



SEPTEMBER NEWSLETTER

Counselor's Corner

Important Dates



September 25- Friday 29

Each school year North Posey celebrates College GO! Week during the month of September.

The purpose of this week is to encourage students to obtain training beyond high school such as an associate or bachelor's degree, certifications, certificate programs, military training or apprenticeship.

Put Your Child on The Path to College

Top
10

Tips for Middle School Parents

Middle school is a great time to start talking to your child about college—and to encourage your child to make going to college a goal.

Here are 10 ways you can help put your middle schooler on the path to college.

1. Talk about the benefits of college

A college education can prepare your child for a wide variety of careers that are personally and financially rewarding. College will also give your child the opportunity to study different subjects, make new friends, and become more independent.

2. Discuss the various types of colleges

Talk about the differences between two-year colleges (associate's degrees), four-year colleges (bachelor's degrees), and career/trade schools.

3. Explore career interests

Consider the school subjects your child enjoys and think about those subjects in terms of possible careers. To learn about specific careers, go to www.bls.gov/ooh.

4. Think about possible majors

Help your child think about his/her career interests, talents, and abilities in terms of possible college majors or programs.

5. Learn about your local colleges

Visit the websites of the colleges in your area. Learn about the majors, programs, and services they offer.



67% of post-high-school jobs will require some form of training or education.

National Suicide Prevention Week

September 10, 2023 – September 16, 2023

Adolescent/Teen Signs of Suicide

- Irritability, anger, hostility
- Withdrawal from friends and family
- Loss of interest in activities
- Talking or writing about suicide
- Poor school performance
- Tearfulness or frequent crying
- Restlessness/agitation
- Fatigue
- Changes in eating/sleeping habits
- Trouble concentrating
- Unexplained aches and pains
- Mood swings
- Misuse of drugs/alcohol
- Giving away belongings
- Risky, self-destructive, or impulsive behavior



Adolescence is a time of many changes and challenges. Some are wonderful and some are extremely difficult. Each child handles it differently, but most parents and adolescents wonder: How do I know if someone is really struggling and needs help, or is just going through a "rough patch?" The SOS Signs of Suicide® Prevention Program teaches students what to do when they are worried about a friend by employing the ACT® message.



ACKNOWLEDGE | CARE | TELL

ACKNOWLEDGE

that you are seeing signs of depression or suicide in yourself or a friend and that it is serious.

CARE

Let your friend know that you care about them, and that you are concerned that they need help you cannot provide.

TELL

a trusted adult -- take your friend with you or go alone if you need to.

TALKING TO YOUR CHILD

Adolescence is a time when kids often do not open up as much with their parents. Some tips to get the conversation flowing:

- » **Ask open-ended questions** such as "What was fun at school today?"
- » **Don't rush to solve their problems.** Instead, ask your child what he or she thinks would help a situation.
- » **Be available and make sure your child knows it.** A simple "I'll be at my desk if you decide you want to talk later" may help.
- » **Try talking in the car.** The relaxed atmosphere makes it easier for some kids to open up.

MOODY DEPRESSED

It's easy for parents to assume that most adolescent outbursts are the result of hormones, stress, and a changing brain. How can you tell if your child's moodiness is actually depression, anxiety or something else?

There are **three** things to consider when you're assessing your adolescent's moods.

- 1 SEVERITY:** Keep an eye on your child's emotions, whether it's a down mood, outbursts, crying, or other symptoms. The more severe these signs are, the more likely it is that he or she may be depressed or troubled in some way.
- 2 DURATION:** How long is the distressed mood lasting? If it seems to go on for a while, like a couple of weeks, it could mean your child is struggling and needs help.
- 3 DIFFERENT AREAS OF LIFE:** Is your child acting out at home and struggling at school? Noticing changes in multiple venues may signify a mood disorder instead of just moodiness.

It's important to remember that the things we call "protective factors" when it comes to depression and anxiety, such as social interaction, sports, and good rest, are often not enough. A child who is suffering from depression needs medical care.

depression-from-normal-adolescent-mood-swings-20100913335

REDUCE ↓

STRENGTHEN ↑

RISK FACTORS

- Family history of substance use
- Favorable parental attitudes toward the behavior
- Poor parental monitoring
- Parental substance use
- Family rejection of sexual orientation or gender identity
- Association with delinquent or substance-using peers
- Lack of school connectedness
- Low academic achievement
- Childhood sexual abuse
- Mental health issues

VS

PROTECTIVE FACTORS

- Self-efficacy
- Parental monitoring and support
- Parental disapproval of substance use
- Positive relationships
- Good grades
- School anti-drug policies
- Neighborhood resources
- School connectedness
- Engagement in healthy recreational activities
- Good coping skills

NATURALHIGH.ORG



A **protective** factor is something that helps to prevent problems. A **risk** factor is something that helps to create problems.

Mental health problems are complex issues and are never the result of one risk factor. Someone who has several risk factors could have more resiliency towards problems than someone else who experienced less risk factors. It is important to remember that each individual person experiences stress, pain, and risk in different ways.

Three Ways to Foster RESILIENCE IN YOURSELF

As a parent, you spend a lot of time and energy trying to raise your child(ren) to be as happy and resilient as possible. Don't forget that setting an example by being resilient yourself is a powerful way to foster a good attitude in them, and will help you, too.

Three steps to be more resilient:

- 1 REACH OUT.** Building strong and positive relationships is vitally important to your health, wellbeing, and ability to handle adversity. If making friends is a challenge, participate in your community. You can volunteer, join a faith or spiritual community, or get active on an athletic team.
- 2 LEARN FROM EXPERIENCE.** Next time you are facing something difficult, think about how you got through a past challenge. Maybe even write about it.
- 3 BE PROACTIVE.** Don't ignore a problem you are experiencing. Instead, figure out what needs to be done, make a plan and take action. Although it can take time to recover from a major setback, traumatic event or loss, know that your situation can improve if you work at it.



SELF-INJURY:

What parents need to know

Many parents are becoming aware of the practice of self-injury, also commonly called "cutting." Some kids who are experiencing stress or other forms of emotional distress resort to cutting or some other mutilating behavior (burning, scratching, hair pulling) to relieve stress.

This can be extremely distressing to parents. It's important to know that it is generally not about suicide, but is a sign that your child is struggling to cope with some negative feelings. If you suspect your child may be self-injuring (see box), how you respond can have a big impact on your child's recovery. Try not to panic; listen and be supportive. The best thing you can do is seek professional treatment as soon as possible.

Signs of self-injury:

- Unexplained or clustered wounds or scars
- Fresh cuts, bruises, burns, or other signs of bodily damage
- Bandages worn frequently
- Inappropriate clothing for the season (e.g., always wearing long pants or sleeves in the summer)

Resources

988 SUICIDE & CRISIS
LIFELINE

No matter where you live in the U.S., you can easily access 24/7 emotional support.

Call or text 988 or visit 988lifeline.org/chat to chat with a caring counselor.

We're here for you.



Suicide Prevention & Crisis Hotline

24/7, free and confidential support to people in suicidal crisis or emotional distress

Be Well Crisis Helpline

CALL INDIANA **211**

OR DIAL 866-211-9966

Be Well Crisis Helpline

Speak with a trained counselor 24/7 regarding stress, anxiety, loneliness or mental health strains.

CRISIS TEXT LINE |

Text HELLO to 741741

Free, 24/7, Confidential

A "Crisis" doesn't just mean suicide: It's any painful emotion for which you need support:

Bullying • School Stress • Depression • Anxiety • Suicide
Relationships • Friendships • Family Problems • Self-Harm

Crisis Text Line serves anyone, in any type of crisis, providing access to a trained counselor for support and information via the medium people already use and trust: text.



Alliance for Safe Kids.org

Crisis Text Line

A live, trained Crisis Counselor will receive and respond to your text

THE **TREVOR** PROJECT

The Trevor Project

Connect to a trained counselor who understands the challenges of LGBTQ youth.

For additional suicide prevention information, visit the Indiana Department of Health website <https://www.in.gov/issp/> or contact your student's counselor or social worker.