



# Alice Peck Day Memorial Hospital

## *Rx for School Success*

*Coaching your child to better learning and health*

### Frequently Asked Questions

#### Overview of the Program

At some point during their school years, most children experience challenges with their learning. When this happens, it can often make them wonder if they are smart or not. The more children worry, the harder it is for them to feel good. Children who have certain protective factors in their lives are more likely to bounce back if school work seems too difficult. They are also more likely to have hope for the future. Children that do not have many protective factors often give up. They can also find themselves physically and emotionally worn out. Sometimes they turn to people and things that are not healthy for them.

Alice Peck Day Hospital (APD) and the Center for School Success (CSS) have partnered to address this issue. CSS is a local non-profit education organization that specializes in helping children link how they learn best with strategies that will make schoolwork easier. Together, APD and CSS have developed a pilot program called Prescription for School Success (*Rx for School Success*) which will be offered at APD's Community Care Center from July 2016-June 2017. The *Rx for School Success* program helps children and adolescents who are experiencing learning challenges.

#### Why is my child being asked to be a part of the program?

Here is how your doctor will decide if a child will benefit from the program:

- Child is between 9-19;
- Child's pre-screener score shows high or medium risk; or the doctor knows from past history the child would benefit due to longstanding school-related concerns that are affecting his/her health;
- Child does not have an existing diagnosis; no IEP or ineffective IEP;
- Child does not qualify for special services (extra help) but may have a 504 Plan;
- Child is underperforming (not doing as well as s/he should be/is capable of); this could mean for example, that the child is getting good grades but may be working much harder than s/he needs to, or anxiety level of maintaining good grades is impacting health.

Through their responses on the Health and Learning Questionnaire, here are some typical areas that children have reported having difficulty:

#### Child

- is struggling to meet classroom expectations
- has had learning difficulties for more than one school year
- has a hard time following directions
- does not seem to remember information easily (e.g., math facts, spelling words)
- finds it difficult to express her/his ideas in writing
- can read the words in a textbook, but is unable to summarize what s/he has read
- works too quickly or too slowly on certain types of tasks





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- struggles to complete homework within the given time-frame
- does not always know what is important to study for a test
- has difficulty staying focused or is easily distracted
- has difficulty starting work, staying on task or finishing assignments
- is feeling sad, anxious or overwhelmed with school work

### Who are the Providers and Specialists on the *Rx for School Success* Team?

Each of the *Rx for School Success* team members specializes in working with children and adolescents. Each team member serves a unique role on the team.

- **Child's Provider:** Dr. Bachelder, Dr. Greer, Dr. Stephens and Dr. Williamson serve as the team leaders. They identify among their patients those who are struggling in school with the assistance of the health and learning pre-screener, as well as conversations with you and your son/daughter.
- **The Program Coordinator:** Nancee Tracy is the point person for the entire team. She is the main contact for the program. She will talk to your child's doctor about team recommendations, make appointments with the Specialists and answer any questions you may have. Phone: (603) 442-5995; Email: [tracyn@apdmh.org](mailto:tracyn@apdmh.org).
- **Team Specialists:** Dr. Addante, Dr. Atkins, and Ms. Reed are the team Specialists. Your child may meet with one or more of them individually while participating in the program. Their role is to explore your child's learning strengths and challenges. They will also develop strategies and coach your child to help make school work easier and less stressful.

You can read more about each Specialist from the link on the APD website:

[http://www.alicepeckday.org/services/primary\\_care/rx\\_for\\_school\\_success/](http://www.alicepeckday.org/services/primary_care/rx_for_school_success/)

Together, the team members work to better understand how your child learns best and how they can help your child be more successful in school. In some cases, the Specialists may also talk to/or meet with a person from your child's school to help coordinate a plan of action or advocate on your child's behalf.

All team members meet on a regular basis to discuss children's progress. A shared electronic medical record system keeps track of all important information regarding care provided by the team members.

Overall, being a part of the *Rx for School Success* program will hopefully make your child more happy and healthy overall.





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### **How often will my child have an appointment with an *Rx for School Success* Specialist?**

It all depends on each child's needs. Typically we expect to see a child at least 4-6 times. The time between appointments can vary from 2-4 weeks. They are held at the Community Care Center, Monday-Thursday from 3:00-5:30pm.

### **How long will the appointments last?**

- Initial Session: The first meeting will be 30-45 minutes.
- Follow up sessions: Follow-up sessions are scheduled for 20-30 minutes.

### **What will my child learn in the program?**

Initial Session: The first meeting will be 30-45 minutes. The Specialist will talk with your child about his/her school experience, go over the results of the questionnaire, talk about how the program might work for your child at this time, and whether or not your child would like to participate. Any of the three Specialists may meet with a child for the first appointment. The Specialist will then consult with your child's provider to determine which Specialist would be the best match for your child's needs at this time.

Follow up sessions: Each 20-30 minute follow-up coaching session includes three steps to success:

- **Identify and build greater awareness** of the child's learning strengths and challenges;
- **Link your child's strengths and challenges** to the his/her school experience;
- **Develop a Prescription (*Rx*) for School Success:** Together, your child and the Specialist will identify an area for your child to take action between sessions. S/he will be asked to try applying a strategy and practice the skill of using it independently (or with assistance at first).

### **Will any information about what happens in an appointment be shared with parents?**

At the end of each session you will be invited to learn what was discussed. You will have the opportunity to ask questions and also to find out how you can support your child's efforts. Notes from each session will become part of your child's medical record.

We are also working on offering free workshops and resources for parents that cover topics typically discussed in coaching sessions (e.g., how to manage weak attention/memory; homework battles; emotional impact of learning differently).

### **Will any information be shared with my child's school?**

We are happy to share information about coaching sessions with your child's school and actually encourage this opportunity to make sure strategies are consistent (home and school).





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### **Why are coaching appointments only held during after school hours?**

Our Specialists have other commitments, often in area schools. We also don't want to pull children out of school, for a school-related appointment.

### **How do I make an appointment?**

The program runs Monday, Tuesday, Wednesday and Thursday 3:00-5:30 pm. Nancee Tracy, the Program Coordinator, is the point person for the entire team and is the main contact. She will talk to your child's doctor about team recommendations, make appointments with the Specialists and answer any questions you may have. **Phone: (603) 442-5995. Email: [tracyn@apdmh.org](mailto:tracyn@apdmh.org).** If you need to cancel an appointment for any reason, please try to do so **at least 48 hours in advance** and contact Ms. Tracy, **NOT the Community Care Center.**

### **Can a parent make an appointment to meet with a Specialist separately?**

Yes. Contact Nancee Tracy, the Program Coordinator.

### **Can I drop off my child or should I stay in the waiting room during the appointment?**

Yes, after the first meeting you can drop your child off, but do be mindful that we try to keep within the scheduled appointment times and expect that someone will be waiting for the child when the appointment is done so we can share what was discussed.

### **Is there any cost associated with my child participating in the *Rx for School Success* program?**

As a pilot program (July 2016-June 2017) that is being generously supported by several philanthropic organizations, all services being offered through *Rx for School Success* are being provided ***without charge*** to patients and their families.

