

CVIT COUNSELOR

Connection



WELCOME TO CVIT, STUDENTS!

Whether you are brand new to CVIT, or whether you've been here for years, we are so excited that you are here, and now part of TEAM CVIT 2023-24! We are ready for an awesome year!

Your instructors and CVIT staff have been working over the summer to bring you all kinds of awesome new things, including:

- Brand new and updated books in many of our programs
- More fun HOSA activities in your Medical/ Nursing Assistant programs DURING CLASS
- More fun team building activities in Cosmetology
- More field trips and chances to practice your technical and leadership skills
- Updated Welding bays and Welding equipment

These are just a few! What are some things you'd like to see come to CVIT? Send me an e-mail and let me know! Who knows, maybe we can make it happen! -Ms. D

WHAT'S INSIDE?

WHAT'S NEW AT CVIT?

STUDENT SPOTLIGHT-- CAI COOPER

WHAT ARE YOU GRATEFUL FOR?

UPCOMING EVENTS

MORPHEUS SAYS...

TRIGGER WARNING

SEPTEMBER IS SUICIDE PREVENTION MONTH

SEPTEMBER 21 IS NATIONAL GRATITUDE DAY

I'M GRATEFUL I HAVE THE OPPORTUNITY TO
WORK WITH THE BEST STUDENTS IN THE WORLD!
WHAT ARE YOU GRATEFUL FOR?

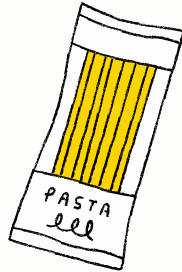


FUN FACTS ABOUT CAI

Hobbies: Spending time with her family

Fav Food: Italian

Fav Color: Blue



Her instructor Jen had this to say about Cai:

"She works hard to complete her assignments and her studying efforts are evident! I look forward to continuing having her as a student and seeing where she goes from here."



STUDENT SPOTLIGHT! CAI COOPER

PROGRAM:

**1ST YEAR
MEDICAL
ASSISTANT**

INSTRUCTORS:

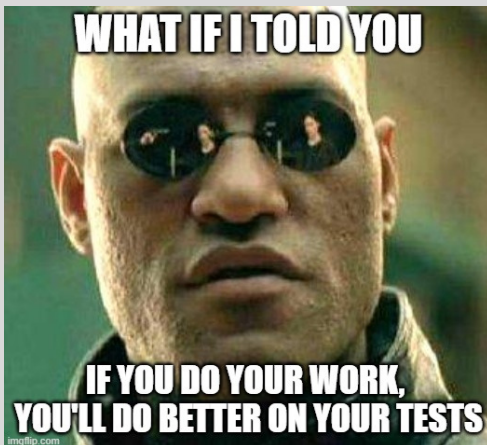
**JEN CARLSON
& ANJANETTE
BOLINGER**

DREAM JOB:

**A POSITION IN
OB, PEDIATRICS,
OR RADIOLOGY**

CAI'S FAV QUOTE:

“We walk by faith, not by sight”
2 Corinthians 5:7



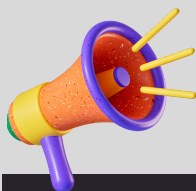
#truth

IMPORTANT DATES!

**SEPTEMBER 29--WILDLAND FIRE CLASS
BEGINS**

**OCTOBER 5--HOSA MEETING AND OFFICER
ELECTIONS**

**OCTOBER 6--NO CLASSES (INDIGENOUS
PEOPLES/COLUMBUS DAY
OBSERVED)**

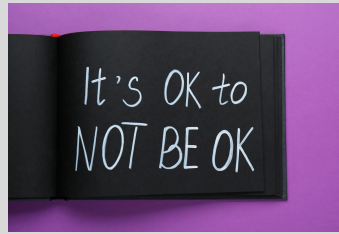


WARNING

**UPCOMING
EVENTS**

TRIGGER WARNING: THE LAST PAGE OF THIS MONTH'S NEWSLETTER TALKS ABOUT SUICIDE. I AM SURE THAT SOME OF YOU HAVE HAD A TRAUMATIC EXPERIENCE WITH SUICIDE. IT'S OK TO NOT READ FURTHER IF IT'S GOING TO BE TOO MUCH. JUST REMEMBER, I LOVE YOU, AND I'M HERE FOR YOU! -MS. D

REMEMBER! →



BUT LET'S WORK TOGETHER TO
FIGURE OUT A WAY TO HELP
YOU SO YOU AREN'T STUCK
THERE <3

MENTAL HEALTH MOMENT-- SEPTEMBER IS SUICIDE PREVENTION MONTH

Did you know that in the U.S., suicide is the 2nd leading cause of death for individuals ages 10-14 and the 3rd leading cause of death for individuals ages 15-24. I don't know about you, but that is so scary to me. To know that so many students feel like that is the only way out of their pain breaks my heart!

That's why it's so important to me to work to [#breakthestigma](#) about asking for help. But what do you do if someone you know or love is contemplating suicide? Test yourself below on your knowledge of suicide prevention techniques, and reach out to me at any time for more ideas!

MYTH OR FACT?

1. It's bad to ask someone if they are thinking about dying by suicide, because it can put the idea in their head if they aren't already thinking about it.
2. Calling 988 connects you with a crisis professional that can give you advice on how to help yourself or someone else that is actively in crisis.
3. Removing access to lethal weapons, drugs, and alcohol are ways to help prevent suicides from taking place.
4. It's not always necessary to take an individual talking about suicide seriously, because it could just be a tough phase they are going through.



Answers:

1. **Myth**-- there is no evidence to show that asking about suicide will "encourage" someone to attempt suicide. However, it may open up a chance for a person who *is* feeling suicidal to ask for help.
2. **Fact**--988 is an emergency hotline, like 911 but dedicated to individuals in mental health crises.
3. **Fact**--making it difficult for an individual to complete suicide can buy enough time for them to decide to ask for help.
4. **Myth**--it's impossible to know if someone that is contemplating suicide will go through with it. We must take every conversation about suicide seriously.

For more tips and stats, visit https://nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Month_