



Deer Park Jr/Sr High School
Counselors' Corner
Week of April 6th, 2020
Remote Learning Edition



Internal Links: *Click on the links below to be taken to that section.*

[Social-Emotional/Mental Health Resources](#)

[Important Student Info](#)

WHAT'S NEW?

4 More Weeks Off...

We understand that this can be a challenging time for all students, but especially for those struggling with mental health concerns. Feelings of isolation and a lack of routine can be difficult. Please consider utilizing some of these resources as well as ones listed later on in this document. Thank you.

TLC - Click [HERE](#) for some ideas for each day of the week.

Child Mind Institute - Click [HERE](#) for a good resource for coping during this time.

SAMHSA - Click [HERE](#) to read about how to cope with stress during outbreaks.

CCHMC - Click [HERE](#) to read how to ease fears and anxieties

Free Stories - Amazon has opened up Audible for free. Click [HERE](#) for info.

Scheduling: The counselors have been sending emails and reaching out to your students regarding schedules for next year. Please encourage your student to check their school email address and to respond to them as possible please.

Junior High Course Selection: Due to recent events, scheduling for electives for next year's 7th and 8th graders will be done mainly online. To see the options for your student for next year, please click on these links to view the **7th Grade** or **8th Grade** course selections forms; please ignore the deadlines regarding the foreign language applications. After reviewing these forms, parents and students will need to first complete this **Google Form**. This will record for us what electives your student would like to take next year and will email back a copy of what was selected. The next step would be to enter the requests into the online scheduler. This can be done at [**Daslpublic.hccanet.org**](http://Daslpublic.hccanet.org). To access this site, please contact Jason Spelic at [**spelic.j@dpcsd.org**](mailto:spelic.j@dpcsd.org) to get your access code. A video was also shared out to all students at their [**@dpcsd.org**](mailto:@dpcsd.org) address that will demonstrate how to do this. Thank you for your help and understanding!

IN CASE YOU MISSED IT

Important Information for Students

Below are 3 scholarship opportunities for Deer Park students.



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All 3 are due April 20th at 8:00am to the Counseling Office. Please send applications electronically to Ms. Madden at madden.c@dpcsd.org.

Students applying to BOTH the Louis Manning and Para James scholarship need to submit ONE application (simply note at the top that the application is for BOTH applications).

1. Louis Manning
2. Para and James Carnes
3. Hemer Family Scholarship-this is for any student planning to attend UC next year

Copies have been sent out via email. Please email Ms. Madden with any questions.

Important Information for Seniors

Cap and Gown packets were sent home with students in October. Students can obtain extra copies in the CCR office or they can be accessed electronically at <https://www.herffjones.com/product/graduation>.

Q: When should I order my cap and gown?

A: ASAP because cost increases and to ensure appropriate sizing.

Q: How can I order my cap and gown?

A: Orders can be placed on-line at www.graduateserviceinc.com or by phone at 513-272-5890. Graduates Services will accept cash, check or credit card.

Q: What if I cannot afford a cap and gown?

A: Please contact Ms. Madden at 513-936-4684

Mental Health Resources, Social-Emotional Learning and Supports for Parents and Students

During our time away from school, we want to remind parents and students about how to handle safety concerns. If you are experiencing a mental health or safety concern, or if you have a concern about another student, please make sure you do the following:



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1. It is important that you speak directly and immediately to an adult you trust who will listen and get the help needed. Speak to a parent, grandparent, aunt, close family friend, etc. and encourage them to help you utilize the suggestions and resources below. If you are unable to speak with an adult, please use the resources below.
2. If the concern is about another student, please reach out to the parent of the concerned student if possible. Otherwise, contact 911 and/or utilize the community resources listed below.
 - Suicide Hotline: 1-800-273-8255
 - Talbert House Crisis Line (Hamilton County): Call 513-281-2273 or text Talbert to 839863
 - Crisis Text Line: text "HELLO," "START," or "HOME" to 741741
 - Safe Schools Tip Line: Call or text 1-844-723-3764
 - Cincinnati Children's Hospital: (513) 636-4125 or [HERE](#) for Mental Health Resources
 - The Children's Home: Call: 513-272-2800 or at <https://www.thechildrenshomecinti.org/>
 - The Nation Alliance for Mental Illness: <https://www.nami.org/#>
 - Nation Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/help-yourself/>
 - Substance Abuse and Mental Health Services Administration: <https://www.samhsa.gov/>

Suicide Prevention/Community Resources: It is always good to have resource numbers available. As always, please contact 911 if you feel like someone is truly a danger to themselves or others. The information below is from SERA (Suicide, Education, Research and Advocacy):

National Crisis Hotline: 1-800-273-TALK (8255) or say "Suicide Resources" to Siri on Apple Products

Crisis Hotline By County:

National Crisis Hotline: 1-800-273-TALK (8255)

Ohio Text Crisis Line: Text 4hope to 741741

Butler County: 844-427-4747

Clermont County: 513-528-SAVE (7283)

Clinton County: 877-695-NEED (6333)

Hamilton County: 513-281-CARE (2273)

Hamilton County Text Line: 839863 and text 4hope

Northern Kentucky: 859-331-3292

Warren County: 877-695-NEED (6333)

If you feel that you or a friend is in a crisis situation and/or fearful of hurting yourself or others and there isn't a caring adult you can reach right away, please contact 1-800-273-TALK (8255) or text 4hope to 741 741.



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Marajuana Anonymous: The organization [ASAP](#) (Adolescent Substance Abuse Programming, Inc) is holding Marajuana Anonymous support meetings right in the area. ASAP lists the following effects of marajuan on youth:

- Risky sexual behavior
- Impulsivity
- Withdrawal from marijuana
- Negative moods
- Cravings for marijuana
- Decreased IQ
- Executive function problems
- Less skilled decision making
- Reduced cognitive processing speed
- Inability to pay attention
- Decreased verbal memory

If you are concerned about your student, please click [HERE](#) for more information about their meetings.

Get Kids Moving! It can be easier said than done, but more and more research is coming out about factors contributing to teen depression. Please consider reading [THIS ARTICLE](#) from the [NY Times](#).

Healthy Relationships: For further information about healthy relationships, check out [this online article](#) from the [Prevention Action Alliance](#).

KNOW! If you're not familiar, the Wildcat Weekly Counselor's Corner will occasionally showcase an article from **Know!** from the Prevention Action Alliance. From their website: *"Know! gives the parents and caregivers of middle and high school-age kids the education, tools, strategies, and empowerment they need to raise children who are alcohol, tobacco, and drug-free. It's a personal, at-home program that's incredibly accessible."* Click [HERE](#) to read more and find out how to sign up for their automatic newsletters