

Summer 2025

HELP Clinic Programs



Olathe Public Schools HELP Clinic is offering mental health services to all students and OPS staff this summer.

- Individual Sessions
- Group Sessions
- Family Sessions

All services are at no cost to families/staff and provided by mental health professional currently working in OPS as certified staff or contract therapists. Services will be filled in order of submission and spots will be limited.

Questions? Please email helpclinic@olatheschools.org

Location: 11142 Thompson Ave
Lenexa, KS 66219

Dates: May 27 – July 24
Tuesday, Wednesday, Thursday
9am – 5pm

Sign up starting May 12 here:

<https://forms.gle/q4mQSgaMPoRUbNRC7>

Facilitator(s)	Group Name	Description	Current grade level in May 2025	Day	Time	Dates
Abby Dugan & Sarah Yocom	1 Kindergarten Readiness	Topics will focus on practicing behaviors needed for kindergarten, such as classroom expectations, social expectations, and attention.	Preschool	Wednesday	9:00-9:50	May 28, June 4, June 18, June 25, July 2, July 9
Abby Dugan & Sarah Yocom	2 Following Directions and Concepts	Following multi-step directions, understanding concepts (under, over, besides, etc.)	Preschool and Kindergarten	Wednesday	10:00-10:50	May 28, June 4, June 18, June 25, July 2, July 9
Abby Dugan & Sarah Yocom	3 Social Skills During Play	Topics will focus on playing games, interacting with peers, and sharing while playing games together.	Preschool and Kindergarten	Thursday	10:00-10:50	May 29, June 5, June 26, July 10, July 17
Laura Larson & Kelly Burnham	4 Kindergarten Mindfulness and Self-Regulation	Topics covered will include expressing feelings, practicing patience, and staying calm, while developing emotional awareness, self-control and building positive social relationships with peers.	Grades PreK - Entering Kindergarten Fall 2025	Thursday	1:30-2:20	June 5th, June 12th, June 26th, July 10th, July 17th
Laura Larson & Kelly Burnham	5 Kindergarten Mindfulness and Self-Regulation	Topics covered will include expressing feelings, practicing patience, and staying calm, while developing emotional awareness, self-control and building positive social relationships with peers.	PreK - Entering Kindergarten Fall 2025	Thursday	2:30-3:20	June 5th, June 12th, June 26th, July 10th, July 17th
MacKenzie Lytle & Kathy Reschke	6 Social Skills Grades K-2 (play therapy)	Practice skills of cooperation, acceptance of difference, leadership, letting others take the lead and self-regulation through play therapy techniques.	Grades K, 1 and 2	Tuesday	9:00-9:45	May 27, June 3, June 10, June 17, June 24, July 8, July 15
MacKenzie Lytle & Mandy Howard	7 Building Social Skills	Using Legos and collaborative play, kids will build a framework for expressive communication, solving conflict, solving problems, managing emotions and developing an understanding for others.	Grades K and 1	Tuesday	1:30-2:15	May 27, June 3, June 17, June 24, July 1, July 8
Abby Dugan & Sarah Yocom	8 Social Thinking & Perspective Taking	Help children understand social expectations, interpret social cues, and develop perspective-taking skills.	Grades K and 1	Tuesday	10:00-10:50	May 27, June 3, June 17, June 24, July 1, July 8
Abby Dugan & Sarah Yocom	9 Social Skills During Play	Topics will focus on playing games, interacting with peers, and sharing while playing games together.	Grades 1 and 2	Wednesday	11:00-11:50	May 28, June 4, June 18, June 25, July 2, July 9
MacKenzie Lytle & Kathy Reschke	10 Anxiety/Anger Management Gr 2-3 (play therapy)	Understanding the fight, flight and freeze response of the brain and strategies to regulate feels on anxiety through play therapy techniques.	Grades 2 and 3	Tuesday	11:00-11:45	May 27, June 3, June 10, June 17, June 24, July 8, July 15
Abby Dugan & Sarah Yocom	11 Social Thinking & Perspective Taking	Help children understand social expectations, interpret social cues, and develop perspective-taking skills	Grades 2 and 3	Tuesday	11:00-11:50	May 27, June 3, June 17, June 24, July 1, July 8
MacKenzie Lytle & Mandy Howard	12 Building Social Skills	Using Legos and collaborative play, kids will build a framework for expressive communication, solving conflict, solving problems, managing emotions and developing an understanding for others.	Grades 2 and 3	Tuesday	2:30-3:15	May 27, June 3, June 17, June 24, July 1, July 8
Lori White & Kim Claar	13 Social Superstars	Topics covered in this group will be on friendship and social skills to succeed with interpersonal skills.	Grades 2, 3, 4 and 5	Wednesday	12:00-12:50	June 4, June 18, June 25, July 2, July 9, July 16
Abby Dugan & Sarah Yocom	14 Self-Advocacy with Communication Skills	Encouraging children to use their words to express needs, wants, and emotions appropriately. Practicing asking for help using polite phrases, teaching "I" statements (e.g., "I feel sad because..."), and practicing communication in different situations (e.g., talking to teachers).	Grades 2, 3, 4 and 5	Thursday	9:00-9:50	May 29, June 5, June 26, July 10, July 17

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Facilitator(s)	Group Name	Description	Current grade level in May 2025	Day	Time	Dates
Kelley Hull & Jen Slaven	15 Anxiety/Stress	Focus on friendship skills, perspective taking, and boundaries as well as working on coping skills to address the effects of stress, anxiety.	Grades 3, 4 and 5	Wednesday	9:00-9:50	May 28, June 4, June 11, June 18, June 25, July 2
MacKenzie Lytle & Kathy Reschke	16 Social Skills Grades 3-5 (play therapy)	Practice skills of cooperation, acceptance of difference, leadership, letting others take the lead and self-regulation through play therapy techniques.	Grades 3, 4 and 5	Tuesday	10:00-10:45	May 27, June 3, June 10, June 17, June 24, July 8, July 15
Abby Dugan & Sarah Yocom	17 Social Skills During Play	Topics will focus on playing games, interacting with peers, and sharing while playing games together.	Grades 3, 4 and 5	Wednesday	1:00-1:50	May 28, June 4, June 18, June 25, July 2, July 9
Abby Dugan & Sarah Yocom	18 Social Thinking & Perspective Taking	Help children understand social expectations, interpret social cues, and develop perspective-taking skills.	Grades 4 and 5	Tuesday	9:00-9:50	May 27, June 3, June 17, June 24, July 1, July 8
Kathy Reschke	19 Anxiety/Anger Management Gr 4-5	Understanding the fight, flight and freeze response of the brain and strategies to regulate feels on anxiety through play therapy techniques.	Grades 4 and 5	Tuesday	12:30-1:15	May 27, June 3, June 10, June 17, June 24, July 8, July 15
Liz Hawkins & Sarah DeCelles	20 Elementary to Middle School Transition	This group is meant for 5th graders who will be entering 6th grade in the fall. While the topics will vary based on student need, sessions may include; discussing common feelings towards the transition, learning how to navigate life transitions, coping strategies for anxious thoughts, advocacy techniques, and working on the necessary executive functioning skills needed to be successful in middle school.	Grade 5 going into Grade 6	Tuesday, Wednesday, Thursday	10:00-11:00	July 22, July 23, July 24 Registration for this class will be in June
Liz Hawkins & Theresa Heller	21 Resilient Resistors	In this group, we'll learn cool tools to help students feel more in control of their emotions, handle stress in healthy ways, and build their resilience to overcome challenges. We'll use activities, play games, and talk about real-life situations where we can use these skills.	Grades 5 and 6	Tuesday	10:00-10:50	June 3, June 10, June 17, June 24, July 8, July 15
MacKenzie Lytle & Mandy Howard	22 Building Social Skills	Using Legos and collaborative play, kids will build a framework for expressive communication, solving conflict, solving problems, managing emotions and developing an understanding for others.	Grade 6	Tuesday	12:30-1:15	May 27, June 3, June 17, June 24, July 1, July 8
Kelley Hull & Jen Slaven	23 Middle School Girls Group	Focus on friendship skills, perspective taking, and boundaries as well as working on coping skills to address the effects of stress, anxiety.	Grades 6, 7 and 8	Wednesday	10:00-10:50	May 28, June 4, June 11, June 18, June 25, July 2
Kelley Hull & Jen Slaven	24 Middle School Boys Group	Focus on friendship skills, perspective taking, and boundaries as well as working on coping skills to address the effects of stress, anxiety.	Grades 6, 7 and 8	Wednesday	11:00-11:50	May 28, June 4, June 11, June 18, June 25, July 2
Lori White & Kim Claar	25 Epic Encounters	Focus will be on different social scenarios that students may encounter throughout middle school. Students will learn how to navigate through the social world by learning social emotional and friendship skills.	Grades 6, 7 and 8	Wednesday	1:00-1:50	June 4, June 18, June 25, July 2, July 9, July 16
Lori White & Kim Claar	26 Stress Busters	Focus will be on identifying triggers of stress and anxiety and developing coping skills to help manage big emotions.	Grades 6, 7 and 8	Wednesday	2:00-2:50	June 4, June 18, June 25, July 2, July 9, July 16
Liz Hawkins & Sarah DeCelles	27 Middle School Grief Group: Art & Mindfulness for Healing	This supportive group helps middle schoolers cope with grief in a safe and understanding space. Through creative art activities and mindfulness exercises, students will learn healthy ways to express emotions, manage stress, and connect with others who are also experiencing loss.	Grades 6, 7 and 8	Wednesday	10:00-10:50	June 4, June 11, June 18, June 25
Hector Contretas & Geneva McDonnell	28 Adolescent Relapse Prevention	For students in grades 6-12 that have had personal experience with substance use. Adolescent Relapse Prevention provides education on how to handle stressors such as peer pressure, legal problems and family dynamics without drugs and alcohol.	Grades 6,7,8,9,10,11,12	Wednesday	3:00 - 3:50	May 28, June 4, June 11, June 25, July 2, July 16, July 23

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Facilitator(s)	Group Name	Description	Current grade level in May 2025	Day	Time	Dates
Liz Hawkins & Sarah DeCelles	29 Transition to High School	This group is meant for 8th graders who will be entering 9th grade in the fall. While the topics will vary based on student need, sessions may include; discussing common feelings towards the transition, learning how to navigate life transitions, coping strategies for anxious thoughts, advocacy techniques, and working on the necessary executive functioning skills needed to be successful in high school.	Grade 8 going into Grade 9	Tuesday, Wednesday, Thursday	11:00-12:00	July 22, July 23, July 24 Registration for this class will be in June
Liz Hawkins & Sarah DeCelles	30 High School Grief Group: Art & Mindfulness for Healing	This supportive group helps high schoolers cope with grief in a safe and understanding space. Through creative art activities and mindfulness exercises, students will learn healthy ways to express emotions, manage stress, and connect with others who are also experiencing loss.	Grades 9,10,11 and 12	Wednesday	11:00-11:50	June 4, June 11, June 18, June 25
Laura Logan and Shyanne Purdy	31 The Reel vs. The Real	This 6-week support and education group for high schoolers to explore the impact of social media on their mental health, self-esteem, and relationships. Led by a licensed mental health professional, this group offers a space to build awareness, set healthy digital boundaries, and connect with peers navigating the same challenges.	Grades 9, 10, 11, 12	Wednesday	3:00 - 3:50	June 4, June 11, June 18, June 25, July 2, July 9
Laura Logan and Shyanne Purdy	32 The Unwind Club	This is a 6-week support and education group for high schoolers to learn practical tools for managing stress and anxiety in everyday life. Led by a licensed mental health professional, this group creates a calming space to build healthy coping skills, boost resilience, and connect with peers who get it.	Grades 9, 10, 11, 12	Wednesday	4:00 - 4:50	June 4, June 11, June 18, June 25, July 2, July 9
Lesley Selvidge	33 Whole Brain Child/Brainstorm	Based primarily on the work of Dr. Dan Siegel, topics include learning to regulate and co-regulate emotion, strengthening parent-child connection across childhood and adolescence, and how to improve communication and build empathy.	Adults: Parents or anyone who works with children in any capacity.	Thursday	2:00-3:00	May 29, June 5, June 12, June 26, July 10, July 17