

Counseling and Behavior tips for parents

Tips for Managing Behaviors for at Home Learning



Things You Can Do to Manage Your Child's Behavior at Home



Give your child positive reinforcement.



ex. TV time, call a friend, social media break, drawing break, toy time
Additional ideas: [direc.to/dtsL](https://www.direc.to/dtsL)



Praise good and appropriate behavior.



Link to replacement behavior video: [direc.to/dtsH](https://www.direc.to/dtsH)



Respond calmly if challenging behaviors occur.



Strategies for responding calmly: [direc.to/dtsE](https://www.direc.to/dtsE)



Choose a couple strategies to prevent challenging behaviors.



Strategies for preventing challenging behaviors: [direc.to/dtrd](https://www.direc.to/dtrd)



Help your child by breaking up their assignments into smaller sections.



This provides your child with small, frequent, and attainable goals.
Ways to break up assignments: [direc.to/dtsB](https://www.direc.to/dtsB)



Help your child understand their emotions and to self-calm.



Self-regulation tips: [direc.to/dtrg](https://www.direc.to/dtrg)

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Tips to Plan for Learning



Review your child's Individualized Education Program (IEP) and their Behavior Intervention Plan (BIP).



Communicate with your child's school and special education teachers.



Strategies and tips that provide support for specific behaviors - Allows to maximize learning and positive parent - child relationships. ([direc.to/dtra](https://www.direc.to/dtra))



Gather materials you need for all assignments.



Does your child need help completing assignments, or can they do it independently?



Find a quiet place for your child to be able to focus and remove distractions such as toys or a TV. ([direc.to/dtrT](https://www.direc.to/dtrT))

Set Your Schedule



Have consistent structures and routines. ([direc.to/dtrn](https://www.direc.to/dtrn))



Use a visual schedule. ([direc.to/dtrQ](https://www.direc.to/dtrQ))



Have a daily assignment list - this will also help monitor your child's progress.

Counseling as a Related Service

Students receiving counseling as a related service are often working on goals related to social skills, behavior, coping skills, or other areas connected to overall student growth and development. The following are designed to help service providers **identify ways they can continue to deliver supports to students through virtual or remote learning.**

Provide permanent product activities.

- packets
- use workbooks
- book study
- guided journaling
- products to turn in as homework for feedback or discussion

Consultation with parents (indirect service)

- Daily schedules to maintain routines
- Simple strategies (e.g., first/then, reinforcement breaks, use of choice, simple reward systems, etc.)
- De-escalation strategies, scripts, and tools
- Guided relaxation strategies, scripts, and tools
- Tips on talking to children about current health crisis
- Review coping skills that the student has been taught
- provide parents with suggestions on facilitating continued use

Recorded Content General Lessons

Counselor provides video lessons connected to areas of need for student to watch.

Recorded Content Individualized lessons

Counselor creates recorded lessons geared around personal student goals and messages of support.

Telephone calls

Text messages or other ‘chat’ communication (per local policy and parent permission

Teleconferencing (with or without video feed)



<https://rad.hhs.texas.gov/sites/rad/files/documents/acute-care/2020/2020-shars-covid-telemed-telehth.pdf>

SHARS Services Provided Through Telemedicine or Telehealth

Information posted April 9, 2020

Under Governor Abbott's Executive Order GA-14 dated March 31, 2020, "schools shall remain temporarily closed to in-person classroom attendance and shall not recommence before May 4, 2020." However, schools may continue to provide instruction using alternative methods of delivery.

If a school that participates in the School and Health Related Services (SHARS) program provides instruction to a Medicaid-eligible student during this time, the school may seek Medicaid reimbursement for SHARS services delivered through telemedicine or telehealth, assuming all other SHARS program requirements are met.

HHSC will allow reimbursement for the following SHARS services to be delivered via telemedicine or telehealth when school districts have moved to virtual learning or any other educational model outside of the traditional school-based location:

- Audiology services
- Counseling services (psychologist or Master's level clinician delivered)
- Occupational therapy
- Physician services
- Physical therapy
- Speech therapy

Telehealth and telemedicine services must be billed using modifier 95.

HHSC does not require the Individualized Education Program (IEP) to be amended for remote delivery of SHARS services. However, districts are advised to follow all Texas Education Agency guidance regarding IEP requirements.

Distant site telemedicine and telehealth providers must obtain informed consent to treatment from the patient, patient's parent, or the patient's legal guardian prior to rendering a telemedicine or telehealth service. Consent may be written or verbal, and must be documented in the student's medical records.

Providers can refer to the *Texas Medicaid Provider Procedures Manual, Telecommunication Services Handbook* for additional information about Texas Medicaid telemedicine and telehealth services.

For more information, call the TMHP Contact Center at 800-925-9126, or email the SHARS helpdesk at ra_shars@hpsc.state.tx.us.

Includes resources to connect families and teachers with educational supplements, home activities and mental well being supports during school closures.

- Resources and Activities for Mental Health
 - Mindfulness Activities
 - Counseling Information/Helplines
 - Supportive best practices for children and their adult caregivers
- Education Support
 - Links for online teaching resources
 - Links for virtual field trips and interactive live educational feeds
- Parenting Support
 - Supportive resources for parenting during COVID-19
 - School at home links for assisting their student
 - Family time activities
- Community Resources
 - Updates on local/state resources
 - Helpful links to local and state resource opportunities
- COVID-19 Updates
 - Limited to local or LEA specific
 - Cleaning and hygiene
- School and Community Spirit
 - #quaranteam features Region 2 school spirit and messages
 - #bettertogether includes ideas and efforts to support community spirit while maintaining social distance
 - #apartwestandtogether supports TEA and Texas Health and Human Services' initiatives



[ESC-2 FACES](#) & <https://www.facebook.com/ESC2FACES/>

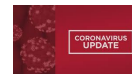
RESOURCES



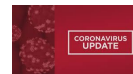
<https://sites.google.com/esc2.us/educationservicecenterregion2/home> COVID-19 ESC2 SPED resource website

<https://tea.texas.gov/texas-schools/health-safety-discipline/special-education-and-special-populations> TEA UPDATES

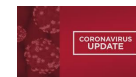
https://tea.texas.gov/sites/default/files/200415_accountability_guidance_final.pdf accountability



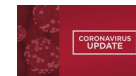
https://tea.texas.gov/sites/default/files/COVID%20WAIVERS_4-16-20.pdf waivers



<https://tea.texas.gov/sites/default/files/Emergency%20Child%20Care%20Guide%20for%20Schools.pdf> emergency child care



https://tea.texas.gov/sites/default/files/covid19_remote_counseling_and_student_support_april_14.pdf remote counseling



https://tea.texas.gov/sites/default/files/covid-19_-_at_home_learning_resources_april_7.pdf AT HOME RESOURCES



https://tea.texas.gov/sites/default/files/covid-19_section_504_april_2.pdf 504 FAQ

https://tea.texas.gov/sites/default/files/covid19_qa_tds_peims_guidance_april_14.pdf PEIMS



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