

# GREETINGS FROM COUNSELOR CORNER

## OUR MISSION

- **CCHS Mission:** As a Christ-centered community, rooted in the Catholic faith, we promote lifelong learning through spiritual, personal, and academic excellence in a safe environment while fostering respect, responsibility, and integrity.
- **Counselor Mission:** The Mission of the School Counselor Office is to develop and implement comprehensive programming to meet the holistic needs of all students. Graduates of CCHS are lifelong learners who have acquired the spiritual focus, critical thinking, vocational, and social-emotional skills needed to shape the communities in which they live.



## SERVICES WE PROVIDE

### ACADEMICS/CAREER PLANNING

- Course Recommendation Selection
- Course to Career Guidance
- College Preparatory Planning
- Dual Credit and Advanced Placement
- College Readiness Testing- PSAT, PSAT 10, SAT and ACT preparatory resources
- Credit Recovery
- Academic Coaching

### SOCIAL EMOTIONAL SKILL DEVELOPMENT

- Class instruction
- Layered support services

**Let us know how we can support you as we partner together in support of student success.**



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## SEPTEMBER: SUICIDE PREVENTION MONTH

- September is suicide prevention month, and with that comes an opportunity to raise awareness, provide information, and increase hope.
- Suicidal thoughts, although not uncommon, should not be considered normal and often indicate more serious concerns.

### FACTS

- Suicide is the 3<sup>rd</sup> leading cause of death in the U.S. among those aged 15-24.
- Among those that die by suicide, 46% have a diagnosed mental health condition, and 90% have experienced a mental health condition.
- Although more women attempt suicide, 79% of all people who die by suicide are men.

### WARNING SIGNS

- Comments or thoughts about suicide can begin small (i.e. nothing matters), but over time they may become more explicit and dangerous
- Increased alcohol or drug use
- Aggressive behavior
- Impulsive or reckless behavior
- Dramatic mood swings
- Withdrawing from friends, family, & the community
- Collecting & saving pills or seeking out tools as a means to self-harm
- Giving away possessions
- Tying up loose ends
- Saying goodbye to friends and family

### RESOURCES

- If you or someone you know is struggling or in crisis, help is available. **Call or text 988 or chat 988lifeline.org to reach the 988 Suicide & Crisis Lifeline**

\*Information obtained from the National Alliance on Mental Illness:

<https://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month>



## News & Happenings

We have been busy this past month in the Guidance & Counseling Office.

### COLLEGE PREP

- Attended SENIOR classes to review college application process/ scholarships/ letters of recommendation

### ORIENTATION

- Attended FRESHMEN classes to meet our newest SAINTS & discuss school counselor support services

### COLLEGE/MILITARY VISITS

- Over 16 schools are visiting this fall to meet with students. Juniors & Seniors can meet with reps during their homeroom period.

### TESTING IS COMING

- PSAT for all Juniors, 8-11:50 a.m. on Wednesday October 12<sup>th</sup>
- High School Placement Test (HSPT) for 8<sup>th</sup> graders, 8-11:30 a.m. on Friday October 14<sup>th</sup>; contact [Mr. Vogel](#) if you have an 8<sup>th</sup> grader who would like to test
- PSAT for all Sophomores, 8-11:50 a.m. on Tuesday October 25<sup>th</sup>

*Ask your students to give you access to their Guidance & Counseling Google Classroom. There is great information there!*