



News from the

May 10, 2023

School Counseling Office

Students Explore Post-Grad Options

Students in grades 11 and 12 have taken advantage of opportunities to visit college campuses and a National Guard event recently.

On April 13, Ms. Winkky took students to SUNY Alfred's Wellsville campus to explore their technical campus. Students were able to see what programming is available on the campus and participate in hands-on activities.

On April 20, Mrs. Clark and Ms. Winkky took students to the SUNY college fair at SUNY Broome. Students were able to talk to representatives from more than 35 SUNY campuses and gather information from schools they might be interested in.

On May 4, students attended the Guard X event, sponsored by the National Guard, at the armory in Horseheads. Students had the opportunity to hear about careers with the National Guard and talk with people in those careers. Military vehicles were set up for students to explore. National Guard representatives spoke to students about the opportunities that are available by becoming a member of the Guard.

We are so glad that students took advantage of these exploratory opportunities!



Addison Central School District

Future's Fair on May 18

On Thursday, May 18, students in grades 9-12 will have the opportunity to participate in the Future's Fair. Mrs. Deb Flint from the Career Development Council, along with Mr. Brett VanWoert and Ms. Chris Gill, have arranged for more than 30 trades, careers and colleges to be represented at the fair. Union and non-union employers will be represented, including the Addison Teachers' Association and CSEA. Representatives from large manufacturing and construction companies will be present, including Ward MFG from Blossburg, PA, Hilliard Corporation and LeChase. The New York State Police, Steuben County Sheriff's Department and U.S. Army will be in attendance. NYSEG will be bringing two bucket trucks on campus and students will have the opportunity to talk with linemen. GST BOCES Adult Education will also be represented.

Students will have ample time to explore the fair, talk with representatives and ask questions. This is a great opportunity for seniors who don't yet have a plan of what they are going to do after graduation, as well as for juniors who are beginning to think about their post-graduate plans. Special thanks to Mrs. Flint, Mr. VanWoert and Ms. Gill for planning and supporting this event for our students!



Scholarships Update

Applications for two last-minute scholarships are available in the School Counseling Office. **The deadline to apply for these is June 2.**

- Knights of Columbus Scholarship
- Dr. Guy Hammond Memorial Scholarship



Reminders...

... The 5-week progress mark ends May 19 and reports will be sent home on May 24.

Mental Health Awareness Month Continues – 988 Crisis Hotline Information

About 988

People can call or text 988 or chat 988lifeline.org for themselves or if they are worried about a loved one who may need crisis support.

988 serves as a universal entry point, so that no matter where you live in the United States, you can reach a trained crisis counselor who can help.

988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. That could be:

- Thoughts of suicide
- Mental health or substance use crisis, or
- Any other kind of emotion distress

Need for 988

Too many people are experiencing suicidal crisis or mental health-related distress without the support and care they need, and sadly, the pandemic only made a bad situation worse when it comes to mental health and wellness in America.

There are urgent realities driving the need for crisis service transformation across our country.

In 2020, the U.S. had one death by suicide about every 11 minutes. In 2021:

- For people aged 10–14 and 25–34 years, suicide was the second-leading cause of death
- Suicide rates increased significantly among non-Hispanic Black & American Indian and Alaska Native people
- More than 105,000 people died from drug overdoses
- Nearly 900,000 youth aged 12-17 and 1.7 million adults attempted suicide

Yet, there is hope. The 988 Lifeline helps thousands of struggling people overcome suicidal crisis or mental-health related distress every day.

Visit <https://www.samhsa.gov/find-help/988> for more information and resources.