

To Get Started

Contact Information

You can reach out to the following person at your child's school to learn more.

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- ES/OSC** Mikaela Lee
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- HS** Josie Kirkpatrick
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Insurances Accepted



Currently, unable to accept the following insurance plans:

- Optima
- SHIP
- Aetna
- Humana
- WPS
- Tricare



Psychotherapy Center of Waunakee

Integrated School Services

The Lodi School District has partnered with the Psychotherapy Center of Waunakee (PCOW) to provide an integrated approach to school-based mental health services.

Integrated School Services

The goal of the Psychotherapy Center of Waunakee is to provide an integrated approach to meeting the needs of the students in Lodi. Our school-based programming is based on the following values:

1- *Universal Access*- All children deserve to have access to the help they need, including mental health services. This partnership helps your child have weekly or bi-weekly therapy right there in their own school.

2- *Simplicity*- PCOW and Lodi's partnership is an easy and seamless process from referral to intake to starting therapy. Once a school referral comes to PCOW, the goal is to have a two-week turnaround to starting therapy for your child.

3- *Integration*- A whole team approach includes regular contact with student clients, parents, student service staff, teachers, and psychotherapists to receive feedback, improve communication and provide services.



Referral Process

Once there is an interest in receiving school-based mental health therapy, the process is as follows:

- 1 Parents sign a release of information to start the process; online referral is sent in by school.
- 2 Family receives email from clinic to set up client portal to fill out online forms.
- 3 When forms are completed, an intake meeting with parents and student to create goals/ treatment plan is scheduled
- 4 Therapy sessions begin at the school with your child

Meet Our Therapists

Currently, the Lodi School District is served by Alison B. Barger (MS, ATR, LPC) and Bakir Abushhiwa (MS, LMFT). Alison's expertise is working with students who have stress, anxiety, depression, anger management, PTSD, ADHD, identity exploration, self-esteem, and social skills challenges. Bakir's expertise is working with people through depression, anxiety, trauma, relational stressors, eating disorders, behavioral problems, body image, grief and loss, and adjustment. Both Alison and Bakir work to find the correct approach to best meet client needs.

