



Partners with:



Family

Psychiatry Studio @ School & SEDOL Comprehensive Student Consultation (CSC) Pamphlet for Families

Introduction

Psychiatry Studio @School is proud to partner with the Special Education District of Lake County (SEDOL) to support students' mental health and wellness. In this document, we outline our process for leveraging our expertise in collaboration with schools to support student mental health. Together, we aim to provide an individualized plan to further support students with educational, emotional, and social growth.

Your primary point of contact throughout this process is your SEDOL educational team.

Please review the following information about our consultation procedures and process.

- 1 Executive Summary
- 2 Who Are We?
- 3 Our Mission
- 4 Our Values
- 5 Benefits
- 6 What to Expect
- 7 When to Request a Consultation
- 8 Conclusion

© Property of Psychiatry Studio

Meet the Psychiatry Studio @School Team

MOJGAN MAKKI, MD, DFAACAP

Dr. Makki, founder of Psychiatry Studio, is a double board-certified psychiatrist has 20+ years of experience in private, community, and academic settings, focusing on mental health, wellness, and teaching.



UROOJ YAZDANI, MD

Dr. Yazdani holds an M.D. from Chicago Medical School and a Master's in Education from Johns Hopkins University. As a former teacher, she brings extensive experience in child and adolescent mental health.



MARCIA LEIKIN, MD

Dr. Leikin, is double board-certified in psychiatry and has 30+ years of experience promoting mental wellness in youth and school consultations, collaborating with staff, families, and students to foster growth.



TINA MATTERA, MD

Dr. Mattera is a double board certified Adult, Child, and Adolescent Psychiatrist with extensive experience in inpatient and partial hospitalization care for youth. She also serves on boards that support specialized educational programs.



ELIZABETH AUGUSTINE, MD

Dr. Augustine is a board certified Child and Adolescent Psychiatrist who specializes in evaluating and treating children and adolescents, with particular expertise in emotional and behavioral concerns and learning disabilities.



LORI STURM

Lori has over 10 years of experience in special education with public school districts in Cook and Lake Counties. She is committed to collaborating with schools to support students and their educational teams effectively.



About Psychiatry Studio @School

1 Executive Summary

Mental health challenges such as anxiety, stress, poor concentration, and low mood are prevalent among children and adolescents, often leading to academic and behavioral difficulties. Schools play a crucial role in promoting student well-being, identifying concerns, and addressing them. Psychiatry Studio

@School offers a comprehensive, evidence-based approach to mental health support. We collaborate with staff and administration at SEDOL to provide consultations, implement interventions, and foster a positive learning environment.

2 Who Are We?

Psychiatry Studio @School is a team of clinicians and staff dedicated to empowering educators and school districts like SEDOL to create a holistic approach to mental health care. With over ten years of collaboration with SEDOL, and participation

in numerous consultations, we are honored and committed to continue this strong relationship and enhance the mental well-being of children and adolescents in the educational environment and the community.

continued ➤

3

Our Mission

Our mission is to empower SEDOL to provide accessible, culturally responsive, and effective mental health support for all students. We believe that fostering mental health is essential for academic success, personal growth, and overall well-being.

4

Our Values

- ❖ Foster relationships and collaboration with school teams, students, families, and community partners.
- ❖ Understand and respect the unique cultural needs of each school and student.
- ❖ Educate students and families to reduce the stigma surrounding mental health and normalize conversations about mental health wellness and conditions.
- ❖ Providing behavioral health resources and support for students and their families in the community.

Psychiatry Studio @School Comprehensive Student Consultations (CSC)

The Psychiatry Studio @School team of medical doctors and professional staff provide comprehensive mental health consultations for at-risk students attending SEDOL. These consultations serve as a valuable tool for identifying and addressing concerns that may be impacting a student's social, emotional, or academic growth, while also strengthening the partnership between the school, families, and the community to support the student.

5

Benefits

Our comprehensive consultation process provides a range of benefits:

- ❖ *In-depth Understanding:* Gain a deeper understanding of your child's unique strengths and challenges.
- ❖ *Root Cause Identification:* Identify the underlying causes of problematic behaviors observed at school and home.
- ❖ *Mental Health Consultation:* Determine potential mental health conditions contributing to these behaviors.
- ❖ *Personalized Support:* Develop evidence-based strategies and recommendations for support at school and home.
- ❖ *Collaboration:* Strengthen communication and collaboration between families, SEDOL, and the broader community.
- ❖ *External Connections:* Facilitate connections with external mental health providers when necessary.
- ❖ *Supportive Network:* Establish a robust network of support to ensure your child's success.

continued ►

6

What to Expect

Each consultation can be conducted in person, remotely, hybrid, or even at the student's home if needed. The consultation enables us to create a personalized plan that addresses the student's unique needs and fosters a positive school experience.

The consultation process includes:

- ❖ Initial data gathering from family and school
- ❖ An in-person meeting at the student's SEDOL school location
 - Meeting the students' educational team
 - Meeting/Observation with the student
 - Meeting with the family or guardian
- ❖ Report Completion
- ❖ Follow-up and support in 6 months, or earlier if necessary

7

When to Request a Consultation

- ❖ Student continues to struggle emotionally and/or academically
- ❖ Safety concerns
- ❖ Trauma concerns
- ❖ Educational Team identifies behavioral concerns
- ❖ SEDOL identifies an opportunity for family/guardian support
- ❖ SEDOL identifies an opportunity for community support
- ❖ Manifestation determination

8

Conclusion

Psychiatry Studio @School is committed to partnering with SEDOL to create a mentally healthy and supportive learning environment where all students can thrive. By addressing mental health challenges proactively, we

can improve academic outcomes, reduce behavioral problems, and promote the overall well-being of children and adolescents.

For more information, or to request a consultation, please contact your student's educational team at SEDOL.