

April Newsletter



Meadowbrook Families,

As we get closer to the end of the school year, I thought that I would clarify what I do here at Meadowbrook School as the School Psychologist.

I have had the opportunity this school year to work directly with students. I deliver lessons teaching social-emotional skills in the classroom for the younger grades. I have also worked with small groups of students, based on teacher recommendations, to teach flexible thinking skills and strategies. I do check in with some students to offer strategies and help with difficulties students may be experiencing. These check-ins are brief, usually lasting no more than ten minutes. I have also been available throughout the school day when various situations arise or when a student needs to work through behavior or emotions. I do not provide intensive therapy services for students who are having more significant struggles, but I do have lists of resources that were put together by some of the School Psychologists in the Waukesha School District. It does not include every resource available, but includes many area resources. You would need to check with your insurance carrier to know who is covered. If you ask your teacher or me, we can provide that list for you. For clarification, a psychiatrist will meet with students briefly and can prescribe medication. A therapist or psychologist can work intensively with children and/or families to provide specific therapy services, which they are trained to do. Most therapists/psychologists specialize in specific areas and if you are interested, I would be more than happy to answer questions about outside resources. These outside resources provide more specific and intensive services that I am not able to provide. I have also talked with parents to determine if outside resources may benefit a student.

In addition to working with students, I also work with families when students are struggling. We have fantastic Meadowbrook teachers and parents and we work as a team to help students academically and behaviorally. We have worked to develop plans for students and may determine together if testing or other intervention is necessary. We put many interventions in place before we consider referrals and testing. We also work together to look at data which drives instruction and monitor student attendance.

Please let me know if you have any questions. I have enjoyed getting to know students and parents.

Carrie Gahan
School Psychologist