



## SPRINTING TO THE FINISH LINE

The end of the year is in sight. All we have to do is get past state and district testing, ESY eligibility, countless IEP meetings, progress reports, and tying up all those odds and ends. It can really cause some burnout if you aren't careful. I recently read a blog by Kathryn Williams, MS, CCC-SLP. She is the owner of a private Speech and Language private practice in California, and is also a certified compassion fatigue professional through the International Association of Trauma professionals. All of us who care deeply about our students can find ourselves paying a cost for caring so much. Ms. Williams describes this as compassion fatigue. She states "a consequence of possessing a strong sense of empathy, combined with repeated or prolonged interactions with people who have experienced trauma, compassion fatigue can have negative physical, emotional and cognitive effects." Ms. Williams sites five warning signs of compassion fatigue and suggests that we take steps early to stay healthy.

Warning signs include:

1. **Physical:** loss of endurance, strength or energy, as well as an increase in accident-proneness and/or physical complaints.
2. **Emotional:** reduced enthusiasm, increased irritability, and emotionally overwhelmed, possibly leading to shutting down or the desire to quit.
3. **Social:** inability to share in suffering, indifference, inability to be supportive to family and friends.
4. **Spiritual:** poor judgment and/or disinterest in examining one's own thoughts or feelings.
5. **Intellectual:** boredom or impaired ability to concentrate.

Tips to reduce or prevent symptoms of compassion fatigue include :

1. **Empower yourself and others.** Educate yourself and co-workers on the risk factors of compassion fatigue. Awareness is the first step toward change.
2. **Take care of yourself physically and mentally.** Include physical exercise, try a meditation practice, get out in nature, and discuss how you're feeling with a friend or professional.
3. **Try team-based interventions.** Following the guidelines of inter-professional practice, reach out to other professionals working with your clients, and collaborate with them to treat cases when appropriate.
4. **Set up environmental safeguards.** Promote and advocate for a healthy supportive work environment. Talk to a supervisor about taking such measures as staff inclusion in bereavement intervention, in-service sessions on self-care and handling compassion fatigue, and facilitation of peer-support networks.

Learn to recognize compassion fatigue symptoms and utilize the tips to make sure that your students get "the best of you rather than what's left of you."

CRA wants to support you in reducing stress and getting healthier! Join us in the race to good health by signing up on Go365 and joining CRA staff in earning points for cash rewards, **reducing stress**, and a getting healthier in the process. We are challenging everyone to make it to **Silver Status**.

Here are all the ways you can earn Points in Go365:

- Activities - Things you can do every day to get healthier
- Recommended Activities - Created just for you based on your Health Assessment responses
- Go365 Kids - Points for activities that are good for kids' health
- Challenges - Compete against friends and co-workers

While you can choose any qualified activity, here are popular activities you may complete to reach Silver Status in the first 12 weeks of your Go365 program year.

- Value Health Assessment (all sections) 500
- Bonus: Health Assessment 90-day completion (all sections) 250
- Bonus First step Health Assessment (once per lifetime) (all sections) 500
- Biometric screening completion 2,000

In healthy range biometric screening results:

- Blood pressure 400
- Blood glucose 400
- Dental exam 200
- Flu shot 200
- Daily fitness Points (over 12 weeks):
  - Two fitness facility workouts per week (10 Points x 24 workouts) 240
  - Complete an organized 5K walk or run 250
  - Calculators (x1)

There are even more points for family participation, so get the family involved and let's reduce stress, and improve our health!!

1. Online at Go365.com

- Sign into [www.Go365.com](http://www.Go365.com)
- Find the Health Assessment at the top of your Dashboard & complete all 6 sections of questions

OR

2. Sign into the Go365 App (available for download from the Apple Store or Google Play)

- Android users: Tap Go365 Health Assessment from the App menu (menu icon is the three lines in upper left corner of App)
- iOS users: Tap Go365 Health Assessment within "More Menu"



## CHECK IT OUT!!



Know any students who are blind, have low vision, or have a physical disability? Learn what the NLS program from the Library of Congress can do for them.

National Library Service for the Blind and Physically Handicapped.

<https://www.loc.gov/programs/national-library-service-for-the-blind-and-physically-handicapped>

Check out the Pinterest "School Based PT" by Therapy in Motion DPT for some great activity ideas

<https://pin.it/5ur2yaxgjesog>

Check out 50 Fine Motor Activity Ideas at

[WWW.GROWINGHANDSONKIDS.COM](http://WWW.GROWINGHANDSONKIDS.COM)

**3 WAYS HEARING LOSS AFFECTS SCHOOL-AGED KIDS**  
Hearing loss can affect children in a variety of ways across the age spectrum. Here are three areas of concern for school-aged children:

- 1. Communication**  
Children with hearing loss typically exhibit delays and/or difficulty with:
  - Skills involving language concepts
  - Fluency and comprehension
  - Reception (understanding) and expression (using) language
- 2. Academics**  
Children with hearing loss may have:
  - Problems in academic achievement, including language arts and vocabulary
  - Delays in development, reading, spelling, math, and problem solving
  - Lower scores on achievement and social skills
  - Greater need for involvement in special education or support classes
  - Increased need for support in the classroom
- 3. Social & Behavioral**  
Children with hearing loss may:
  - Have self-described feelings of isolation, exclusion, embarrassment, annoyance, confusion, and frustration
  - Behave in ways that prevent group activities
  - Act withdrawn or isolate
  - Exhibit lower performance on measures of social maturity
  - Have significant problems following directions

Hearing loss is treatable! If you suspect your child has trouble hearing, seek an assessment from a certified audiologist. Talk to your school, or find one at [www.audiology.org/audi](http://www.audiology.org/audi)

COMMUNICATION FOR ALL  
BETTER HEARING & SPEECH MONTH

AMERICAN SPEECH-HEARING ASSOCIATION

[Check Out these interesting courses for SLPs on CRA University. Free CEUs!!](#)

**Collaborative Consultation: Supporting Students with Autism in the Classroom**

Presented by Tara Warwick, MS, OTR/L

**Course: #4144 Level: Intermediate 1 Hour**

The purpose of this course is to provide tools and strategies for therapists in supporting inclusive classrooms. The course will incorporate evidence-based classroom supports for students with autism, highlighting Universal Design for Learning.

**Foundations for School Readiness: Embedding School Based OT into Elementary (Day 5)**

Presented by Melanie Wheeler, OTD, MS, OTR/L

[Check Out these interesting courses for OTs and PTs on CRA University. Free CEUs!!](#)

**Strengthening Students' Core Vocabulary for Powerful Communication**

Presented by Trina Becker, MS, CCC-SLP  
Tue, Apr 2, 2019 at 3:00 pm EDT

**Course: #8809 Level: Intermediate 1 Hour**

Do you struggle with choosing vocabulary for your students' augmentative/alternative communication (AAC) systems that will promote communication success across environments and communication partners?

**Maximizing Outcomes for School-aged Children with Hearing Loss: Audiology and speech/language pathology partnership**

Presented by Gail M. Whitelaw, PhD

**Course: #8750 Level: Intermediate 1 Hour**

This course will focus on information as the foundation to maximize outcomes for children with hearing loss when the audiologist and SLP work together as a team. The information addressed will assist the SLP in effectively accessing audiology input to support students/patients with hearing loss.

Audiology/Hearing Impaired

**Journey from Middle to High School: Language and Literacy Toolkit for SLPs**

Presented by Kathleen J. Abendroth, PhD, CCC-SLP

Thu, Apr 18, 2019 at 12:00 pm EDT

**Course: #8795 Level: Intermediate 1.5 Hour**

This is Part 2 of a two-part series. This course will provide a language therapy toolkit refresher for SLPs who work with students from middle to high school. It will focus on interventions that maximize motivation, foster resilience, and develop rapport with the adolescent population.

**OT and PT Support for Literacy in Schools**

Presented by Jean Polichino, MS, OTR, FAOTA

**Course: #2853 Level: Advanced 1 Hours**



**Course: #3845 Level: Introductory1 Hour**

This course will identify practical strategies OTs can use to embed population-based services within an elementary school setting. The strategies will be applied via Response to Intervention (RTI) / Multi-Tiered System of Support (MTSS) frameworks.

**Foundations for School Readiness: Executive Functioning in the Classroom (Day 3)**

Presented by Cara Kosciński, MOT, OTR/L

**Course: #3843 Level: Introductory1 Hour**

We use executive function skills to manage tasks we complete every day. They help us to decide what to pay attention to as well as help us to manage emotions and regulate behavior. This course helps therapists to understand executive function and learn activities to help children to succeed in the

**The 3 Biggest Stressors for SLPs and What to Do About Them**

Presented by Jessi Andricks, MS, CCC-SLP

Thu, Mar 14, 2019 at 12:00 pm EDT Starts in 15h 27m

**Course: #8781 Level: Introductory 1.5 Hour**

Many SLPs find themselves overwhelmed and stressed each day, which can lead to burn-out. This course focuses on why stress occurs, the 3 main causes of stress for many SLPs, and how to use mindfulness and positivity to reduce and manage stress.

**Language Literacy Learning for Diverse Students**

Presented by Carol Westby, PhD, CCC-SLP, Elizabeth Biersgreen, MS, CCC-SLP

**Course: #8767 Level: Advanced 1 Hour**

This course will (1) describe the nature of a "multiliteracies" approach to language literacy learning and development of self-identity, and (2) demonstrate how this methodology has been implemented with elementary school-age refugee children, English Learners, and children with complex communication disorders.

In order to support efforts to increase student participation and improve student performance in literacy activities, school-based occupational therapy and physical therapy practitioners must understand the sequence of literacy development, the scope of skills involved and the accessibility issues that can arise for struggling learners. Interventions appropriate for OT and PT at individual, group and systems levels will be discussed.

**Foundations for School Readiness: Sensory Regulation and Yoga**

Presented by Britt Collins, MS, OTR/L

**Course: #3253 Level: Introductory1 Hour** 412 Reviews

View CEUs/Hours Offered

This course will provide you tips and tools to integrate sensory regulation, yoga and mindfulness into the classroom for children of all abilities.



**Congratulations to CRA SLP**

**Alexandra Klos Prunchak M.S., CCC-SLP** for receiving the ASHA Award for Continuing Education (ACE)! Speech-Language Pathologists meet the requirements of the ACE through earning seven ASHA CEUs, which is the equivalent of 70 contact hours in a 36 month period. Alexandra is a CRA Teletherapist supporting Albuquerque Public Schools.

This is what Alexandra had to say "I am incredibly thankful that CRA included a subscription to [Speechpathology.com](http://Speechpathology.com) in my employment package. I take advantage of this subscription each chance I get-- school holidays, after school hours, and during my lunch breaks. I would not have been able to achieve the ACE without this benefit!" Congratulations Alexandra for not only receiving the ACE Award, but for your dedication to improving your skills through continuing education! You are a shining star!





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