**Artifact #9**

Mental Health Preventions

and Interventions

Spring 2009

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Lesson 11

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At my school we have a pre-referral team called CORE team, I can’t remember what it is called and I think they might have changed the name this year. It is basically where a teacher can sign up for a time each Wed. am to talk about a student that they have concerns about. The guidance counselor, principal, school psychologist, and social worker are there to discuss the issues with the student, and brainstorm ideas of how to go about helping the student. I have brought students to CORE team before, so these would be my tips on pre-referral teams:



**Pre-Referral Team For Dummies**

1. Prepare, prepare, prepare

Before the meeting, prepare yourself by pulling the student’s cum folder and go through it all to familiarize yourself with where the student stands now, and in the past. Write down specific examples of what your concern is so you don’t forget when you are in the meeting. Think of things you have done in the past to intervene-have they worked at all?

2. Don’t forget to go to the meeting!

With so many meetings nowadays, make sure you write down the date and time of the meeting so you don’t forget. Regrettably, this has happened to me once before ☹

3. Keep an open mind

The people in the meeting might give suggestions that you might think will not work, or are too difficult to implement. You never know what is going to work with a specific kid. Since you signed up for this meeting, the things you are doing must not be working well.

4. Don’t take anything personally

Remember to focus on the student’s needs, not yourself feeling bad about not being able to help the student enough.

5. Let everybody share

Since there is a wealth of knowledge oozing out of the people on the team, make sure to let everybody share something during the meeting. As a teacher, I know I could talk forever about a specific student with examples etc, but that will really get me nowhere else than I have already been if I don’t listen to others.

6. Don’t be afraid to ask for help

If you are feeling overwhelmed with a situation with a student, be honest. This will make you more open to try and help the situation rather than just complaining about it.

7. Train periodically

If your team has been using the same format for a long time, think about getting trained with some new ideas during an inservice time, or at a conference.

8. Make a plan to follow up

Don’t just leave things hanging at the end of the meeting, even if you didn’t accomplish everything you wanted to. Assign certain things to team members and set up a time to meet back and report.

**References:**

**School-Based Intervention Team Resources Page**

<http://www.interventioncentral.org/htmdocs/interventions/sbit.php>

Has a great start up checklist for intervention teams at school.

**Intervention Central**

<http://www.interventioncentral.org>

This site has many downloads that look useful.