

CVIT COUNSELOR



Connection



MARCH IS SELF-INJURY AWARENESS MONTH

As you all know, I work hard to fight the stigma around mental health, and one of the toughest things to break stigma around is the condition of Non-Suicidal Self Injury, or NSSI. NSSI is when an individual inflicts harm on themselves, but does not want to die. This is a coping skill that some people adopt as a way to deal with stress, anxiety, or depression. It involves things such as cutting, burning, scratching, or bruising one’s self. While people might think this is not a common concern, research has shown that as many as 36% of adolescents report that they have self-harmed ([Psychology Today, 2024](#)).

There are lots of reasons that a person might do this. Some individuals who self-harm say that they feel numb from their mental illness, so if they harm themselves, at least they have some sensation. Others say that it helps move the emotional pain they feel to physical pain, which is easier to tolerate. Some say they get a rush of adrenaline that helps them feel better, at least for a moment.

Unfortunately, like a drug, the effects of self-harm start to go down the more a person engages in it. Cuts, for example, may have to be deeper in order to get the same effect. It can become dangerous or even life-threatening, even if a person does not intend to kill themselves. This is why it’s super important to me to help individuals who self-harm find different ways of coping.

If you, or someone you love is self-harming, please know that my office is a “judgement-free” zone. I would love to help you or them come up with different ways to relieve the stress or anxiety. That being said, I do have to remind you that NSSI is one of the limits to confidentiality I am bound by. If you or someone else is being hurt, I will need to work with you to share it with your parents. This not to get anyone in trouble. It’s the opposite--it’s OUR job as the adults in your life who love you, to work together to help keep you (or your loved one) safe.

And if you haven’t personally been touched by self-harm, help me work to break down the stigma, so everyone gets the help they need to overcome NSSI. It’s OK to talk about it. The more comfortable we are discussing it, the more likely people are to come forward and ask for support!

WHAT'S INSIDE?

WHAT IS NSSI?
STUDENT SPOTLIGHT: CARPENTER BRYCE
CHECK OUT MS. D'S VIRTUAL OFFICE
UPCOMING EVENTS
COSMO FIELD TRIP!
SCHOLARSHIP SEASON!

MYTHS ABOUT NSSI

Myth #1 People who self harm just want attention--
In reality, most people who self harm are ashamed and try to hide it from others.

Myth #2 People who self harm are suicidal--
In reality, many people who self harm have no intent of killing themselves, however, there are some that may struggle with suicidal thoughts, which is why it’s so important to get them the help they need.

Myth #3 NSSI is not treatable--
Many people who have engaged in NSSI have learned other coping strategies to handle their stress or depression. Change is possible with a little help!

STUDENT SPOTLIGHT: CARPENTER (CARP) BRYCE

PROGRAM:
2ND YEAR MEDICAL
ASSISTANT
INSTRUCTOR:
MEGAN MARTINEZ
DREAM JOB:
VETERINARIAN



So...usually students are nominated by their current instructors, but Carp was nominated by his former instructor, Anjanette Bolinger, after he took his refresher CPR class with her! She said:



"I AM SUPER IMPRESSED WITH CARP, HE DID AN AMAZING JOB DURING BLS LAST NIGHT. HE DEMONSTRATED CONFIDENCE, ASKED QUESTIONS -- [I SAW] SO MUCH GROWTH FROM THE FIRST CLASS HE TOOK WITH ME!"

Fun Facts About Carp

Fav Color: Green

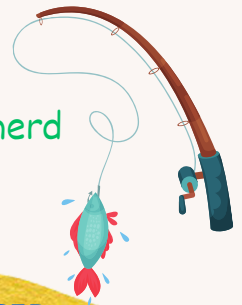
Hobbies: Hunting, Fishing, and Playing Golf

Pets:

One Dog, a Dutch Shepherd

Favorite part of CVIT:

Making new friends



NEW VIRTUAL COUNSELING OFFICE!

One of the things I love about being a school counselor at CVIT is I get to really know all of you. I try not to bug you too much or interrupt your CVIT classes because I know you are working hard and have a lot to learn while you are here. Yet, it's still my job as your counselor to make sure you have access to the resources you need for academic, career, and social-emotional support.

That's why I decided to launch a virtual office on our CVIT website, so you can access different resources on your own time, when it's most convenient for you!

Want to learn about credit cards and loans? Watch my "Sensible Cents" webinar, on demand! Need information about ways to cope with grief? There's a link to a great website with lots of resources to help you or someone you love on the bookshelf under "Mental Health Resources".

OF COURSE I always am here in person for you, whenever you need me, but I know sometimes you may not have time, or be ready to talk. I hope this is useful for you, and if there's anything that you think would be helpful for me to add, please let me know!

Click [HERE](#) to check it out!



COSMO CLASS TRIP!!

The Thursday before Spring Break, our Cosmo students went on a field trip to Downtown Globe to visit local salons and meet with their owners and staff. Chloe Courtney, one of our Cosmo students said they got to learn about the different salon environments, what the different salon owners expectations would be, and how important it is for cleanliness in the salons.

"It was fun. We learned a lot about the salon life and different things that would happen in a salon."
-Chloe Courtney, 2nd year Cosmo student

THANK YOU TO THE SALON OWNERS THAT WELCOMED US WITH OPEN ARMS!

*** A-NIDA HAIRCUT * BLONDIES * DOMINION CUTTING COMPANY ***

*** GLOBE HAIR * PEACE OUT SALON * VAMP SALON**



CONGRATULATIONS LAYLA MITCHELL FOR WINNING MS. D'S FUTURES CONTEST!



Layla completed all the career exploration quiz challenges to be entered into the drawing, and won a \$25 gift card!



ATTN: SENIORS

**IT'S
SCHOLARSHIP
SEASON!**

Scholarships are kinda like the lottery.

You can't win if you don't play!

Be sure to check out the following scholarships with due dates coming up.

Resolution Copper

(5 different scholarships due 3/31)

Az School Boards Association Scholarship


(due 3/29)

HOSA Scholarships

(due 4/15)

Watch the Counseling page of the CVIT website for more scholarship opportunities!

**SAVE
THE DATE!**

 CVIT Completion Ceremony
and EAC Graduation
will be held
Thursday May 9th
starting at 3:00 p.m.
at Miami High School

2024

Students who are being honored
will receive an e-mail from Ms. D
soon with more specific info!

UPCOMING EVENTS

- APRIL 2** Field Trip to UTI has been canceled :(
- APRIL 3-5** HOSA State Conference in Tucson
- APRIL 20** Health Fair at CVRMC
- APRIL 27** STEMfest at EAC Gila Pueblo

**VOLUNTEERS
NEEDED**

**YOU DON'T HAVE TO BE A HOSA MEMBER TO HELP!
SIGN UP TO VOLUNTEER FOR HEALTH FAIR HERE
SIGN UP TO VOLUNTEER FOR STEMFEST HERE**