



Square One Specialists in Child and Adolescent Development

Tuesday, July 30, 2013

Back to School with Square One 2013

School Guidance

- *Psycho-educational Evaluation*
- *School Placement Guidance*
- *Cognitive therapies*
- *Social Skills*
- *Dr. Causey is a certified Cogmed Coach offering working-memory training*
- *Go to www.Cogmed.com for more information and research summaries*

New Square One Patients

[New Patient Forms](#)

[Services and Fees](#)

[FAQ](#)

Square One Staff

Judith Axelrod, M.D.
**Developmental Behavioral
Pediatrician**

David Causey, Ph.D.
**Licensed Clinical Psychologist,
Chief Psychologist**

Michael Mayo, M.D.
Child Psychiatrist

Sherrri Stover, L.C.S.W.
Therapist

Ann Hayes Ronald, M.Ed.
Licensed Psychological Associate

Lisa Ruble, Ph.D.
Licensed Clinical Psychologist

Ashley Redenbaugh, CCC-SLP
Speech-Language Pathologist

Back to School Transitions *By David Causey, Ph.D.*



*Most parents know that school transitions can be stressful. Heightened academic demands, new teachers, new social pressures, and sometimes new school buildings may all be at least some of what your child will be adjusting to this fall. While these issues can be stressful, it is always important to remember that transitions also bring **opportunity**. During transitions, children learn and grow, often developing necessary coping and social skills that help them become more resilient and self-reliant in life.*

Still, this time can be stressful and, as parents, it is important to know how to best support our children during this process. The following suggestions may help:

- 1) **Step In:** *Take positive steps with your child, such as talking about expectations and concerns for the upcoming transition. Develop a "School Success Plan" that identifies their hopes and goals for the upcoming school year and how they can achieve them. As the school year progresses, check in with them periodically on how they think the plan is going.*
- 2) **Step Back:** *When possible, allow them the chance to work out or solve some of the struggles they may encounter, but still being on "stand by" to provide support and guidance. Compliment and reinforce any efforts you see by your child to handle challenges that arise. If they are clearly not doing well, then be ready to **Step In** and help.*
- 3) **Manage** *your own anxiety and stay positive. You and your child will experience "ups" and "downs" during the school transition and will typically get through them just fine. However, if the stress level grows, you may need to seek advice or support from teachers, school counselors, or other trusted professionals.*
- 4) **If your child is beginning middle or high school** *for the first time, DON'T wait for the first progress report or report card to find out about grades. If academic problems are occurring, you want to be aware and intervene as early as possible.*
- 5) **As a special note:** *if your child has any type of education plan, take the initiative to make any new teachers aware of the plan early in the school year. With the many demands already placed on teachers, they may not yet be aware of special support or accommodations your child may be receiving.*

Contact Square One

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If you have any other questions or concerns, the professionals at Square One would be happy to consult with you. Among other interventions, we routinely provide relative brief counseling support for children coping with transitions, particularly those with added vulnerabilities such as ADHD, anxiety, or social difficulties.

An Overview of Square One's Services

-  *Developmental & Psychiatric Evaluation and Therapy Center evaluating and treating patients from birth to age 24 with their families*
 -  *Unique Team Evaluation and Therapy Approach in medical, psychiatric, psychological, educational, and speech-language disciplines*
 -  *Specialists in Developmental Concerns including Attention Deficit Hyperactivity Disorder, Learning Differences/Disabilities, Autism Spectrum, Mood, Anxiety, Impulse Control, Tourette's Syndrome, and Behavioral Disorders*
 -  *Results from our Evaluations lead to recommendations which are medical, psychiatric, psychological, and/or educational in nature.*
 -  *Consultation with our team can be used to implement accommodations in the school setting and for school placement guidance.*
 -  *Therapeutic services including Individual and Family Psychotherapy, Social Skill Groups, Speech-Language Therapy, and Medication Management*
 -  *We are integrated in the community's network of developmental specialists and academic professionals*
 -  *Lectures and Presentations to community and professional groups*
 -  *Round Table discussions - past topics include Divorce in the clinical and legal settings and Early Identification and Intervention*
 -  *Contracts with private and public school systems for pre-academic admissions screenings and independent evaluations*
 -  *Contracts with Seven Counties Services eligible speech -language services*
- Supplemental programs**
-  *Social skills and speech group for young children to practice communication and social cues.*
 -  *Social Skills for elementary and middle school children*
 -  *Social Skills for High School students*
 -  *Articulation Therapy -practice sessions with Ashley Redenbaugh*
 -  *COGMED - innovative computer based working memory training for children and adolescents coached by Dr. David Causey*