



**A Quick Recap** *Teacher Help* is an eHealth program that assists classroom teachers in providing evidence-based interventions to students in grades 1 to 12 with mental health disorders. Currently, *Teacher Help* focuses on a sub-group of mental health disorders called neurodevelopmental disorders. The three *Teacher Help* modules include: Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), and Learning Disabilities (LD). The Research and Development Team has been working to develop content and prepare for a Canada-wide randomized controlled trial testing the effectiveness of the program.

For more information check out our new website at [www.teacherhelp.ca](http://www.teacherhelp.ca)

## What's Going On Now?



### Engagement Efforts

This fall Dr. Penny Corkum (Principal Investigator of *Teacher Help*) had the opportunity to provide information about *Teacher Help* to interested school personnel across Canada. These efforts have helped to inform decisions regarding timelines and the logistics of the *Teacher Help* program and research study. See Page 2 for more information!



### Updated Timelines

Given fast approaching timelines and ethical clearance requirements, we have decided to adjust our research timelines. See Page 3 for more information!



### Changes to the Program

Based on our discussions with school personnel across Canada, we have decided to make some changes to the communication and support aspects of the *Teacher Help* program. Go to Page 2 for more information!



### Media

The *Teacher Help* website has been developed and a promotional video has been created. A special thank you to Jonathan Amyotte for developing the website, and to Martin Noel for putting together the video! Check out our website at [www.teacherhelp.ca](http://www.teacherhelp.ca) and our video at [www.teacherhelp.ca/resources](http://www.teacherhelp.ca/resources)

## Engagement Efforts

This fall, *Teacher Help* Principal Investigator, Dr. Penny Corkum, attended conferences across Canada. This offered a unique opportunity to provide information on the *Teacher Help* program and research study to school personnel in different provinces. Dr. Corkum met with interested school psychologists and school boards in;

- Halifax, NS
- Toronto, ON
- Calgary, AB
- Surrey, BC

These efforts have helped to inform decisions regarding timelines and the logistics of the *Teacher Help* program and research study, and several school personnel have indicated their interest in participating in *Teacher Help*.

**A huge thank you to Dr. Maggie Toplak, Dr. Judy Wiener, Dr. Michelle Schmidt, David Fainstein, and Kailyn Jones for all of their effort and support!!**



## Changes to the Program

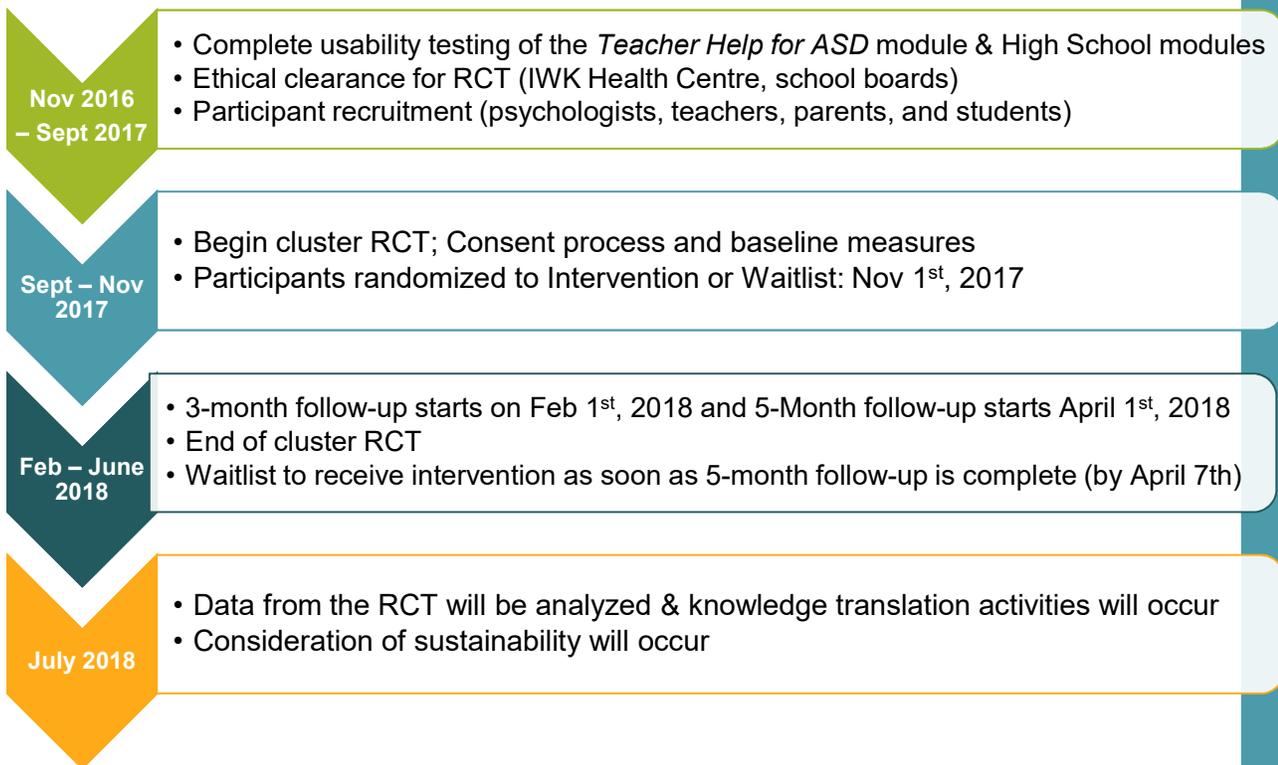
As part of our engagement efforts with school personnel across Canada, we discussed the logistics of the *Teacher Help* program operating within the school system. The main concern that was expressed by school personnel was the amount of time needed to maintain the Discussion Board and online support aspects of the program across all three

modules. Additionally, the ethical implications of having online communication occurring outside of school systems' firewalls was raised as a concern. When examining research previously completed on the *Teacher Help for ADHD* program, it was noted that use of these supports was much less than expected, and was not related to treatment outcomes for core ADHD symptoms. Given the concerns raised by school personnel and a review of previous use of the Discussion Board and online support, the Research and Development Team has decided to remove these features from the *Teacher Help* program and encourage teachers to access their school psychologists and school team through usual communication channels (i.e., face-to-face, school email, etc.).



## Updated Project Timelines

Despite our best efforts to stick with a January, 2017 timeline for the nation-wide RCT, the Research and Development Team has recognized that this timeline is no longer feasible given the research ethics process in Halifax, NS as well as the ethical and research review process required by many school boards across Canada. As such, we are planning to move our research study start date to the 2017 – 2018 academic year in order to allot time for this ethics process. Please see below for updated study timelines.



## What's Coming Up, and How Can You Help?



USABILITY STUDY  
RECRUITMENT  
BEGINS WINTER 2017

IF INTERESTED PLEASE  
EMAIL US AT  
[TEACHER.HELP@DAL.CA](mailto:TEACHER.HELP@DAL.CA)

### The Usability Study

Given that testing has been completed on the *Teacher Help for ADHD and LD* modules, the Research and Development Team decided to conduct usability testing on the *Teacher Help for ASD* module in winter/early spring of 2017. We will be looking for program stakeholders and end-users in Nova Scotia to review the content and provide feedback on the module. We will use this feedback to make any necessary changes prior to the nation-wide cluster RCT.

# The Randomized Controlled Trial

Our plan is to launch a cluster RCT in September, 2017. In preparation for this launch, we need to increase our visibility in order to recruit participants. The *Teacher Help* Team will use a combination of presentations, webinars, as well as engaging our partners and stakeholders to share information about the *Teacher Help* program and research study.

We believe that school psychologists are instrumental to delivering this program across Canada, and want to partner with them in bringing this resource into their schools!!

The goal for the cluster RCT is to recruit 45 school psychologists across Canada, who will then help to recruit teachers within their school system to participate. School psychologists will be asked to recruit 12 teachers. Currently, we are looking to engage school personnel who would be interested in participating in the upcoming RCT.

**Interested school psychologists can visit the website and click the “Get More Information” icon to be contacted about the *Teacher Help* program and research study.**  
[www.teacherhelp.ca](http://www.teacherhelp.ca)

## The Teacher Help Team

The *Teacher Help* Team represents a range of disciplines and institutions across Canada. In our Spring 2016 Newsletter we featured the Study Investigators as well as our Industry and Education Partners. You can find our Spring 2016 Newsletter on our website at [www.teacherhelp.ca/resources](http://www.teacherhelp.ca/resources). **For more information about the full *Teacher Help* Team go to our website at [www.teacherhelp.ca/team](http://www.teacherhelp.ca/team).** Check out the next page for our “In The Spotlight” Section, highlighting those who helped organize meetings this fall, as well as our web developer and videographer!

### New Staff & Students



**Matthew Orr, B.Sc (Hons)**

Matthew has joined the *Teacher Help* team as a research assistant to help manage the REDCap database. Matthew is a graduate student in Mount Saint Vincent University’s School Psychology program, conducting research focused on school psychology and technology. In September Matthew is starting his Ph.D with CorkumLABS in the Experimental Psychology program at Dalhousie University.



**Nicole Ali, B.Sc.H, B.Ed.**

Nicole is a Ph.D. student in Clinical Psychology at Dalhousie University. She has a degree in Elementary Education and has volunteered with children and youth with Autism Spectrum Disorders for several years. Nicole will be working on *Teacher Help*, specifically with focus on the ASD module, for her Ph.D dissertation.



# In The Spotlight



**Jonathan Amyotte**  
Senior Information Technologist  
Website Administrator  
Faculty of Computer Science,  
Dalhousie University  
Thank you to Jonathan for  
developing the website  
[www.teacherhelp.ca!](http://www.teacherhelp.ca)



**Martin Noel**  
Videographer, Light Technician,  
Sound Recordist  
Website: [www.martinnoel.ca](http://www.martinnoel.ca)  
Thank you to Martin for putting  
together the *Teacher Help*  
Information Video!



**Maggie Toplak, Ph.D. (Registered Psychologist)**  
Associate Professor,  
Department of Psychology at  
York University  
Core Member of the LaMarsh  
Centre for Child and Youth  
Research  
Website: [mtoplak.info.yorku.ca](http://mtoplak.info.yorku.ca)  
Thank you to Dr. Toplak for  
helping to organize a meeting at  
York University for interested  
school personnel about the  
*Teacher Help* program and  
research study!



**Judith Wiener, Ph.D. (Registered Psychologist)**  
Professor, Department of Applied  
Psychology and Human  
Development, OISE/University of  
Toronto  
Chair, Canadian Psychological  
Association (CPA) Section on  
Educational and School Psychology  
Website: [adhdld.com](http://adhdld.com)  
Thank you to Dr. Wiener for helping  
to organize a meeting at OISE for  
interested school personnel about  
the *Teacher Help* program and  
research study!



**David Fainstein, MASP**  
Certified School Psychologist  
School District 36, Surrey, BC  
Thank you to David for helping to  
organize a meeting in Surrey, BC for  
interested school personnel about the  
*Teacher Help* program and research  
study!



**Kailyn Jones, MASP**  
Ph.D. Candidate,  
School and Applied Child  
Psychology Program,  
University of Calgary  
Thank you to Kailyn for  
helping to connect us with  
potential school boards in  
Calgary, AB!



**Michelle Schmidt, Ph.D.**  
Director of Instruction, Student  
Support  
School District 36, Surrey, BC  
Thank you to Dr. Schmidt for helping  
to organize a meeting in Surrey, BC  
for interested school personnel about  
the *Teacher Help* program and  
research study!

*Thank you for all  
of your support!*