



Words of Wellness

The Wellness Center Monthly Newsletter

Let's hear it from your counselors!

The American Counseling Association (ACA) designates April as Counseling Awareness Month, a celebration to acknowledge the outstanding efforts of counselors in their work and service to clients.

For this month's issue, Wellness Center counselors were asked questions about the mental health profession and to share their journey in field.

Q: What made you decide to become a counselor?

"When I returned to school to study counseling years ago, it was the beginning of a very big career change from working with technology. My faith is very important to me and I knew that God's call on my life included helping people in the context of mental health. A big part of my life's purpose is to help people heal."

Stacey Chen, LMHC
Counselor, The Wellness Center



Q: What prevents people from pursuing counseling when they need help?

"A lot of people think that going to counseling means that there is something wrong with you. Nothing could be further from the truth! Everyone has ups and downs, and experiencing depression or anxiety may be more common than you think. About 1 in 5 adults struggle with a mental health issue at some point in their life, and counseling can help you learn to cope, use more effective strategies, and start to feel better"

Jane Kim, PhD
Counselor, The Wellness Center



Q: What do you enjoy most about being a counselor?

"I enjoy being part of a person's journey as they decide to take hold of their mental and emotional health. It is a sensitive journey that requires empathy, awareness, and the fact that someone is trusting me at such a vulnerable time is something I do not take lightly. The reward is seeing the evolution as someone grows out of their low place into their best self."

Saida Gordon, LMSW
Counselor, The Wellness Center



Q: What prevents people from pursuing counseling when they need help?

"Sometimes it can feel overwhelming or scary to open up to a new person, which is understandable. But once trust is established, and students know that counseling is a safe space for them, then it can be easier to share and open up. As a counselor, I think it's important to create an environment that is positive, warm, and supportive, where people can share their challenges as well as recognize their strengths."

Jennifer MitchellMayer, LCSW
Counselor, The Wellness Center



Q: How is counseling helpful? How has it helped clients you have worked with?

"Counseling is helpful by assisting students/individuals process and understand their emotions. It has helped clients I have worked with in the past by having a safe space for them to express their greatest concerns and be open about their experiences without fear of judgment. Clients have been able to build self-confidence and feel mentally, emotionally, and physically healthier which has enabled them to become more comfortable with their environments and the relationships they create/have."

Syria A. Brown, M.A, MHC-LP
Counselor, The Wellness Center



Take Action: Building Safe Online Spaces Together

The **National Sexual Violence Resource Center (NSVRC)** designated this month's theme of "Building Safe Online Spaces" for Sexual Assault Awareness and Prevention Month (SAAPM). The 2022 SAAPM campaign aims to build inclusive, safe and respectful online communities to promote the safety of others and show the survivors that they are believed and supported.

Where to seek help:

- In case of emergency, call 911.
- **NYPD Sex Crimes Report Line:** 212-267-RAPE (7273)
- **Safe Horizon Hotline:** 800-621-HOPE (4673) and **Rape Crisis/Sexual Abuse Hotline:** 212-227-3000
- **Mount Sinai Sexual Assault and Violence Intervention Program (SAVI)**

Support services and groups are available at LaGuardia's **Wellness Center**, **Women's Center** and **LGBTQIA Safe Zone Hub**. [Sign up](#) for this month's four-part series addressing sexual assault, domestic violence and responding with care.

STAFF SPOTLIGHT: Joseph Schick, MA, MHC-LP



Joseph holds a master's degree in counseling for mental health and wellness from New York University, and a bachelor's degree in psychology from Yeshiva University. As a young counselor, Joseph brings a fresh perspective and strong motivation to his work. During the final year of his master's program, Joseph conducted his clinical internship at LaGuardia's Wellness Center. After graduating from NYU, Joseph went on to work for an NYS Office of Mental Health clinic in Brooklyn, where he provided counseling for both children and adults from a diverse range of socioeconomic and cultural backgrounds.

After working at this clinic, Joseph returned to LaGuardia to join the Neurodiversity Program, as a student support coordinator. As a member of the Neurodiversity Program Joseph has worked with students with Autism Spectrum Disorder, learning disabilities, social anxiety and ADHD, promoting academic and social success. Joseph has training in cognitive behavioral therapy and motivational interviews and has organized alternative wellness classes for students, such as Lego for Wellness, Anime for Wellness and Writer's Circle.

What do you enjoy most about being a counselor?

"I love getting to meet and work with my clients. Counseling is a human experience, a relationship between two people, and being a counselor allows me to be apart of these relationships."

How do you make time for your own wellness and self-care?

"I make sure to schedule all my other responsibilities ahead of time to free up the rest of my day for self-care. This way if I plan to do my chores or responsibilities and stick to my schedule, I have the time I need for myself!"

Any fun fact/ trivia you'd like to share?

"I love Lego. It's my self-care, my hobby. It was my favorite toy as a kid and it's my favorite toy today. Sometimes the best self-care or wellness isn't new, but something we already do or have done in the past just waiting to be rediscovered."

For the full list of the Wellness Center staff, please visit our [website](#).

For Students:

If you are new to the Wellness Center and would like to access counseling services, please complete our intake form by scanning the QR code or visiting: tinyurl.com/WellnessCenterIntake

For Faculty and Staff:

Please contact the Center via email and briefly describe your concern or visit our webpage at [Helping Students in Distress](#) webpage.



Intake Form

UPCOMING EVENTS

Making Space to Grieve

Thursday, April 14, 2022

11:00 pm - 12:00 pm

[Register](#)

Virtual Chat & Chew: Dating in 2022

Thursday, Date: TBA

1:00 pm - 2:00 pm

[Join Waitlist](#)

View our Spring 2022 e-Guidebook and **Campus Calendar** for information about events, groups and workshops.

[Learn More](#)

Did you know...

Autism Acceptance Month is celebrated in April and aims not only to raise awareness and educate the public about autism, but also to foster acceptance and support individuals on the autism spectrum.

At LaGuardia, the Neurodiversity Program serves students that identify with Autism Spectrum Disorders and offers coaching sessions to help with learning and other challenges.

[Learn More](#)

RESOURCES



In crisis? Text "CUNY" to 741741 to text confidentially with a trained Crisis Counselor for FREE, 24/7.



If you need to speak with someone immediately, please contact NYC WELL for services at: 1-888-NYC-WELL or 1-888-692-9355 or text 65173.



In the event of an emergency, please call 911.