



Youth Service Center Coordinator's Summary Page

Dear Meyzeek Family:

First of all, I have missed seeing our kiddos every day! As I prepared to draft this I thought about some of the conversations I have with students regarding the difficulty that comes with feeling, and having, little control over situations that occur in our lives and the need to look for ways to grasp control where we can do so in a healthy manner. We are all truly navigating these difficult and unprecedented times together, but the emphasis is on "together". There are questions we do not have all the answers to and there will be challenges as we move forward, but we will do it together and I am here to support you and your child(ren) along the way. It has been incredibly helpful for me to remain connected, although remotely, to important people in my personal and work world, and it's important for our students to be connected to all the support Meyzeek can provide.

We will continue to have mental health services and supports available to students. If your child has been receiving counseling services through school (Mrs. Sipe, Centerstone, Louisville Counseling Associates) we will be in contact with you soon to ensure those services continue. If you're interested in establishing mental health services for your child, please contact me or the grade level counselor and we will get that referral underway.

I know many of you are facing obstacles you have never before encountered. If your family is experiencing financial and/or food instability, please contact me and I will connect you to area resources that can help.

There are many ways you can contact me....

- Please take some time to become acquainted with our newly established [Meyzeek Counseling Corner](#) where you will find several resources for students and contact information for our counseling team
- Complete an on-line [Ms. Baker Request Form](#)
- Call or text (502) 822-6931 Monday - Friday 7:00-3:30 (if I'm unable to answer, please make sure to leave your name, students name, and return phone number)
- Email sarah.baker@jefferson.kyschools.us

Please don't hesitate to contact me, I'm happy to do whatever is possible to help!

Bear P.R.I.D.E.,

Sarah L. Baker, LCSW
Youth Services Center Coordinator



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