

# Meet the Mental Health Professional

## About Me

Title: Positive Behavior Intervention Specialist on the Mental Health Team

Start Date: 05/13/2013

Education: Bachelors Degree in Education from the University of Wisconsin-Milwaukee

Experience: 10+ years in the classroom working primarily with preschool and kindergarten; 3+ years on the Mental Health team

Who I Serve: Center-based HS and Charter classrooms for Positive Behavior Support at our 29th Street location

Mindfulness: I am part of the Mental Health Team and teach Mindfulness Curriculum to the teachers and staff.

## Schedule

Monday - Friday 8:00 am - 4:00 pm

## Personal Statement

The following quotes have shaped my life and personal beliefs:

"Education is the passport to the future, for tomorrow belongs to those who prepare for it today."

— Malcolm X

"Perfection is the enemy of progress."

— Winston Churchill.

"Children must be taught how to think, not what to think."

— Margaret Mead

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek."

— Barack Obama

## Contact Info

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**Brittany Light**

