

School Nurse Behavioral Health Consultation Service



To face the growing mental and behavioral health needs of students in light of the pandemic and beyond, the DHHS School Health Program has teamed up with the University of Nebraska Medical Center Tele-behavioral Health Consultation (TBHC) team at the Munroe-Meyer Institute to offer the School Nurse Behavioral Health Consultation Service, sponsored by the Nebraska Partnership for Mental Healthcare Access in Pediatrics (NEP-MAP).

With this new service, School Nurses will have access to expert behavioral health consultation with the goal of enhancing their practice and capacity to address the mental and behavioral health needs of students during this challenging time. There is no charge for using the consultation service.

Through this service, School Nurses may get more information on topics such as:

- Psychotropic medications (such as side effects and interactions to look out for)
- Best practices for students with anxiety, depression, or other behavioral concerns
- Developing an IHP
- Working with students, families, and staff members to support the student in optimal learning success
- Strategies to optimize student health and learning

Note: This is not an emergency service.

Consultation provided by: Dr. Terri Mathews from the Developmental and Behavioral Pediatrics Clinic at the Munroe Meyer Institute. Dr. Mathews is an Associate Professor at UNMC College of Nursing, a Pediatric Nurse Practitioner, Psychiatric Mental Health Nurse Practitioner and Licensed Psychologist. She has also worked as a School Nurse in Omaha.



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What it is: A free service for School Nurses in Nebraska to access expert consultation to address the mental and behavioral health needs of their students

How It Works:

- ✓ **Enroll:** School Nurses must first complete enrollment and agree to the Terms and Conditions
- ✓ **Access:** Once enrolled, the School Nurse may contact Dr. Mathews during weekly Office Hours (Tuesdays 2-4 pm beginning January 2021) via telephone or videoconferencing platform
- ✓ **Consult:** No personally identifiable health information should be shared. The School Nurse may describe topics of concern as academic topics or anonymous case studies (sharing observations with no identifiers)
- ✓ **Evaluate:** The School Nurse will be asked to anonymously evaluate the consultation.

For more information: Please contact Andrea Riley, RN at andrea.riley@nebraska.gov or 402-314-3292.



The School Nurse Behavioral Health Consultation Service is provided through partnership with Nebraska Partnership for Mental Healthcare Access in Pediatrics (NEP-MAP), the DHHS School Health Program, and University of Nebraska Medical Center Tele-Behavioral Health Consultation Team (TBHC).

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