



Using Teletherapy to Bolster Student Mental Health

December 14, 2022

Presented by

Pola Morrison, M.S., LEP
School Psychologist
Mental Health Clinical Services Specialist



Moderated by

John Kelly, PhD Jeremy Glauser
School Psychologist Founder/CEO, eLuma

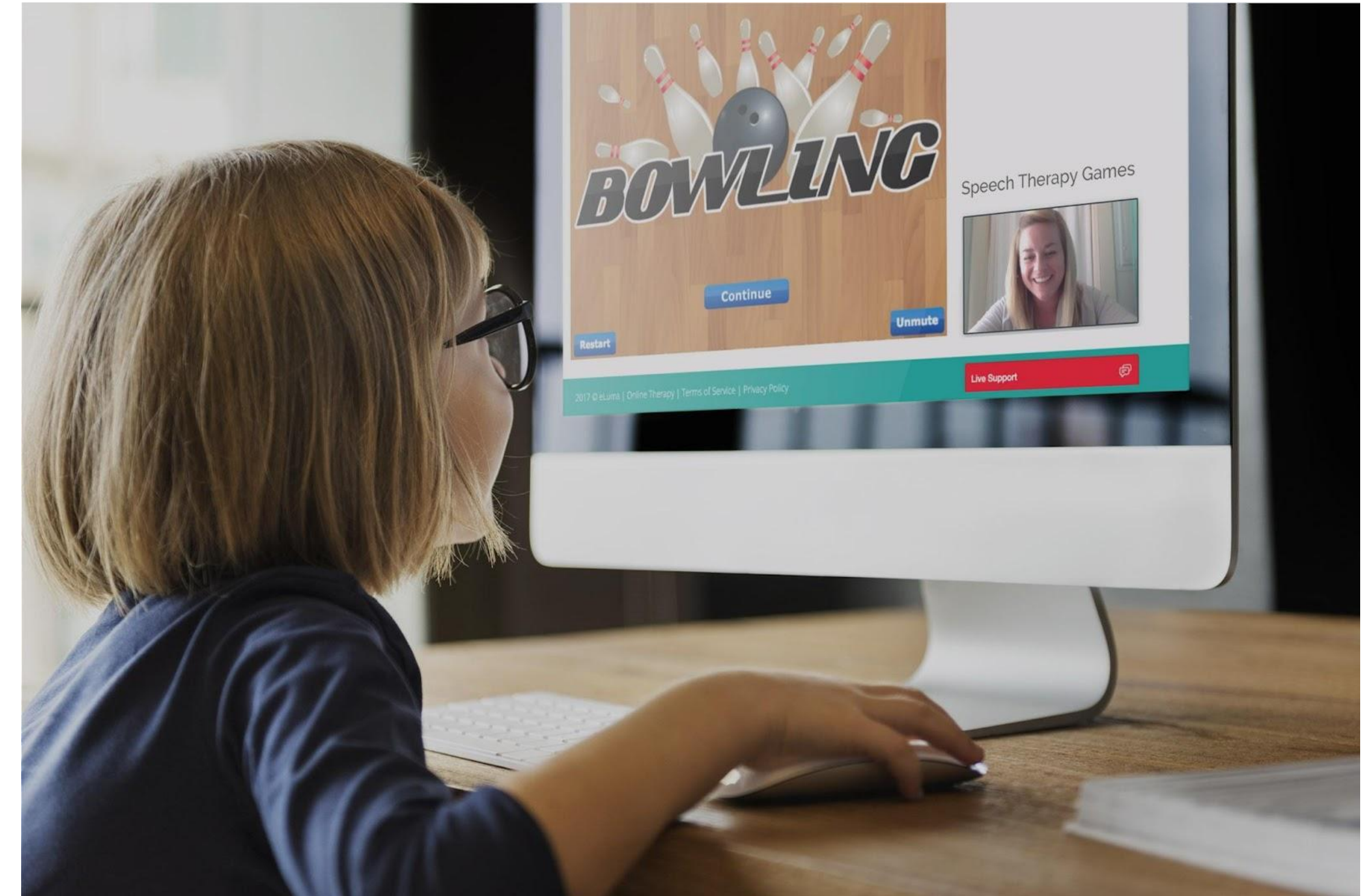
Agenda

Introduction	1:00 pm EST (5 minutes)
Presentation	1:05 pm EST (25 minutes)
Discussion	1:30 pm EST (20 minutes)
Q&A	1:50 pm EST (10 minutes)

Who is eLuma?

eLuma

- ▶ Dedicated to helping students achieve their full potential. We strive to provide a systemic solution in the areas of mental health and special education.
- ▶ Provides live services online with dedicated therapists
- ▶ Founded in **2011**
- ▶ Comprised of **300+ dedicated team members**
- ▶ Over **38,000 students served** in 36 states
- ▶ Twitter **@eLumaTherapy**
- ▶ Facebook **@facebook.com/elumatherapy/**



Want to learn more?

If you would like to learn more about how eLuma can help support your mental health, speech therapy, OT, and school psychology services, we invite you to schedule a demo.

eluma.com/consultation/

Exclusive for our webinar viewers, **we are offering a \$100 Amazon Gift Card if you schedule today.**

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eLuma Webinars.



This Webinar

A few facts:

- ▶ Part of the eLuma Special Education Webinar Series.
- ▶ Register for upcoming webinars or the entire series at: <https://eluma.com/webinars/>
- ▶ Recording link, Slide Deck and Certificate of Attendance will be sent after the webinar.



Upcoming Webinars
eLuma Mental Health & Education Webinar Series
Fall Office Hours With Dr. John Kelly

Nov 9 - Dec 14, 2022 / 1:00 PM EST

Watch in-person or on-demand

Presented by: **Jonathan Read**
November 9

Presented by: **Maurice Elias**
November 17

Presented by: **Jeremy Glauser**
December 7

Presented by: **Pola Morrison**
December 14



The Presenter: **Pola Morrison**



- Pola Morrison has been a bilingual school psychologist for 25 years in K-12 districts across the nation.
- Also has worked as an Accessibility Services Director in Higher Education.
- She has a longitudinal view of how special education supports individuals in education because she has worked with students from early childhood to adulthood.
- Her passion is to help innovate and collaborate with special education support services.
- She was a clinical services contractor with eLuma prior to stepping into her role as Mental Health Specialist in the Clinical Services Team at eLuma Online Therapy.

This presentation will address:

- What research has provided and what it hasn't
- What we learned from COVID
- Rethinking Mental Health
- Utilizing the eLuma Webinar series for advocacy
- Technology Advances to meet the needs

The Presentation

The Research

Prior to COVID 2015

Pew Research Center study indicate 92 percent of students go online daily. Often, school counselors are able to find and interact with students more easily in this virtual environment than in a brick-and-mortar school.

School Mental Health Conference - Webinar NCSMH
Creative Counseling Techniques for Virtual
Counseling

Telepsychotherapy Study

Feasibility and Effectiveness of a Telehealth Service Delivery Model for Treating Childhood Posttraumatic Stress: A Community-Based, Open Pilot Trial of Trauma-Focused Cognitive-Behavioral Therapy

2020, Vol. 30, No. 2, 274-289 ISSN: 1053-0479
<http://dx.doi.org/10.1037/int0000225Name, Title>

Qualitative Survey

“Finally, this assessment confirmed that this combined group counselling/teletherapy approach is considered by its adolescent users as an acceptable, strategic, and effective way to provide behavioral health services on a school campus.”

Journal of Family Strengths, 124/2020
<https://digitalcommons.library.tmc.edu/jfs>

What we learned



Troubleshooting during COVID





Let's "Rethink" Mental Health Services

- **One size does not fit all**
- **Expanding Wellness programs to Staff**
- **Contingency plans**
- **Emergency Plans**
- **Working with homeless population**
- **Continuity of services**
- **Funding Opportunities**



You can't solve a problem on the same level that it was created. You have to rise above it to the Next Level – Albert Einstein

New Solutions:

Hybrid and Traditional Models

New Tech

New Curriculum

New Training

The Discussion

Q&A

Upcoming Webinars



Universal Screening: Using Data to Determine Student Needs with Katie Eklund, Ph.D.

Wednesday, January 25, 2023 at 1 pm EST

*Register for this webinar and/or the entire series at: <https://eluma.com/webinars/>

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Thank You

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