



Oconomowoc High School Students & Families,

As a school community we continue to live in unprecedented times. We find ourselves once again on the horizon of an instructional model change. These changes and unknown factors can be an anxiety inducing experience for students and families. For some, it might be difficult to navigate these feelings on their own.

OASD Student Services Staff are available as a resource to support students who may be struggling with anxiety or other mental health concerns. The counselors, school social workers, and school psychologist can provide individual support for students and families. Please reach out to the student services staff at your building if your child is struggling or if you need support in navigating these unique times.

Staff	Email	Phone Number
Counselor – Scott Bakkum Last Name: A-D 9 th – 11 th , A-Fe 12 th	BakkumS@oasd.org	(262) 560-3123
Counselor – Angela Fisher Last Name: E-Ka 9 th – 11 th , Fi-Kr 12 th	FisherA@oasd.org	(262) 560-3125
Counselor – Susan Verhagen Last Name: Ke-O 9 th – 11 th , Ks-Ro 12 th	VerhagS@oasd.org	(262) 560-3122
Counselor – Lauren Black Last Name: P-Th 9 th – 11 th , Ru-Z 12 th	BlackL@oasd.org	(262) 560-3124
Counselor – Carrie Schultz Last Name: Ti-Z 9 th – 11 th	SchultzC@oasd.org	(262) 560-3282
School Psychologist – Brie Decker	DeckerB@oasd.org	(262) 560-3126
School Social Worker – Erica Lannan	LannanE@oasd.org	(262) 560-3128

Mental Health Partners

OASD also has partnerships with several community mental health providers to provide support for our learners. Students and families can reach out directly to these programs or student services staff can support you in accessing these community resources.

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Student and Family Assistance Program (SFAP)

- Free service (6 sessions) offered to families with students in the OASD
- Guardians can also receive sessions themselves
- Call (800)-236-3231 and say you are eligible through OASD

National Alliance on Mental Illness (NAMI)

- People ages 13-25 can text Lexi Sandoval, Youth Outreach Specialist. She can provide support, education, and resources to help cope. Lexi is available Mondays and Thursdays, 11:00 – 3:00 p.m. by text at (262)-993-6903.
- [COVID-19 Resource and Information Guide](#)

NAMI Lighthouse Project

- Call (262)-364-8730, Monday – Friday, 8:30 a.m. – 4:30 p.m.
- The Lighthouse Project is broadening to meet the needs of people who need extra assistance due to the current public health crises.
- The Lighthouse Project will be available to any parent or caregiver of a child age 6-17 enrolled in a school in Waukesha County.
- Services include emotional support, system navigation, and education for families handling mental health concerns in the home including when a child is at risk for suicide.
- [Click this link for an information flyer about The Lighthouse Project](#)

Family Services of Waukesha

- Call (262)-547-5567
- Telehealth services offered virtually via phone or video conferencing
- In school counseling services available
- Main office in Waukesha staffed for calls Monday – Thursday, 9:00 a.m. – 5:00 p.m.
- More information at <https://www.fswaukesha.org/>

GALS Institute, LLC

- Call (262)-337-9770 to start intake process
- Telehealth services offered virtually
- In school counseling services available
- More information at <https://www.galsinstitute.com/>

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OCONOMOWOC
HIGH SCHOOL

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Additional Supports

The following are additional ideas and supports for students to maintain engagement and self-care during at home learning days.

- **Clubs/Activities:** OHS clubs continue to meet virtually before and after school. Consider joining a club!
 - [Oconomowoc High School Clubs Link](#)
- **'Stress Busting Kits':** Students can pick up a free kit at OHS. Included in the Stress Kit are resources for mental health support in the community, coloring pages, yoga cards, mindfulness activities, stress balls, candy, and crafts.
- **Ocon Library Discord Server:** Online 'hub' for teens to connect in a safe space to socialize or support others. This online space is monitored by the Ocon Youth Librarian.
 - Click [here](#) for additional information
 - Click [here](#) to register!
- **Peer Mentoring**
 - Available for all students through the National Honor Society. Students will be partnered with another student for either academic or social connections during their virtual learning days.
 - [National Honor Society Peer Mentor Request Form](#)

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