

**CATCH Mental Health Mission:**

CATCH provides a vital link to academic, career, and personal social development for all students. CATCH Prep will help all students in the areas of academic achievement, college/career and social/emotional development, so they will be able to develop the skills necessary to become well-adjusted, productive adults of tomorrow.

Services Provided:

- Referrals and connections to school and community supports and resources.
- Classroom consultation and behavior management.
- Individual, group and family counseling.
- Parent support and workshops.
- Participation in Student Support and Progress Team (SSPT).
- Conflict meditation.
- College planning
- Arrange testing
- Scholarship and financial aid information
- Vocational and career guidance

How do we assist students?

- Academic Improvement
- College and Career Planning
- Setting Goals
- Selfcare
- Adjusting to changes in and out of a school setting
- Problem Solving
- Managing Your Feelings (stress, worry, anger, etc.)
- Making and Keeping Relationships

Parents, we are available to assist and provide you with:

- Exploring ways to help your child succeed during and after high school
- Improving parent-child communications
- Encourage your child to challenge themselves and explore their options since the beginning of 9th grade and having the college mentality.

How does a student speak to a Counselor?

- Self-referral
- Parent referral
- Staff referral
- Referral by friend(s)

How to attain services:

If you have academic, social or personal concerns about your child, you may contact Ms. Bowyer by calling (323) 293-3917, email: rbowyer@catchhhighschool.com or visit CATCH's main office at 4120 11th Avenue, Los Angeles, CA, 90008.