



Virtual Quick Care

Providing basic medical care visits in your child's school

What is Virtual Quick Care?

Virtual Quick Care offers convenient basic medical care appointments, virtually, to your child without having to leave their school or school building.

Who will see my child?

The clinic is staffed by a licensed medical provider who can provide basic medical care to your child and provide prescriptions, if needed, for antibiotics or medications to a local pharmacy.

What conditions can be treated with Virtual Quick Care? ●●●●●

Virtual Quick Care concentrates on non-life-threatening health conditions like common illnesses or minor injuries allowing the student access to care that can be difficult to obtain in the rural communities of Oklahoma. It also allows the student to remain at school and the parent or parents to get virtual notification of the need for evaluation but remain in their place of employment. By having a medical provider available it allows for a point of contact for triaging a student if a higher level of care such as an urgent care or emergency room visit is needed.

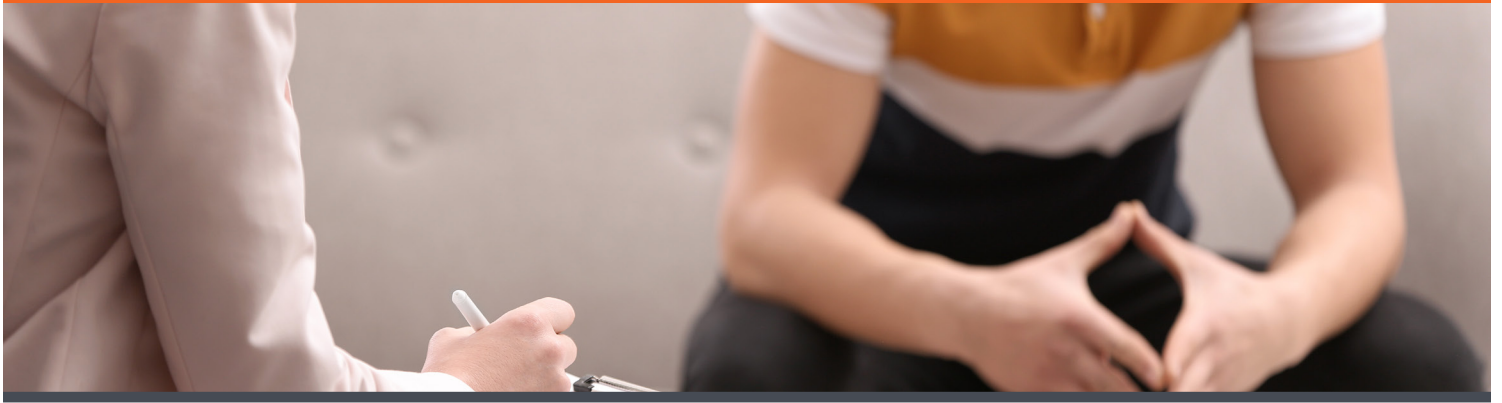
Virtual Quick Care is limited to minor health situations and is unable to provide comprehensive lab testing or imaging thus there may be times when your child may be referred to the appropriate level of care or 911 must be contacted for appropriate treatment.

Common complaints that can be treated:

- Cold and flu symptoms
- Insect bites
- Rashes
- Earache/ear infections
- Sore throat
- Nausea, vomiting, abdominal pain
- Pink eye
- Allergies
- Diarrhea
- Cough
- Mild to moderate fevers
- Skin infection

Common complaints that cannot be treated:

- Fractures or suspected fractures
- Lacerations or large open cuts
- High fevers
- Chest pain
- Stroke-like symptoms
- Weakness
- Extreme difficulty breathing
- Allergic reactions
- Pneumonia



Virtual CARE Clinic

School-based behavioral health therapy

OSU Virtual Counseling Access and Resilience Education (CARE) offers convenient behavioral health services to students within the district while keeping the child in school. Virtual CARE allows children access to licensed mental health professionals using a virtual platform. Our therapists work with the child, family and school staff to develop a collaborative treatment plan to teach effective behavior strategies, treat mental health concerns and build resilience.

Benefits for Students and Families

- Virtual appointments during the school day
- Family can connect with therapist through the virtual platform and don't have to leave work or home
- Appointments are delivered at no cost
- Supports improved behaviors at school
- Students gain coping skills to use in school and at home
- Work with members of the child's school and family to create solutions

Benefits for School

- Less class time lost from external appointments and absences
- Allows for school to be a safe space to access services
- Supports the needs of the whole child
- Helps identify cause of disruptive behaviors
- Therapist collaborates with staff to help reduce disruptive behaviors and improve mental health
- Works with students' living situation that may affect school success

Virtual CARE Services

- Help students dealing with trauma, grief, substance use, peer interactions and other identified concerns.
- Provide treatment planning and interventions for student's behavioral health needs.
- Educate students on healthy behaviors that increase ability to deal with difficult situations.
- Assist community mental health agencies and responders with crisis intervention and development of safety plans.
- Assist students, educators and families with mental health and wellness prevention.
- Provide services that are trauma-informed, welcoming and attentive to the needs of the child, family and school staff.
- Educate family members and school administration on interventions they can do when responding to behaviors.
- Help students de-escalate when agitated, anxious, angry or in other vulnerable emotional states.

Virtual CARE can help reduce the number of children visiting emergency rooms and urgent care for mental health services. However, it is not a mental health emergency service and anyone experiencing a mental health emergency should call 988. <https://988oklahoma.com/>