance.org/wp-content/uploads/2021/11/SRAS-interactive-pdf-004.pdf>

You may always reach out for a consult through the MPBHP access line 1-833-672-4711.