

O'DEA COUNSELING NEWSLETTER

OCTOBER, 2023

COLLEGE DEADLINES

NOVEMBER 1ST: EARLY ACTION DEADLINES FOR SOME COLLEGES

NOVEMBER 15TH: UNIVERSITY OF WASHINGTON APPLICATION DEADLINE

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OTHER RESOURCES

Student Assistance Program- This is an anonymous reporting tool on the Student Services Team. Students can use this to refer themselves or to report when they are concerned about another student. It immediately connects them to an O'Dea counselor.

988- The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

O'Dea Counselors- We provide a confidential space for students to meet with us when they need support.

SUBSTANCE ABUSE PREVENTION

KEY TO SUBSTANCE USE PREVENTION IS TALKING OPENLY WITH OUR STUDENTS AND HELPING THEM UNDERSTAND THE IMPACT OF SUBSTANCE ABUSE ON THEIR HEALTH. STUDIES SHOW THAT THE EARLIER AN INDIVIDUAL STARTS SMOKING, DRINKING, OR USING OTHER DRUGS, THE GREATER THE LIKELIHOOD OF DEVELOPING AN ADDICTION. EVERY YEAR THAT SUBSTANCE USE IS DELAYED DURING THE PERIOD OF ADOLESCENT BRAIN DEVELOPMENT, THE RISK OF SUBSTANCE ADDICTION AND ABUSE DECREASES.

IF YOU OR A LOVED ONE IS STRUGGLING, WE WANT TO REMIND YOU OF CARE SOLACE, A COMPLIMENTARY SERVICE AVAILABLE TO THE ARCHDIOCESE OF SEATTLE COMMUNITY. TO FIND A SUBSTANCE USE TREATMENT OR MENTAL HEALTH CARE PROVIDER TO HELP YOU THROUGH YOUR CHALLENGES, CONTACT CARE SOLACE

AT 888-515-0595 OR

WWW.CARESOLACE.COM/ARCHSEATTLE

**BLACK COLLEGE FAIR
SATURDAY NOVEMBER
4TH AT RAINIER BEACH HS**

**CONTACT KIT SOLDATO
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