

C&R NEWS

Counseling & Rehabilitation Program Newsletter

(Red brick pathways leading to a metal and brick gate. Behind the gate lie trees and a red brick building)

Suicide Prevention Month

This September the C&R program recognized Suicide Prevention month. There is not a single person who is immune to the impact of suicide. In fact, it has been estimated that up to 135 people are affected to some degree by every person lost to suicide (Cerel et al., 2018). As the folks at NAMI share, "[t]alking openly about suicide can feel difficult, but starting a compassionate conversation can help someone feel seen, heard, and less alone."



A blue and purple ribbon representing suicide prevention month.

If you are interested in learning more about prevention and other topics related to suicide prevention, treatment, and postvention, **some resources are listed below:**

American Foundation for Suicide Prevention - <https://afsp.org/>

NAMI Resource Center - <https://www.nami.org/>

Mental Health America of South Carolina "Suicide Stops Here" Training - <https://sites.google.com/mha-sc.org/new-site/educational-programs?authuser=0#h.wqm73f2ut4hw>

SC Behavioral Health and Developmental Disabilities - <https://bhdd.sc.gov/office-mental-health/services/suicide-prevention/training>

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat online at 988lifeline.org.

Source: Cerel, J., Brown, M., Maple, M., Singleton, M., van deVenne, J., Moore, M., & Flaherty, C. (2018). How many people are exposed to suicide? Not six. Suicide and Life-Threatening Behavior. DOI: 10.1111/sltb.12450. Retrieved from <https://onlinelibrary.wiley.com/doi/pdf/10.1111/sltb.12450>

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(Students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

Save the Date **CRSA Events and Activities**

October 9th, 2026:
Counseling and Rehab
Comprehensive Exam Date
for December Graduates

October 10th, 2026:
Learning Community
Saturday

October 15th-18th, 2026:
Fall Break

November 2nd, 2026:
Spring/Summer Enrollment
for Student Health
Insurance Begins

November 20th, 2026:
Counseling and Rehab
Professional Speaker Series
with Cathy Wiseman

CHECK OUT OUR
SOCIALS!



CRSA kicked off the academic year by supporting student engagement and a meaningful cause. On September 26th, members joined medical students from across the FSOM campus **for a 5K benefiting Curing Kids Cancer**. CRSA participants had the opportunity to run, walk, or roll together along a shortened portion of the course, while helping raise awareness and funds for children and families affected by cancer.



2 CRSA members pose with USC mascot, Cocky



A large group of people participating in the 5k.

Keep an eye on your email for more information about the next CRSA event, happening on October 9th at the FSOM campus in Room 67B. Did someone say Pumpkins?!?!? 🍁 🍁 🍁

Earlier in the semester, CRSA staffed a table at the Student Services hosted student organization event held on August 28th in the library. Here, members provided information about CRSA and connected with other SOM campus organizations and resources.



3 CRSA Members pose outdoors



(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

Student Counseling Services: Support for Student Well-Being

Floyd School of Medicine Student Counseling Services provides confidential, brief individual counseling and psychotherapy to students enrolled in any of the School's six programs. Services are included in student fees and are available virtually and in person. Among the counselors, Dr. Taryn Richardson-Booth and Dr. Paul Toriello, provide counseling support for concerns such as stress and burnout, grief, transitions, relationships, test anxiety, and other emotional or personal challenges. **C&R students may reach out for counseling and will be assigned to one of the other counselors on staff. Students may now request services through the electronic [Student Counseling Services Request Form](#).**

This Fall, Student Counseling Services is also offering **facilitated grief groups to provide students with an opportunity for support and reflection as the holiday season approaches.** Counseling and Rehabilitation practicum and internship counselors-in-training will assist as co-leaders. Students may attend any or all sessions; **the next group will be held on October 23rd at 12:00pm**, with an in-person option in Building 3, Room 225, and a virtual option for those who register in advance. [Register and learn more.](#)

Jubilee: Festival of Black History and Culture

The C&R program is proud to have been apart of another Jubilee Festival celebrating black history and culture. This year, the Jubilee was held on September 19th in Columbia, South Carolina. Hosted by Historic Columbia, this is a free annual community celebration that features live music, food trucks, local vendors, artist demonstrations, family activities, and complimentary tours highlighting the rich history and cultural legacy of Columbia's Black community. Dr. Dawson and our graduate assistants, **Mikhayla Holm, Jamie Harris, and Katie Cofer**, along with other SC-CATER staff also were there with robots and electronic toys to engage the young event attendees. The favorite of the GAs and the children who attended, hands down, was Dash the Robot!



GAs Katie Cofer, Mikhayla Holm, and Jamie Harris assist children playing with Dash the Robot.



GAs Katie Cofer, Mikhayla Holm, and Jamie Harris assist children playing with Dash the Robot.



(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

Upcoming Lunch and Learn:

C&R Lunch and Learn



RSVP Here

**Bridging Counseling
and Rehabilitation:
Integrating Clinical
Skills in Rehabilitation
Settings**

**10/22
12:00pm-1:00pm**





(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

Upcoming CRSA Fall Event:



CRSA INVITES YOU TO....

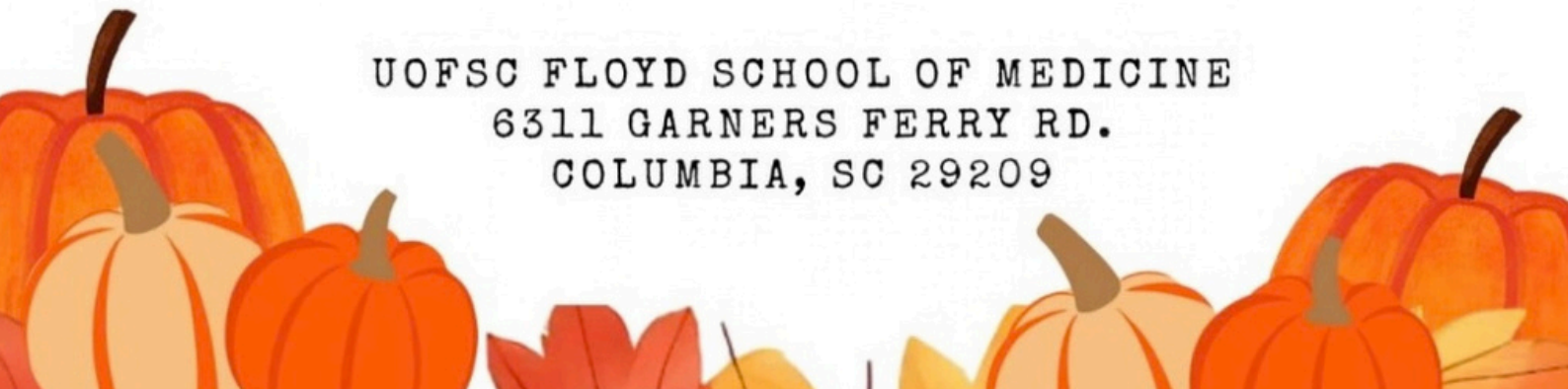
Mini Fall Festival

- PUMPKIN PAINTING
- MUSIC
- CANDY
- FRESH POPCORN
- NETWORKING

October 9th 4-7pm

ROOM # B67

UOFSC FLOYD SCHOOL OF MEDICINE
6311 GARNERS FERRY RD.
COLUMBIA, SC 29209



If you plan to attend contact Tom.Johansen@uscmed.sc.edu



(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

2027 Student Health Insurance Update:

SAVE *the* DATE!

STUDENT HEALTH INSURANCE
SPRING/SUMMER 2027

ENROLLMENT OPENS

**NOVEMBER 2,
2026**

Students,
mark your calendars!

Student Health Insurance enrollment for the Spring/Summer 2027 semester opens on **November 2, 2026.**



REVIEW
your health insurance requirements.



COMPLETE
your enrollment or waiver steps.



STAY
covered and prepared for the semester.



DON'T MISS
this important enrollment period!

Your Health. Your Success. Our Support.

UNIVERSITY OF SOUTH CAROLINA
Floyd School of Medicine Columbia

STUDENTS
THRIVE
HERE.



(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

Blackboard: Did You Know?

Did you know that [BlackBoard's Rehabilitation Counseling Learning Community tab](#) contains an entire section devoted to the Portfolio Process? The Portfolio Process is for your personal and professional development. While there is no set format for your portfolio and the process is not graded, portfolio is a required part of the program and leads directly to your practicum and internship experiences.

By using the link above, you can navigate to the Portfolio Process Handbook which was designed to aid you as a step by step guide and source of information for all things portfolio related. By utilizing the Portfolio Process Handbook, you'll be able to stay on top of your goals and reflections each semester so that you can reflect periodically on your experiences, learning, and overall development.



Blackboard

Wellness Corner

As the semester becomes more demanding, large assignments and competing responsibilities can quickly feel overwhelming. When you notice yourself getting stuck, focus on identifying the next small, concrete step rather than trying to solve everything at once. Open the document, review the instructions, email a question, make a short outline, or spend 15 minutes beginning the task. Small actions build momentum and can make even a full workload feel more manageable. Progress does not always need to be dramatic to be meaningful.

Writing Tip: APA Short Quotations

A common struggle for students when writing papers is knowing what to cite and how to cite it correctly. Students often summarize or paraphrase research appropriately but forget the in-text citation, use a direct quote without a page number, or cite a source in the paper that does not appear on the reference page.

In addition to your APA Manual, you can visit OWL Purdue for assistance. Here's OWL Purdue's tip for short quotes.

Short quotations

If you are directly quoting from a work, you will need to include the author, year of publication, and page number for the reference (preceded by "p." for a single page and "pp." for a span of multiple pages, with the page numbers separated by an en dash).

You can introduce the quotation with a signal phrase that includes the author's last name followed by the date of publication in parentheses:

According to Jones (1998), "students often had difficulty using APA style, especially when it was their first time" (p. 199).

(From

https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/in_text_citations_the_basics.html)



(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

Student Basic Needs Resources

The University of South Carolina offers resources to support students experiencing challenges with food, housing, clothing, academic materials, or other basic needs. Students may submit a confidential [Basic Needs Referral](#) for themselves or someone they know. Available supports include the Gamecock CommUnity Shop, emergency assistance through the Carolina Cares Fund, financial consultations, and meal-support programs: [University of South Carolina](#)

Students may also access support through Feed the Flock, a University initiative that rescues surplus prepared food and packages it as ready-to-eat meals for students and employees in need. Meals are distributed through the CommUnity Shop and other campus locations, helping reduce food waste while expanding access to nutritious food.



Clea looks at the camera wearing her UofSC bandana.

Pet of the Month

Meet our pet of the month, the 5 year old Hound/Boxer Clea! “Clea, short for Cleopatra, is OBSESSED with cheese, and sometimes won’t eat her dinner unless she has a little piece as a “topper” in her bowl. She gives hugs and greets me with one everytime I come in the door. She is absolutely spoiled rotten and knows when I come home from a store I most likely got her a surprise. She loves to hear the words “I got you something!” - C&R Student, Abigayl Oakes

Show us your pet by filling out the form below:

[Pet of the Month](#)

Save the Date

Counseling and Rehabilitation Comprehensive
Assessment Date for December Graduates - Friday,
October 9th from 9:00am-3:00pm

Mandatory Learning Community Saturday Event
- Saturday, October 10th from 8:30am-4:30pm

Fall Break - October 15th-18th

Student Health Insurance Enrollment Begins for
Spring/Summer 2027 - November 2nd

Counseling and Rehabilitation Professional Speaker
Series featuring Cathy Wiseman - November 20th
from 3:00pm-4:30pm