



**October 18, 2019**

**Bloomfield Hills High School  
Counseling Office  
& College Resource Center  
Newsletter**



**2019- 2020 SCHOOL YEAR COUNSELOR ASSIGNMENTS**

A-C (9 <sup>th</sup> -12 <sup>th</sup> ) Ha-Her (9 <sup>th</sup> )	<b>Brian Fitzgerald</b>	<a href="mailto:bfitzgerald@bloomfield.org">bfitzgerald@bloomfield.org</a>
D – G (9 <sup>th</sup> -12 <sup>th</sup> ) Hes-Hun (9 <sup>th</sup> )	<b>Jim Fogle</b>	<a href="mailto:jfogle@bloomfield.org">jfogle@bloomfield.org</a>
H – K (10 <sup>th</sup> -12 <sup>th</sup> ) IB A-K (2020) Bowers Academy (9 <sup>th</sup> -12)	<b>Laura Hollyer-Madis</b>	<a href="mailto:lhollyer-madis@bloomfield.org">lhollyer-madis@bloomfield.org</a>
L – O (9 <sup>th</sup> -12 <sup>th</sup> ) Hou-Kaf (9 <sup>th</sup> ) IB L-Z (2020)	<b>Shayna Klein</b>	<a href="mailto:sklein@bloomfield.org">sklein@bloomfield.org</a>
P – Si (9 <sup>th</sup> -12 <sup>th</sup> ) Kag-Kh (9 <sup>th</sup> )	<b>Melanie Brooks</b>	<a href="mailto:mebrooks@bloomfield.org">mebrooks@bloomfield.org</a>
Sj – Z (9 <sup>th</sup> -12 <sup>th</sup> ) Ki-Kz (9 <sup>th</sup> )	<b>Tony Midea</b>	<a href="mailto:amidea@bloomfield.org">amidea@bloomfield.org</a>

# Counselor Updates

## In Process:

### Senior Class Meeting:

Senior Meetings Notes attached.

Please note: **SAT/WorkKeys/M-STEP results were passed back to 12<sup>th</sup> graders at the Senior Meeting.**

Please remember to submit your parent and student questionnaires if you need a letter of recommendation from your counselor. Many college Early Action applications dates are fast approaching. Remember the college must receive all your application materials, including letters of rec, test scores and transcripts by the EA date. You must submit your transcript and recommendation requests 10 school days before your application date to ensure materials are received on time. Please see your counselor if you have any questions.

### Junior Class Meeting

On Wednesday, September 18, juniors met with counselors to review important information for junior year, including required state tests and additional information in preparation for college. Junior Meeting Notes attached.

**PSAT/NMSQT results were passed back to 11<sup>th</sup> graders along with student guides, including full practice tests.**

Counselors will complete junior EDPs and provide each junior with a purple college handbook beginning in mid-November.

### Financial Aid Workshop

Tuesday, September 24, was the Financial Aid Workshop for seniors. Here is the [link](#) to important financial aid information from that night:

## Upcoming:

### AP Testing Updates

Students will now sign up for AP tests in the fall. The registration/payment deadline will be November 1, 2019. The cost of each exam is \$94. For payment information [click here](#). All exams must be paid for before they can be ordered. There is a \$40 late fee after November 1, 2019.

# SENIOR CLASS MEETING

September 9, 2019

Contacts: [mebrooks@bloomfield.org](mailto:mebrooks@bloomfield.org) [bfitzgerald@bloomfield.org](mailto:bfitzgerald@bloomfield.org) [jfogle@bloomfield.org](mailto:jfogle@bloomfield.org)  
[sklein@bloomfield.org](mailto:sklein@bloomfield.org) [amidea@bloomfield.org](mailto:amidea@bloomfield.org) [lhollyer-madis@bloomfield.org](mailto:lhollyer-madis@bloomfield.org)

## REMINDER:

- Remember: junior year gets you in, senior year keeps you in
- Senioritis - Avoid it at all costs, run - don't walk - away from it
- Check your transcripts for errors - if you see a problem, talk to the teacher
- Please note: some college applications may ask for your UIC number - this number can be found on your transcript as being the "State Student ID" number
- Class of 2020 class size: 404, Graduation Date: June 7, 2020, Grading scale: Unweighted (if no IB/AP courses), Weighted (if IB/AP were taken)
- On-line courses and summer school - all classes taken outside of your 8 period school day must be turned into the Records Office ASAP

## TO DO LIST:

1. Three Naviance Student jobs:
  - a. Move colleges from "Thinking About" list to "Applying To" list  
See below for step-by-step directions
  - b. If applicable, link your Naviance account to your Common Application account  
How-To Video: <http://www.screencast.com/t/gxEQkElyoI>
  - c. Have a conversation with your teacher then give your teacher a Teacher Recommendation Request Form. Add the teacher onto your Naviance page  
How-To Video: <http://www.screencast.com/t/yFlqLhUy>
2. Log into your Naviance Student account and click on "Colleges" menu at the top of the page
3. Click on "Colleges I'm Thinking About"
4. Click the check box next to each of the schools that you ARE applying to and click on "Move To Application List" - on the following screen use pull-down arrow to indicate type of application deadline (Early Action, Regular, etc...), answer which application you're using (Common App or Direct to Institution), click box if you have already submitted application, then click "Add Applications" to confirm that you are applying to those schools
5. If a college you are applying to is not on the list, click on large plus (+) sign in a red circle at the top right of the page; search and add the school you are now applying to and click "Add Colleges"
6. If you are applying via the Common App to at least one school, you need to complete the Common App Account Matching process in the red bar at the top of your Naviance page before you can complete this step, you'll need to have created a Common App account on Common App and have signed the Common App FERPA Release Authorization
7. On the bottom of the "Colleges I'm Applying to" page click on the "letters of recommendation section" link, then click on "Add Requests" Only add teachers you have had a conversation with and provided them with the teacher Recommendation Request Form. Complete all three steps on this page, then click on "Submit Request" button

8. Check your application status accounts within each college's online portal located through the colleges' websites to check the completeness of your application file
9. Once you hear back from colleges regarding admission decisions please input that information into Naviance Student by going to your "Colleges I'm Applying To" list, then click the edit pencil icon and add the admission decision for each college

#### PROCEDURES FOR SUBMITTING APPLICATIONS:

Submit the following to the Records Secretary, Mrs. Shoultz (her office is in the Counseling Office):

1. \$3 per transcript requested (cash or check payable to Bloomfield Hills High School)
2. Review transcript for any errors or omissions one last time
3. Transcript Request Form (extra copies are located in the Counseling Office, on Naviance Student, and on the Counseling website)
4. Only if counselor letter of recommendation is required, complete Student Self-Assessment and Parent/Guardian Assessment - located on the Counseling website and in Naviance
5. Common Applications - must answer Yes or No on the Transcript Request Form if using the Common App. Confirm that you have added every school on the Common Application website
6. Naviance Student is not the actual application. You must submit the application on Common App or the college's website in order for your application to be fully processed by the college

#### MISCELLANEOUS:

1. CHECK ALL YOUR EMAIL ACCOUNTS ON A REGULAR BASIS
  2. Application deadlines - listed in Naviance, Common App, and College websites - Remember to adhere to the 10 School Day Rule!!!
  3. Be aware of different application plans (Early Decision, Early Action, Regular Decision)
  4. Recommendation letters - follow procedure for teachers and counselor
  5. Be working on Application Essays and/or Personal Statements
  6. If you receive a notification that you need 7<sup>th</sup> semester (12<sup>th</sup> grade - 1<sup>st</sup> semester) grades sent to the college you have applied to, you need to inform the Records Office, Mrs. Shoultz
  7. Final transcripts - it is your responsibility to indicate in Naviance where a final transcript needs to be sent (i.e., what college you will be attending)
- Types of responses from colleges (acceptance, deferral, waitlist, denied)
  - ACT/SAT Testing - send original scores to colleges from ACT or College Board (SAT) websites
  - If you change an academic class (not elective) for 2<sup>nd</sup> semester you must report it to the colleges. You can send an email to the admissions offices of most colleges through Naviance
  - College Night at BHHS, Monday, October 14, 2019 at 6:30 p.m.
  - Financial Aid Night at BHHS, September 24, 2019 at 6:00 p.m.
  - College Visits (You must sign up through Naviance, see Mrs. Frantz in the College Resource Center if you need help signing up). See Mrs. Frantz for Onsite admission opportunities
  - Community Service deadline is January 24, 2020 (4 experiences minimum) - An "I" for incomplete will be placed on your transcript which is equivalent to an "E" (negative effect on GPA)...questions about your Community Service status should be directed to Mrs. Litz in the Counseling Office
  - MME - graduation requirement - School Day SAT with Essay, Work Keys, M-STEP (Sci & S.S.)

## JUNIOR CLASS MEETING

September 18, 2019

Contacts: [mebrooks@bloomfield.org](mailto:mebrooks@bloomfield.org)

[jfogle@bloomfield.org](mailto:jfogle@bloomfield.org)

[Sklein@bloomfield.org](mailto:Sklein@bloomfield.org)

[lhollyer-madis@bloomfield.org](mailto:lhollyer-madis@bloomfield.org)

[amidea@bloomfield.org](mailto:amidea@bloomfield.org)

[bfitzgerald@bloomfield.org](mailto:bfitzgerald@bloomfield.org)

### REMINDER:

- *Junior year gets you in, senior year keeps you in.*

### STATE REQUIRED TEST DATES:

- *PSAT - all juniors taking Wednesday, October 16, 2019*
- *Michigan State Testing (SAT/Work keys/M-Step) will begin on April 14, with the SAT; Work-Keys is April 15 and the M-Step April 16, 2019 (this is a graduation requirement)*

### ACT/SAT/SAT SUBJECT TESTS/PSAT

1. *Recommended after January, 2020. Register on-line at [www.actstudent.org](http://www.actstudent.org) and [www.collegeboard.org](http://www.collegeboard.org).*

### COLLEGE INFORMATION

1. *School Code (CEEB Code): 232447 (use for ACT / SAT testing)*
2. ***College Night** - Monday, October 14, 2019 at 6:00 p.m.*
3. *College Visits (sign up is through Naviance Student) - if you don't know your password click "**forgot my password**"*
4. *Pass/Fail (2 per year) - be careful; talk to your counselor*
5. *College Handbook - Small group meetings with counselor and Naviance Student - Advisory lessons - College Searches (November, 2019)*
6. *Community Service - 1 service as action experience **per year** (4 total); log through the Service as Action google form on the community service website - graduation requirement (PLEASE WATCH THE INFORMATIONAL VIDEO on the Community Service website)*
7. *National Honor Society (NHS) Review National Honor Society By-laws on BHHS website under the Clubs & Organizations tab*
8. *NCAA - if you are hoping to play a sport in college you must enroll on the NCAA Clearinghouse website ([www.eligibilitycenter.org](http://www.eligibilitycenter.org)). It is the student's responsibility to make sure the courses you are taking are approved by the NCAA Clearinghouse. Check BHHS approved courses list on the NCAA website.*
9. *Summer School Courses - If you took a summer school course, outside of Bloomfield Hills, on-line or at a local high school, please forward the certificate/transcript of completion to the Record's Secretary in the Counseling Office right away.*

# CRC News

## UPCOMING COLLEGE VISITS

**Juniors and seniors** interested in meeting with college representatives must sign up for the visits on Naviance. Students must sign up for visits 1 day in advance and most college visits are limited to 20 students. Below is the list of upcoming college and university visits. Check Naviance for an updated list.

College	Date	Time	Location
Wittenberg University	Mon October 21, 2019	8:00 AM	CRC
University of Rochester	Mon October 21, 2019	9:15 AM	CRC
Pennsylvania State University	Mon October 21, 2019	11:30 AM	CRC
Indiana Tech	Mon October 21, 2019	1:15 PM	CRC
Babson College	Tue October 22, 2019	8:00 AM	CRC
Landmark College	Wed October 23, 2019	7:45 AM	CRC
Gettysburg College	Thu October 24, 2019	8:00 AM	CRC
Syracuse University	Thu October 24, 2019	1:15 PM	CRC
St. Lawrence University	Fri October 25, 2019	8:00 AM	CRC
Grand Valley State University	Fri October 25, 2019	9:00 AM	CRC
University of Nebraska at Lincoln	Mon October 28, 2019	8:00 AM	CRC
Adrian College	Mon October 28, 2019	8:00 AM	CRC
Bowling Green State University	Mon October 28, 2019	9:15 AM	CRC
Merrimack College	Tues October 29, 2019	8:00 AM	CRC
Hiram College	Tues October 29, 2019	1:15 PM	CRC
Providence College	Wed October 30, 2019	7:45 AM	CRC
Boston University	Wed October 30, 2019	1:30 PM	CRC
Canisius College	Fri November 1, 2019	9:15 AM	CRC
IDC Herzliya- Raphael Recanati International School	Mon November 4, 2019	9:15 AM	CRC
Aardvark Israel Gap Year	Tues November 4, 2019	All Lunches	Main Commons

**To sign up for a college visit, a student must:**

1. Sign into **Naviance Student**
2. Go to the **Colleges** tab.
3. Scroll down to **College Visits.**
4. Find schools you are interested in and Click **Register**



The best way to know if the University of Dayton is the right place for your students is for them to see it firsthand. That's why students and their families are invited to one of our Sunday [open house events](#) this fall.

**Oct. 20 or Nov. 10**

[300 College Park, Dayton, OH 45469](#)

You will hear about our 80-plus academic programs, or get tips for choosing a major if they're undecided. Families will also chat with current students, tour our beautiful campus, learn about admission and financial aid, discover experiential learning opportunities and more.

For more information or to RSVP, students can [visit us online](#), or contact us at 800-UD PRIDE (800-837-7433).



## **Purdue University—Fort Wayne**

**Find what drives you, Pursue with purpose**

Fall Campus Visit Day Sunday, October 27 1-5 pm

Learn from renowned faculty in small classes.

Register now by clicking [here](#) or 260.481.6812

# Grand Valley Laker Experience Day

The Admissions Office will be hosting Laker Experience Day this fall for high school seniors and their parents. This open house program is intended to help students discover why Grand Valley State University might be a great fit, and will help them understand the college search and application process.

Saturday, November 2. [Click here to register.](#)



# RON BROWN SCHOLAR PROGRAM

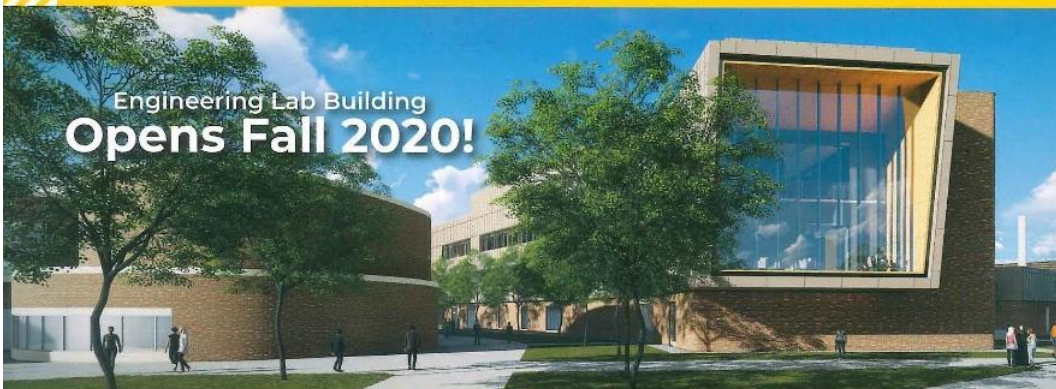
The Ron Brown Scholar Program seeks to identify students who will make significant contributions to society.

Applicants must excel academically, show exceptional leadership potential and make an impact on their communities through service to others. Each year, 20 or more students are designated Ron Brown Scholars and receive \$10,000 annually for four years, for a total of \$40,000. The recipients may use the need and merit based scholarships to attend any four-year accredited college/ university within the United States. Ron Brown scholarships are not limited to any specific field or career objective and may be used to pursue any academic discipline. Since 1996, 440 students have been designated as Ron Brown Scholars. To be eligible, applicants must be U.S. citizens or permanent residents, Black/African American and current high school seniors at the time of their application. Current college students are not eligible to apply. Applicants should demonstrate academic achievement, exhibit leadership ability, participate in community service activities and have a demonstrated financial need. Click [here](#) for more information.



## ENGINEERING & COMPUTER SCIENCE **CAREER NIGHT**

THURSDAY, NOVEMBER 7, 2019 | 6:30 - 8:30 PM



GO BLUE –  
GO DEARBORN!

[umdearborn.edu/careernight](http://umdearborn.edu/careernight)



Compete for one of many scholarships including:  
**20 Full-Rides, 80 Full-Tuitions, & more!**

REGISTRATION IS NOW OPEN FOR  
**THE CENTRALIS  
SCHOLARSHIP  
COMPETITION**

Competition Dates:

**October 26 & November 9**

Students must have a 3.7 high school GPA and a 1260 SAT  
or 27 ACT in order to register and compete.

Visit [cmich.edu/centralis](http://cmich.edu/centralis) for more information.  
Register now to reserve your seat to compete!



# EXPERIENCE UM-FLINT THIS FALL!



 [go.umflint.edu/visitus](https://go.umflint.edu/visitus)

Take advantage of these additional opportunities to explore UM-Flint:

- ▶ daily tours
- ▶ personalized tours
- ▶ sit in on a class



OCT  
**2**

SCHOOL OF MANAGEMENT  
PRE-BUSINESS WELCOME

OCT  
**5**

FALL PREVIEW  
*Added focus on Humanities & Social Sciences*

OCT  
**8**

SCHOOL OF MANAGEMENT  
LINKEDIN PRESENTATION

OCT  
**17**

EDUCATION NIGHT

OCT  
**24**

DETROIT CENTER EVENT

OCT  
**30**

SCHOOL OF MANAGEMENT  
ALUMNI CAREER PANEL

OCT  
**30**

FINE & PERFORMING ARTS  
EVENT

NOV  
**2**

FALL PREVIEW  
*Added focus on STEM*

NOV  
**7**

NURSING NIGHT

NOV  
**12**

PRE-MED & HEALTH SCIENCES  
NIGHT

DEC  
**13**

SCHOOL OF MANAGEMENT  
ECONOMIC FORUM



## HIGH SCHOOL SCHOLARSHIP TEST

The Specs Howard School of Media Arts will be awarding three full scholarships and six partial scholarships to high school seniors this year!

To compete, you must attend a testing session and select your program of choice:

- BROADCAST MEDIA ARTS
- DIGITAL MEDIA ARTS
- GRAPHIC DESIGN

**SATURDAY,  
DECEMBER 7, 2019**

**26700 Lahser, Suite 100  
Southfield, MI**

**Registration begins at 9:30am  
and you must be in your seat by  
10:00am to participate.**

To qualify, you must be a high school senior graduating in 2020. One full scholarship and two partial scholarships will be awarded for each program.

Seats fill fast, so reserve yours today.  
For full details go to:

[specshoward.edu/scholarshiptest](http://specshoward.edu/scholarshiptest)



**(248) 358-9000  
specshoward.edu**



**HEISMAN**  
HIGH SCHOOL  
SCHOLARSHIP

# DISTINCTION THROUGH DEDICATION

**WIN THE HEISMAN HIGH SCHOOL SCHOLARSHIP**

The Heisman® High School Scholarship supports education, recognizes achievement, and celebrates community-minded high school student-athletes around the country. Seniors, if you strive for excellence in the classroom, on the playing field, and in your community, now's the time to get the recognition you deserve. Apply today for your chance to earn up to a \$5k scholarship.

**BEAT THE OCTOBER 29, 2019 DEADLINE**

**APPLY TODAY >>**

**[HeismanScholarship.com](http://HeismanScholarship.com)**

© 2019 Heisman

**SCHOLARSHIPS RANGING  
FROM \$500 UP TO \$5K**

**FOR SENIOR  
SCHOLAR-ATHLETES  
WITH HIGH CHARACTER**

**EASY TO APPLY**

# 2020

## PRUDENTIAL SPIRIT OF COMMUNITY AWARDS

## HOW TO APPLY



### ARE YOU A MIDDLE LEVEL OR HIGH SCHOOL STUDENT WHO'S MAKING A DIFFERENCE THROUGH VOLUNTEERING?

In each state and Washington, D.C., the top middle level and high school youth volunteer will be named State Honorees and will receive a \$1,000 scholarship, silver medallion, and an all-expense-paid trip with a parent or guardian to Washington, D.C., in May. Runners-up will also be selected in each state and named Distinguished Finalists, receiving a bronze medallion. Other state-level winners will receive Certificates of Excellence. All state-level honorees will be announced in February.

During the trip, 10 of the State Honorees will be named America's top youth volunteers of the year. These National Honorees will receive \$5,000 scholarships, engraved gold medallions, trophies for their schools or organizations, and \$5,000 grants from The Prudential Foundation for nonprofit charitable organizations of their choice.

Local Honorees who qualify also receive the President's Volunteer Service Award.

For application and certification questions, or to request a paper application form, call 888-651-2951.

The Prudential Spirit of Community Awards is sponsored by Prudential Financial in partnership with the National Association of Secondary School Principals (NASSP). Since 1995, the program has honored more than 130,000 youth volunteers at the local, state and national level.

Apply for a 2020 Prudential Spirit of Community Award and you could win a \$1,000 scholarship and a trip to Washington, D.C., in May!

Access the application at [spirit.prudential.com](http://spirit.prudential.com) or [nassp.org/spirit](http://nassp.org/spirit).

Complete the application and the student/parent agreement; then, on the "certification" page, email or print and deliver instructions to your certifier (**deadline: November 5, 2019**).

Certifiers review applications online and select Local Honoree(s) for state-level judging (**deadline: November 15, 2019**).

Your application can be certified by your school principal or head of a county 4-H organization, Girl Scout council, American Red Cross chapter, YMCA or a Points of Light Global Network member.

Learn more at [spirit.prudential.com](http://spirit.prudential.com)  
and [nassp.org/spirit](http://nassp.org/spirit).





## SERVICES

**Psychiatric Evaluations and Counseling Intakes**  
A patient's clinical relationship with Rise begins with a psychiatric evaluation or counseling intake, depending on presenting needs. Both are hour-long evaluations which include a thorough clinical assessment designed to build a plan of care.

**Medication Management**  
Along with behavioral interventions, and lifestyle modifications, the use of psychotropic medication may be recommended. If medication is prescribed, patients will be continually assessed and monitored with regular medication reviews.

**Counseling**  
The role counseling plays in achieving balanced mental health is critically important to many of our patients. We welcome partnerships with therapists our patients may already have in order to provide the best integrated care possible. We also offer individualized counseling from our own experienced and highly skilled therapists.

**Faith-Based Integration**  
With advanced training in ministry, counseling and inner healing, we are excited to offer Christian and Catholic Christian approaches for patients who would prefer this integration.

## OUR SPECIALTIES

Rise providers are experienced in treating the full scope of mental health care, including:

- depression
- anxiety
- ADHD
- OCD
- grief
- parenting struggles
- trauma
- stress management
- PTSD

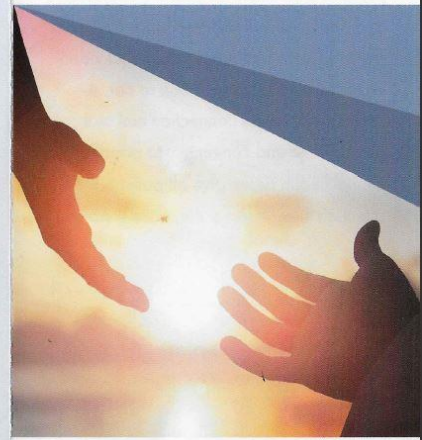
If you struggle with any of these conditions, reach out to Rise! We have providers waiting to partner with you to address these issues and give you the care you deserve.

Serving youth and adults  
throughout Michigan

RISE PSYCHIATRIC SERVICES  
1000 Woodward Avenue, Suite 350  
East Bloomfield Hills, Michigan 48304  
phone (248) 850-1000 | fax (248) 694-5200  
www.callonrise.com



**RISE PSYCHIATRIC SERVICES**  
Online Mental Health Care



Psychiatric care at  
your fingertips

(248) 850-1000  
www.callonrise.com

## We're new here, and we want to help.

Rise Psychiatric Services is a new, Michigan-based mental health care provider, utilizing advanced internet technology to yield the best patient care possible. Through our highly experienced practitioners, we offer personalized psychiatric treatment for children, adolescents, and adults, all with the freedom for users to choose where and when to conduct video visits. Be it in the home, office or car, a confidential online connection makes it comfortable and convenient to prioritize mental health as we give all patients the attention they deserve. It is, quite literally,

At Rise, patients are not  
a diagnosis or a number.

We believe in a true  
partnership to empower,  
heal and foster hope.

psychiatric care at each individual's fingertips. Our team of providers, including psychiatric physician assistants and licensed professional counselors, listen to where patients have been, recognize who they are and are dedicated to creating personalized goals and treatment plans.

By meeting our patients where they are now—both emotionally and physically—we are able to provide comprehensive and specialized services to bring health and healing.



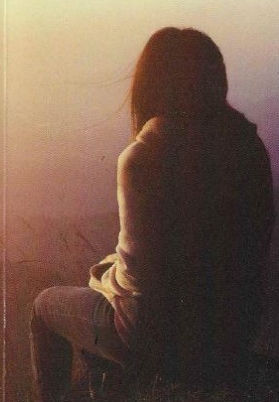
## OUR APPROACH TO TREATMENT

Our providers believe in multifaceted treatment that includes both traditional and integrative medicine. Utilizing a team-based approach to care, we address every facet affecting the well-being of our patients. Treatment may include individual counseling, medication management, faith-based care, and lifestyle modification. Our unique services address the body, mind, and spirit to promote positive mental health and healing.



## HOW THIS WORKS

At Rise we use utilizes Kareo Telemedicine for all patient visits, available on your web browser or by downloading the free app. You can connect on all mobile devices and computers, allowing you to hold your appointment wherever you feel most comfortable. It is confidential, HIPAA-compliant, and easy to use.



# GROWING UP 2020

WALK IN THE PARK  
OR SOCIAL JUNGLE?



Kids Empowered  
On The Move <sup>501 c3</sup>

**SATURDAY,  
NOV. 9, 2019**

9:00 AM – 12:20 PM

4000 SIX MILE ROAD  
NORTHVILLE, MI 48168



Got kids? Us too! Join Kids Empowered On The Move for an empowering morning of learning and growing together. Kids and teens, and the adults who care about them, will each enjoy the track designed especially for them with age-appropriate content and delivery styles. Topics include: managing anxiety, dealing with unfriendly peers, building self-confidence, online safety, and much more.

**KIDS WILL GAIN THE TOOLS TO:**

- Manage unfriendly friends
- Find the right way to stand up to bullies
- Manage peers when things run hot and cold
- Solve typical negative playground situations
- Stay calm on the outside when they're shaking like a leaf on the inside
- And much more!

4 CONCURRENT TRACKS

**KIDS: 3RD-6TH GRADE**

**TEENS: 7TH-HIGH SCHOOL**

**ADULTS: PARENTS, GUARDIANS, CAREGIVERS, COACHES, SCOUT LEADERS, ETC.**

**PROFESSIONALS: TEACHERS, SOCIAL WORKERS, PARAPROFESSIONALS, OTHER EDUCATORS**  
PROFESSIONAL DEVELOPMENT CREDITS AVAILABLE

SPACE IS LIMITED, SO REGISTER TODAY!

**YOUTH AND PARENTS:**

\$17 per participant pre-registered; \$20 at the door. Youth receive backpack, special take-away items from activity stations, reusable water bottle, and nut-free snack.

**PROFESSIONAL EDUCATORS:**

\$40 per participant pre-registered; \$50 at the door. Also includes lunch, afternoon session, curriculum.

**DETAILS & REGISTRATION**

[www.KidsEmpoweredOnTheMove.org](http://www.KidsEmpoweredOnTheMove.org)  
**248-757-0912**  
[info@KidsEmpoweredOnTheMove.org](mailto:info@KidsEmpoweredOnTheMove.org)

**QUESTIONS?**

**THANKS TO OUR GENEROUS SPONSORS AND PARTNERS!**





**Kids Empowered**  
On The Move <sup>501 c3</sup>

**GROWING UP**  
**2020** WALK IN THE PARK  
OR SOCIAL JUNGLE?

[www.KidsEmpoweredOnTheMove.org](http://www.KidsEmpoweredOnTheMove.org)



## INTERACTIVE STATIONS FOR KIDS



### VERBAL JUDO

Learn words to say in unfriendly situations & do judo moves.



### KINDNESS ROCKS

Kids learn the do's and don'ts of a friendly classmate and paint a Kindness Rock.



### ROCK, PAPER, SCISSORS

Play fun games & learn how to solve typical playground problems.



### PICK YOUR EMOJI

Learn about body language: confident vs. unconfident & friendly vs. unfriendly



### CALM AND COLLECTED

Learn how to calm yourself in unfriendly situations. And do yoga!



### "PICTURE THIS"

Learn about self-esteem & confidence. Fun photo booth.



### SPECIAL GUEST:

Unbreakable. I Am Who I Am, with Ali McManus – Ali will share her powerful journey and sing her inspirational song "Unbreakable".

## 2020 TEEN TRACK

Designed with the unique needs of teens in mind, the Growing Up 2020 Teen Track focuses primarily on two areas: physical and social self-defense, and their personal digital footprint for life beyond high school. The Teen Track is highly relevant, interactive, and hands-on – a must for every teenager.







# SAVE THE DATE!



## A Conversation about Suicide

Oakland County **Youth Assistance** is pleased to host 3 evening presentations by **Jeff Olson**.

**These evening presentations are for parents and any adults who care about youth.**

The story of Daniel Olson of Ishpeming is one that many people have become familiar with over the past several years. Daniel suffered from anxiety and depression and took his own life in the summer of 2012. Daniel's family has found a way to turn their tragedy into a powerful tool to help educate others about the reality of depression and suicide.

The family has made a documentary about Daniel's struggles and Jeff Olson, Daniel's father, has been showing the film and speaking to parents, professionals, and students for over a year.

You can learn more at [doitfordaniel.com](http://doitfordaniel.com)



***More details and registration information coming soon!***



Watch for details about a half day Professional Workshop with  
Jeff Olson  
on  
November 20, 2019  
at  
Oakland County Health Network in Troy



# Women in Science

## Environmental Scholarship



**\$500 USD**

At Dronethusiast we understand the cost of studying at University can be difficult to cover.

We also understand that not every person interested in Science lives in the USA and that women are under represented in Science. That's why we're offering a \$500 USD Scholarship to a Female applicant following all the guidelines below!

## Submission Topic

**Demonstrate an idea you have for helping improve the environment, whether globally or locally with Drone Technology.**

## Scholarship Guidelines

1. Women - Submit 1 page essay on topic.
2. Can be written in English or Spanish.
3. 1 Letter of reference required.
4. Also submit a 1 page summary including your contact information, your schools contact information and reasons why you need the scholarship.

**For Full Details Visit**

[www.dronethusiast.com/drone-scholarship](http://www.dronethusiast.com/drone-scholarship)

**Submit To: [Justin@dronethusiast.com](mailto:Justin@dronethusiast.com)**

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Keller Clinic will be hosting a MOCK ACT.  
Saturday, October 26, 2019  
9:30 AM – 1:30 PM  
Bloomfield Township Public Library  
1099 Lone Pine Rd  
Bloomfield Twp., MI 48302

Keller Clinic will be hosting a MOCK ACT. Open to 10th and 11th graders  
who have not taken the ACT previously.  
This mock test is free of charge. Get a head start on preparing for the ACT.  
Sign up now for our free MOCK ACT Exam.  
Keller Clinic will offer a free analysis of test results.  
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Where will your scores take you?

## Free Practice SAT® Test

---

**Saturday, October 19<sup>th</sup> from 9:00a - 12:45p  
at International Academy - Room 101**

1020 E. Square Lake Rd., Bloomfield Hills, MI 48304

Registration required. Register at:

**[PrincetonReview.com/product/offerings/447305](https://PrincetonReview.com/product/offerings/447305)**

## Free Practice ACT® Test

---

**Saturday, October 26<sup>th</sup> from 9:00a - 12:30p  
at International Academy - Room 101**

1020 E. Square Lake Rd., Bloomfield Hills, MI 48304

Registration required. Register at:

**[PrincetonReview.com/product/offerings/447306](https://PrincetonReview.com/product/offerings/447306)**

Spaces are limited and registration will close after capacity is reached. Register soon.

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GAMES AND  
SOCIALIZING



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MONDAYS  
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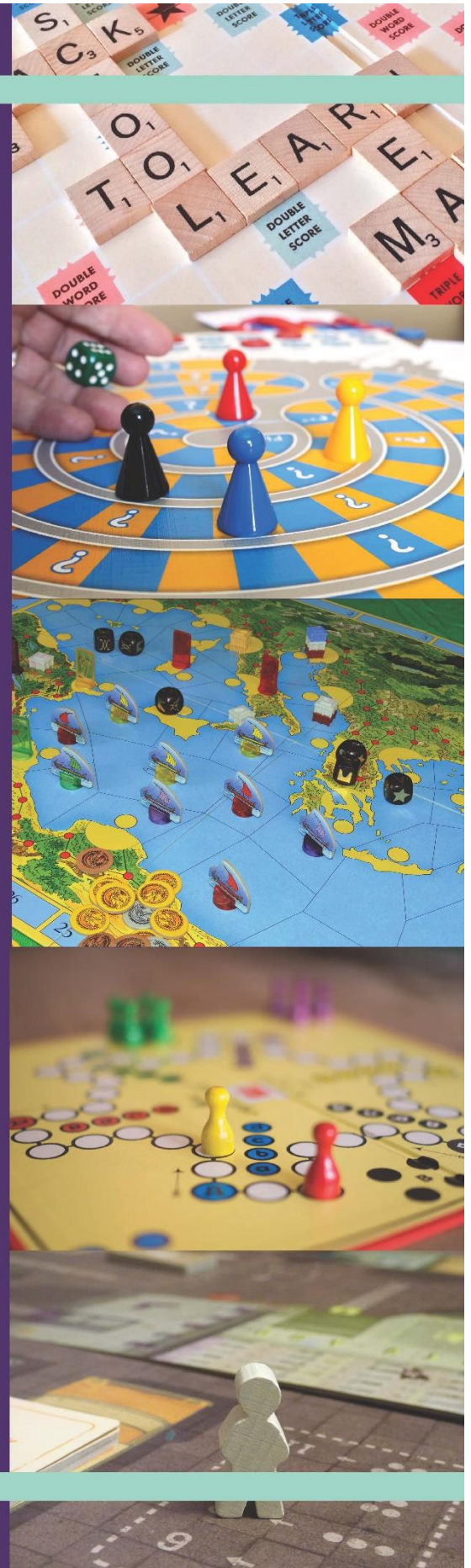


Open to all students, but limited to space  
availability (25 students max).

Bring your lunch and come hang out, play  
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Music, board and card games will be  
available for you to enjoy!

See anyone in the Counseling office for  
more information.





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INITIATIVE

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**PERRY  
OUTREACH PROGRAM**

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Apply to participate in this free, one-day program. Explore hands-on workshop modules and receive mentorship from women surgeons and engineers.

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**DETROIT, MI**  
**NOVEMBER 23, 2019**

*Henry Ford Hospital*  
*Application Deadline 10/23/19*

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**PARTICIPATE** in hands-on workshops

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---



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# **STUDY SKILLS GROUP**

**Struggling with assignments, homework,  
and tests?**



## **Study skills can help students:**

- Learn new techniques for effective learning
- Develop individualized, innovative study plans
- Adopt new learning strategies to improve outcomes

*Study Skills groups are **FREE** of charge and designed for  
Elementary, Middle, and High School students!*

### **Dates:**

- High School: Saturday, November 2, 2019
- Middle School: Saturday, November 9, 2019
- Elementary: Saturday, November 16, 2019

### **Time:**

9:30am–2:30pm

(Includes a lunch break - attendees should bring their own lunch)

### **Location:**

208 Pawley Hall, Oakland University  
456 Pioneer Dr.  
Rochester, MI 48309

*For additional information and to register please call:  
SEHS Counseling Center (248) 370-2633*

# — News Advisory —

FOR IMMEDIATE RELEASE

October 3, 2019

*For more information contact:*

Ida Goutman, CEO, Cruz Clinic  
17177 North Laurel Park Drive, Suite #131  
Livonia, Michigan 48152  
Ph: 734.462.3210, ext. 28  
igoutman@cruzclinic.com



Psychiatric and  
Psychological Care

## **Cruz Clinic and Wayne State University to host a lecture by internationally acclaimed ADHD expert Dr. Russell A. Barkley, Ph.D.**

*(Livonia, MI, 10-03-19)* – Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common childhood behavioral disorders, affecting five to seven percent of the school-age population, and accounting for the largest proportion of children referred to mental health programs in this country. Clinicians are becoming increasingly aware that the disorder persists into adolescence in up to 80 percent of childhood cases, and into adulthood in up to 50 to 66 percent of these cases. To best assist those with ADHD, parents, caregivers, mental health, medical, and educational professionals can benefit greatly from up-to-date knowledge of this disorder and its treatment.

Cruz Clinic, in collaboration with Wayne State University, is hosting a lecture by Dr. Russell A. Barkley, Ph.D., an internationally recognized authority on Attention Deficit Hyperactivity Disorder on Saturday, November 9, 2019. The lecture will be held at the Holiday Inn in Livonia, MI, and will run from 8:00 a.m. until 4:00 p.m. Parents and caregivers, as well as physicians, pediatricians, nurses, mental health professionals, school administrators and teachers, and other professionals working with children are all welcome to attend this lecture.

Russell A. Barkley, Ph.D., is a clinical Professor of Psychiatry at the Virginia Treatment Center for Children and Virginia Commonwealth University Medical Center in Richmond, Virginia. He is a Diplomate (board certified) in Clinical Psychology (ABPP), Clinical Child and Adolescent Psychology, and Clinical Neuropsychology (ABCN, ABPP). Dr. Barkley is a clinical scientist, educator and practitioner who has published 23 books, rating scales, and clinical manuals numbering 41 editions. In addition he has published more than 270 scientific articles and book chapters related to the nature, assessment, and treatment of ADHD and related disorders. Dr. Barkley is the founder and editor of the bimonthly clinical newsletter, *The ADHD Report*, now in its 26th year of publication. He has presented more than 800 invited addresses internationally and appeared on nationally televised programs such as *60 Minutes*, the *Today Show*, *Good Morning America*, *CBS Sunday Morning*, *CNN*, and other programs on behalf of those with ADHD.



All participants are asked to register for the lecture no later than November 1. To register, go online at [www.CruzClinic.com](http://www.CruzClinic.com) or call Cruz Clinic at 734-462-3210. The program provides continuing education credit for education professionals through the Wayne State University School of Education. Credit is also approved for social workers and psychologists. Additional information on the lecture and CEU credits can be found at [www.CruzClinic.com](http://www.CruzClinic.com).

---

**About Cruz Clinic:**

Cruz Clinic, with offices in Livonia and Ann Arbor, Michigan, is an outpatient mental health center which has provided comprehensive counseling services in the metro-Detroit area for over 35 years. The clinic is accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO), is certified by Medicare and leading preferred provider organizations, and is a Blue Cross approved facility. More information on the clinic can be found at [www.CruzClinic.com](http://www.CruzClinic.com).

## Objectives

- To briefly review the history of ADHD and its evolution from a condition of hyperactivity to the diagnosis of ADD and ADHD.
- To explore the important connection between ADHD and the notions of "self-control", and "executive functions", and its impact on treatment principles for the disorder.
- To present the demographic information pertaining to ADHD and to note what roles gender and age may play in its manifestation.
- To present information on the differential diagnosis of ADHD from other diagnostic entities which may include "attention problems" or "impulsive behavior".
- To discuss the life-course impairments and comorbid disorders often associated with ADHD and their implications for management.
- To briefly note the major etiologies that contribute to the risk for developing ADHD.
- To review the major evidence-based treatment approaches for ADHD as well as note the numerous unproven and disproven treatments of ADHD.
- To explore Dr. Barkley's views on possible future directions in clinical research.

## Seminar Schedule

8:00 - 9:00 am	Registration and Breakfast
9:00 - 10:30 am	Morning Session
10:30 - 10:45 am	Break
10:45 - 12:15 pm	Mid Morning Session
12:15 - 1:15 pm	Plated Lunch
1:15 - 3:15 pm	Afternoon Session
3:15 - 4:00 pm	Dessert Reception Obtain Certificate Meet and Greet with Cruz Clinic Staff

## Outline

### Morning Session

- Brief History of ADHD
- Differential Diagnosis and Nature of ADHD
- ADHD Executive Functioning and Self-Regulation

### Mid-Morning Session:

- Etiologies of ADHD
- Comorbid Disorders
- Life Course Outcomes: Implications for Management

### Afternoon Session:

- Major Evidence Based Treatments for ADHD
- Parent Counseling and Training
- Managing ADHD in School
- Overview of ADHD Medications
- Experimental, Unproven and Disproven treatments



## Continuing Education

The program provides for 5 hours of CEU credit. Continuing education credits are being arranged by Wayne State University. CEUs will be provided at the end of the conference for successful completion of seminar and completion of evaluation form.\*

Educators/Teachers: This course is designed to qualify towards your professional development requirement. The program is 5 clock hours in length.

**Social Workers:** This course provides 5 hours of CEUs.

**Psychologists:** This course provides 5 hours of CEUs.

Presented by Cruz Clinic in collaboration with Wayne State University's COE Mental Health and Wellness Center (MHaWk)



WAYNE STATE UNIVERSITY

\*At time of printing this brochure CEUs are pending

## Hotel Information

**Holiday Inn - Detroit NW Livonia**  
17123 North Laurel Park Drive, Livonia, MI 48152  
(Located near the intersection of I-275 and Six Mile Road and just to the west of Laurel Park Place Mall).

Check In: 3:00 p.m. / Check out: 12:00 p.m.

Discounted room rates:  
1 King Bed - \$99; 2 Queen Beds - \$109

Deadline for discounted rates:  
5:00 pm EST on 10/8/2019

Group reservation name: Cruz Clinic

To register for the hotel call: 734-245-4700

## Registration Information

### Conference Tuition:

- \$189.00 per person by September 30, 2019
- \$229.00 per person on/after October 1, 2019
- \$189.00 per person - Groups of 2 or more registering together prior to the deadline

**Registration Deadline:** November 1, 2019

### Registration Instructions:

Online: [www.cruzclinic.com](http://www.cruzclinic.com)  
Phone: Cruz Clinic at 734-462-3210  
Mail: Cruz Clinic, 17177 North Laurel Park Dr., Ste. 131, Livonia, MI 48152  
Fax: 734-462-1024

### Registration Form

1st Attendee: \_\_\_\_\_  
2nd Attendee: \_\_\_\_\_  
3rd Attendee: \_\_\_\_\_  
4th Attendee: \_\_\_\_\_  
5th Attendee: \_\_\_\_\_  
Company: \_\_\_\_\_  
Address: \_\_\_\_\_

City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

### Payment Information:

\_\_\_\_ Check enclosed payable to Cruz Clinic

MC  VISA  American Express

Card Number: \_\_\_\_\_

Card Expiration Date: \_\_\_\_\_

Security Code: \_\_\_\_\_

Signature: \_\_\_\_\_

## About the Presentation

ADHD is one of the most common childhood behavioral disorders that affects 5 to 7 percent of the school-aged population. This population accounts for the largest portion of children referred to mental health programs in this country alone. Clinicians are becoming increasingly aware the ADHD is not outgrown over time, but rather many individuals will continue to manifest the disorder into adulthood. In up to 80 percent of childhood cases, ADHD persists into adolescence, and in up to 50-66 percent of those same cases, the disorder persists into adulthood. It is therefore imperative that mental health, medical, and educational professionals have up-to-date knowledge of this disorder and its treatment.

Dr. Barkley reviews all recently published research on ADHD and includes the latest findings into all of his lectures. In this five hour presentation, he will provide current information on the nature of comorbid disorders, and the developmental course and etiologies of ADHD. He will also provide an overview of the most effective treatment strategies for children having ADHD, focusing specifically on home and classroom management and medications. He will conclude the program with his perspective on future directions in clinical research on ADHD.

## Target Audience

- Parents / Caregivers
- Physicians / Pediatricians
- Counselors
- Social Workers
- Psychologists
- Marriage and Family Therapists
- Speech-Language Pathologists
- Teachers
- School Administrators
- Occupational Therapists
- Occupational Therapy Assistants
- Nurses
- Other Helping Professionals Who Work with Children



About the Speaker...  
**Dr. Russell Barkley, Ph.D.**

Russell A. Barkley, Ph.D. is a professor of psychiatry at the Virginia Treatment Center for Children and Virginia Commonwealth University Medical Center in Richmond, Virginia. He is a Diplomate (board certified) in three specialties: Clinical Psychology (ABPP), Clinical Child and Adolescent Psychology, and Clinical Neuropsychology (ABCCN, ABPP). Dr. Barkley is a clinical scientist, educator and practitioner who has published 28 books, rating scales, and clinical manuals numbering 41 editions. In addition, he has published more than 270 scientific articles and book chapters related to the nature, assessment, and treatment of ADHD and related disorders. Dr. Barkley is the founder and editor of the bimonthly clinical newsletter, The ADHD Report, which is now in its 28th year of publication. He has presented more than 600 invited addresses internationally and appeared on nationally televised programs such as 60 Minutes, The Today Show, Good Morning America, CBS Sunday Morning, CNN, and other programs on behalf of those with ADHD. He has been honored by professional societies and ADHD organizations for his career accomplishments and contributions to ADHD research, and overall lifetime achievements. In 2012, Dr. Barkley was given the Distinguished Career Award from the Division of Clinical Child and Adolescent Psychology of the American Psychological Association. More information can be found at [www.RussellBarkley.org](http://www.RussellBarkley.org) and [www.ADHDLectures.com](http://www.ADHDLectures.com).

CRUZ CLINIC  
Attention: Registration Dept.  
17177 North Laurel Park Drive, Suite 131  
Livonia, MI 48152

Russell Barkley, PhD  
ADHD Conference  
Saturday, November 9, 2019  
Livonia, Michigan

## ADHD Conference

Attention Deficit  
Hyperactivity Disorder

Yesterday~Today~Tomorrow

Featuring  
Internationally Recognized  
Authority on ADHD

Dr. Russell  
Barkley, Ph.D.

Saturday, November 9, 2019  
8:00 am - 4:00 pm

Holiday Inn Detroit NW  
17123 N. Laurel Park Drive  
Livonia, Michigan 48152

Presented by:  
**CRUZ CLINIC**  
17177 N. Laurel Park Drive, Suite 131  
Livonia, MI 48152  
Ph: 734-462-3210  
[www.cruzclinic.com](http://www.cruzclinic.com)

# Teens Using Drugs What To Know and What To Do

A FREE, two-part series on how to understand and identify teen substance use, and what can help when a young person may have a problem with alcohol or other drug use.

## Part One: What To Know

What's helpful to know about adolescent substance use in order to understand the effects of substance use on young people and recognize adolescent substance use problems.

**6:00 PM to 7:30 PM, 1<sup>st</sup> Tuesdays**  
October, November, and January through June

**2019 - 2020 schedule:**  
October 1, November 5: 2019  
January 7, February 4, March 3: 2020  
April 7, May 5, June 2: 2020

**TIME**  
6:00 – 7:30 pm

## Part Two: What To Do

Break-out sessions for adults on how to help when adolescent alcohol/other drug use is suspected, and for teens to explore the personal effects of substance use. Ends for both with a talk by a young person in recovery.

**6:00 PM to 7:30 PM, 2<sup>nd</sup> Tuesdays**  
October, November, and January through June

**2019 - 2020 schedule:**  
October 8, November 12: 2019  
January 14, February 11, March 10: 2020  
April 14, May 12, June 9: 2020

**Presented by Dawn Farm Youth and Family Services therapists**

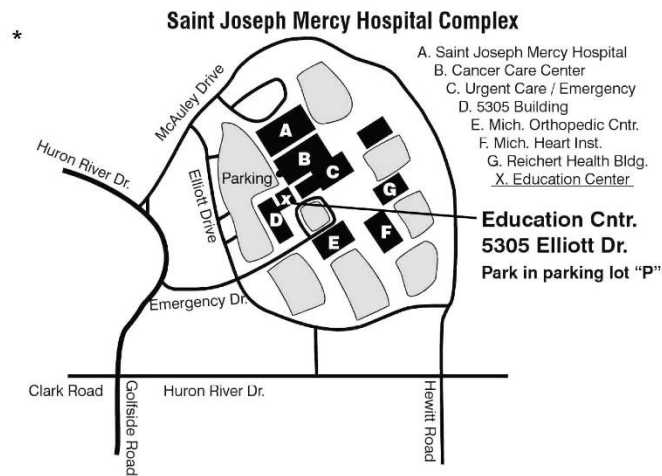
Sponsored by Dawn Farm. Co-sponsored by the Ann Arbor Public Schools, St. Joseph Mercy Greenbrook Recovery Center, and the WISD/LESA Health Educators' Learning Network (supporting and advocating for Whole School, Whole Community, and the Whole Child Approach-WSCC.)

The series is inclusive of parents, guardians, teens, other family members, people who work with teens/families, students, and anyone interested. All are welcome! Parents/teens/family members are encouraged to attend together. Admission is FREE. Registration is not required.

A certificate to document attendance is provided.

Saint Joseph Mercy Hospital Education Center – (same building as Administrative Services) in the Exhibition Room (1<sup>st</sup> floor) 5305 Elliott Drive, Ypsilanti, MI – Park in parking area "P"

For more information see [www.dawnfarm.org](http://www.dawnfarm.org); or contact Dawn Farm: 734-485-8725 or [info@dawnfarm.org](mailto:info@dawnfarm.org).



**Now in our TWENTY-FIRST year as a free community resource!**



# SAVE THE DATE!



## A Conversation about Suicide

Oakland County **Youth Assistance** is pleased to host 3 evening presentations by **Jeff Olson**.

**These evening presentations are for parents and any adults who care about youth.**

The story of Daniel Olson of Ishpeming is one that many people have become familiar with over the past several years. Daniel suffered from anxiety and depression and took his own life in the summer of 2012. Daniel's family has found a way to turn their tragedy into a powerful tool to help educate others about the reality of depression and suicide.

The family has made a documentary about Daniel's struggles and Jeff Olson, Daniel's father, has been showing the film and speaking to parents, professionals, and students for over a year.

You can learn more at [doitfordaniel.com](http://doitfordaniel.com)



***More details and registration information coming soon!***



Watch for details about a half day Professional Workshop with  
Jeff Olson  
on  
November 20, 2019  
at  
Oakland County Health Network in Troy

2018-2019

# *Top Mental Health News*

*By Niru Prasad, MD*

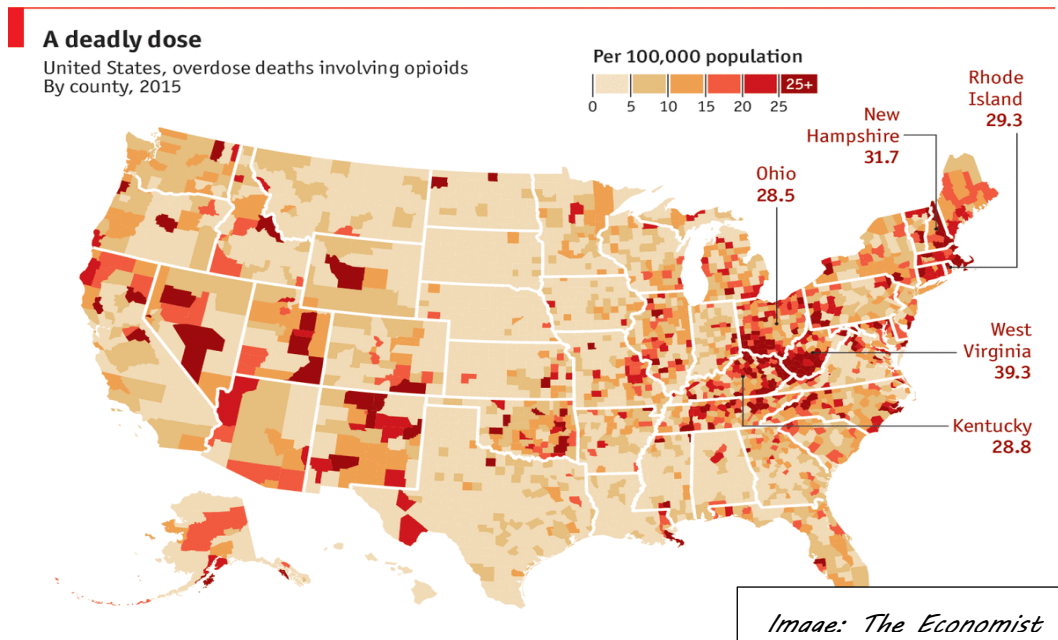
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2018 was a big year in the Mental Health Community. 2018 brought to many mental health issues that might be overlooked, such as depression and anxiety. Large issues, such as bullying, suicide, opioids, drug addictions, and pain control continue to prevail in our communities.

# 1. The Opioid Epidemic

The opioid epidemic is not new. In 2016 alone, an estimated five million people in the United States abused a prescription opioid, according to the NIH, National Institute of Health. But those numbers continue to rise. It has even been declared a public health crisis, with over 115 Americans dying each day. Almost 30% of patients who are prescribed opioids misuse them. There is a lack of awareness of the dangers associated with taking these drugs, such as Oxycodone, Percocet, Heroin, and Fentanyl. However, agencies, such as the FBI and DEA are trying to combat to this epidemic. For example, they raided and shut down three major pain clinics in the metro Detroit region which unsafely mis prescribed and dispensed these powerful narcotics.



Source: Centres for Disease Control and Prevention  
Economist.com

The map above shows the number of opioid-related deaths in 2015. The darker red color shows where there has been a higher amount, an indication of the communities that have been hit hard. This crisis has devastated the Midwest especially, with Ohio and West Virginia having a very high amount of overdose-related deaths per one hundred thousand people. The five states with the highest opioid-related deaths are:

1. West Virginia
2. New Hampshire
3. Rhode Island
4. Kentucky
5. Ohio

## 2. Medical Marijuana (CBD + THC)



Medical Marijuana is becoming more and more popular, as it is becoming legalized in a growing number of states. THC, tetrahydrocannabinol is a product of Marijuana which provides the “high” feeling, which is often used in unsafe recreational use of this drug. Marijuana is very addictive and is known as the “gateway drug”. This drug is very popular among young users, especially in the e-cigarette form. This drug is dangerous if used improperly because of its side effects, such as rapid heart rate, impaired judgement, and more. However, the THC can be used to make drugs which help with the side effects of chemotherapy. Two FDA-Approved drugs, dronabinol and nabilone respectively, help prevent nausea and vomiting in cancer patients, post chemotherapy. Marijuana is a fast-growing market nationwide. But with the recent legalization of recreational use, marijuana sales are forecasted to grow.

Year	2016	2018	2020	2022
Sales Value, in Millions	499.8	694.1	755.7	811.4

Credit: *Statista*

As we can see, the economy for marijuana is exponentially growing. Because of it, it is important that the community is educated about marijuana, its impacts, and its appropriate uses. If used correctly, Marijuana can be a helpful resource. But if misused, as it often is, it is a big danger to the entire community.

## 3. Bullying



In 2014, the Center for Disease Control and the Department of Education released the first federal uniform definition of bullying for research and surveillance purposes. According to these agencies, bullying behaviors are aggressive, which are sometimes violent among our children, teenagers and adults. The occurrence of bullying has risen tremendously due to easy access to electronics, with over 3.2 million students becoming victims of bullying every year. On top of this, an estimated 160,000 students skip school every day due to bad behavior and fear of being bullied. The 2 modes of bullying include direct bullying, which occurs in the presence of targeted youth (face to face bullying), and indirect bullying, which can include spreading rumors, and cyber bullying. Bullying can be in many different forms, such as physical, verbal, emotional, or cyber. Cyber bullying is getting more and more popular due to easy access to electronics and a growing amount of social media users. We have learned that the most bullying occurs in high school, with some happening in both middle and elementary schools. Some school bullies, especially those who are more mature, may go on to practice dangerous behaviors such as gun use. While bullying is a widespread issue, there are a few ways of preventing it. These include public awareness and teacher and/or principal involvement, but the most effective strategy is parental advice and their involvement. Recent efforts, such as the creation of [stopbullying.gov](http://stopbullying.gov), an official website of the United States Government, and the First Lady's BE BEST project, are helping to spread awareness and find a solution for this issue.

#### 4. Anxiety Attacks, Stress, Depression, and S.A.D.



Stress is believed to cause anxiety attacks, major depression, minor depression, drug abuse, mental illness, and violent behaviors such as suicide. When compared to the rest of the nation, Michigan was ranked at twenty-three for the highest prevalence of mental illness, with the most common one being depression. In Michigan, an alarming trend of suicide is going, with some estimates according to the CDC and NPR reporting an increase by 33%. Another condition, Seasonal Affective Disorder, commonly known as S.A.D., is common, especially in the long Michigan winters. This causes some to become depressed in the winter months. Common over the counter remedies for S.A.D. includes Cardamom, which detoxifies the body and rejuvenates cells, nutmeg, which stimulates the brain and relieves fatigue, saffron, which increases serotonin, honey, which relaxes frayed nerves, and apples, which can help repair brain nerve cells. Foods high in vitamin B6, such as chicken, have been shown to have an impact on serotonin, which may help alleviate the symptoms of S.A.D.



## 5. Suicide and Self Harm



Suicide is a taboo topic which many feel uncomfortable talking about. However, it must be acknowledged before we can begin to combat this issue. As referenced before, there is an alarming trend in Michigan where the suicide rate is going up. However, this is not just an issue in Michigan. Suicide is the tenth leading cause of death in the United States, and it is the second leading cause between ages fifteen and thirty-four, second only to unintentional injuries. About 123 Americans take their lives every day, which averages one about every 12.3 seconds. Globally, 800,000 people take their own lives each year. Most suicides occur in middle- and low-income countries, predominantly in Europe and Africa. Many contribute suicide to mental illness, medical issues, PTSD, social isolation, and family conflict. These can also contribute to self-harm. Self-harm is another taboo topic; however, it is much less publicized and known about compared to suicide. In 2017, the latest available data, 494,169 people visited a hospital for self-harm behavior (not necessarily meaning they were trying to commit suicide). This means about approximately 12 people harm themselves for every 1 person who commits suicide.

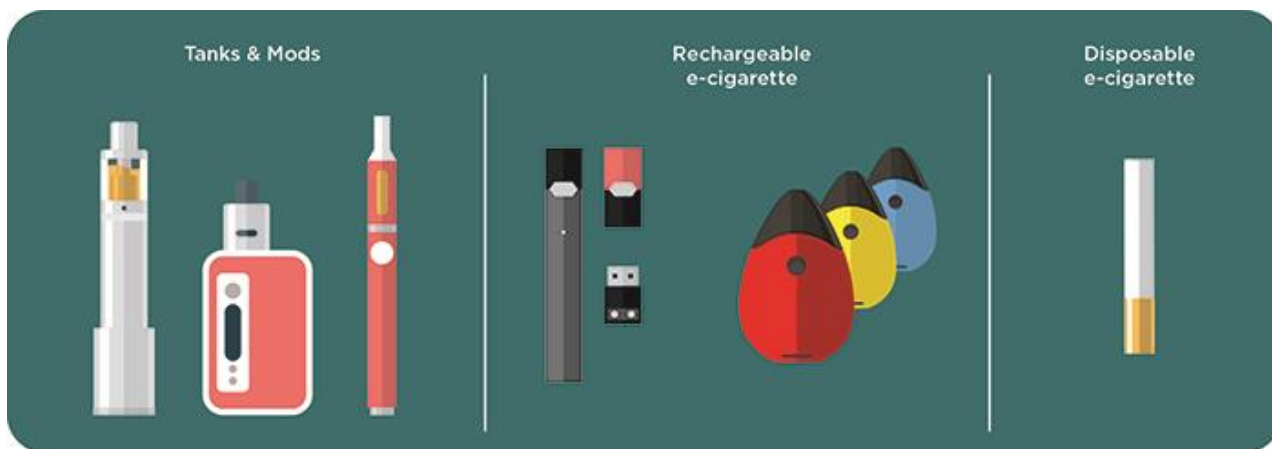
All of these have some impact on our community in some way or another. Every day, we continue to learn more about mental health and how they affect the individual and community. It is only with more research and understanding that we can fully understand the total effects of these illnesses and products.

---

## What We Know about Smoking and E-cigarettes

**E-cigarettes contain nicotine and other harmful chemicals that can damage lungs.**

**E-cigarettes are battery powered devices that works by heating a liquid into aerosol that the users can inhale. In addition to nicotine, they also have propylene glycol, tiny fragments of metals, glycerine, and more. The metals include lead or deacetylate that damages lungs. The different names for e-cigarettes are e-hookahs, vapes, vape pens, tank systems, or mods.**

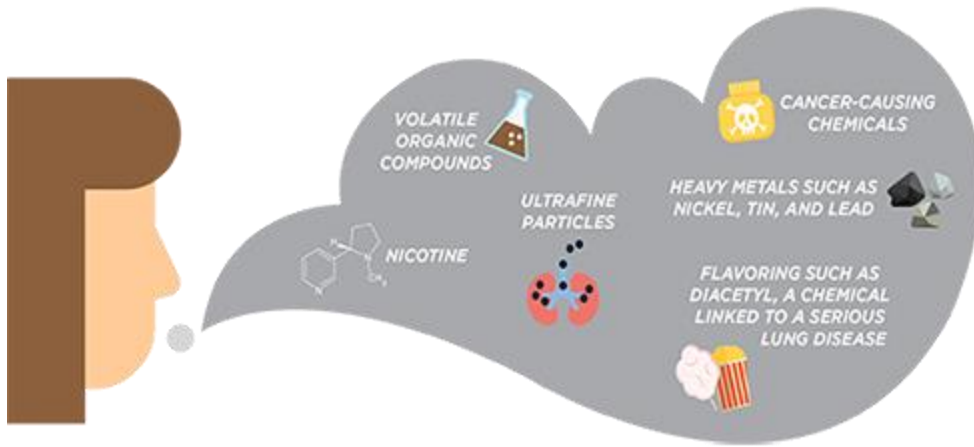


**What are the different forms and appearances of e cigarettes  
Some of them look like other cigarette, cigars, pipes, pens ,or usb sticks .**

## Who Is Using E-Cigarettes

**In the US, youths and teenagers are more likely to use them. In 2018, more than 3.6 million in US middle and high schools used e-cigarettes, and sadly the incidence has increased since 2015. Among adults, pregnant women and some of the elderly have also substituted regular cigarette for e-cigarettes.**

1. Nicotine is highly addictive
2. It is toxic to brain development of the fetus during pregnancy
3. It can harm brain development during adolescence up to 20 years of age
4. It can cause lung damage in all ages
5. The use of e-cigarettes during school years affect students' performance, and leads to poor grades. The aerosols contain cancer causing elements that affect the breathing, leading to asthma



## What are the Preventative Measures?

1. Parents should have an open communication with their children
2. Get them involved with exercise and sports at school
3. Teachers should have open communication with their student and their parents
4. Finally, let the mental health services get involved as needed.

Youth tobacco prevention among our youths is very important to prevent them from serious health problems and smoking related illnesses. Advisory sheets for students, parents, and teachers are available on the CDC website.

Source: US Department Of Health and Human Services, E-Cigarette Use Among Our Youth and Young Adults CDC 2016



Test Date	Deadline	Late Deadline
October 26, 2019	September 20, 2019	September 21-October 4, 2019
December 14, 2019	November 8, 2019	November 9-22, 2019
February 8, 2020	January 10, 2020	January 11-17, 2020
April 4, 2020	February 28, 2020	February 29-March 13, 2020
June 13, 2020	May 8, 2020	May 9-22, 2020
July 18, 2020	June 19, 2020	June 20-26, 2020

**2019-20 ACT Test Dates**

**Register for the ACT at:**  
[www.actstudent.org](http://www.actstudent.org)



2019-20 SAT TEST DATE	REGISTRATION DATE	LATE DEADLINE
Saturday, December 7, 2019	November 8, 2019	November 19, 2019
Saturday, March 14, 2020	February 14, 2020	February 25, 2020
Saturday, May 2, 2020	April 3, 2020	April 14, 2020
Saturday, June 6, 2020	May 8, 2020	May 19, 2020

**Register for the SAT at:** [www.collegeboard.org](http://www.collegeboard.org)