

SUMMIT JR. HIGH COUNSELING REPORT

DECEMBER
2025

JoAnn Carter



Meet Ms. JoAnn Carter our Junior High counselor

Ms. Carter is school counselor who has worked at Lone Peak High School, Providence Hall High School, and American Heritage High School.

She enjoys spending time with her children playing board games and cooking in the kitchen. She also loves to run and hike with her dog and friends.

She is thrilled to be part of the Summit Academy team and loves working with your students!

Did You Know

Summit Academy Draper provides opportunities for every student.

- 28% of our students are in Honors Classes.
- 27% of our students benefit from enrichment classes in math or academic literacy.
- We provide specialized programs for students with specific needs.
- Teachers know their students personally and our ratio is 15:1

Upcoming Events

- Student schedules may change at the semester because we are adding elective classes so that more students can access them.
- Course requests for next year will be coming soon. We are growing our music program with guitar and percussion classes. We are also offering Fitness for Life, High School credit 2nd semester this year!

School Counselor Services

School Counselor Services

Summit Academy counselors are trained to best serve our students and prepare them for life after school. We recognize each student as individuals and realize there is not one single path for all. Please be sure to talk to your counselor about grades, attendance, college information, schedule concerns, and to receive emotional support. Ms. Carter is meeting with each student individually to assist them with future planning and needs.

Executive Functioning

Executive Functioning is a set of cognitive skills that help people regulate their thoughts and actions to achieve goals.

These skills include:

- Organization
- Planning
- Time management
- Problem-solving
- Task Initiation
- Self-control and emotional regulation

At the junior high level, we have been focused on planning, organizing, time management, and moving forward from mistakes. These skills are very important as students mature and move into high school, college, careers, and managing their lives and relationships.

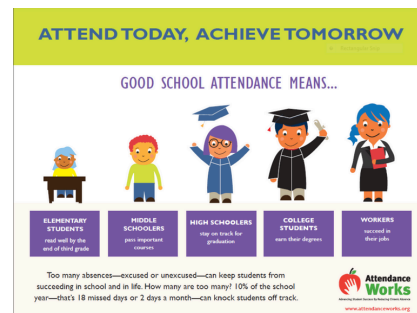
For resources to help your student with executive functioning, check out these sites.

- [The Child Mind Institute](#)
- [The Center on the Developing Child \(Harvard University\)](#)
- [Executive Functioning Skills Tool Box](#)
- [Understood](#)

Attendance Matters

During the holidays, it's easy to miss school, but each absence adds up. Missing 2+ days a month= 10+ days a year. Each missed day impacts a student's education.

- By 6th grade, chronic absenteeism is a leading indicator that a student will drop out of high school.
- A student who misses 10 days is 25% less likely to enroll in college.
- Students who attend school regularly are more likely to graduate and find good jobs.
- Attendance at school correlates to attendance at work. Build good habits now.



Helpful Resources

Because the holidays can be a stressful time, we have included two resource pages.

One is about suicide awareness and the other contains general resources for families who may be struggling at this time and need extra resources and/or support.

Please reach out if you'd like to give permission for your student to see Ms. Carter for emotional counseling needs! We have a form.

Suicide Prevention and Awareness for Parents & Guardians

Warning Signs to watch for:



- Feelings of sadness, helplessness, and hopelessness
- Changes in behavior, appearance, social withdrawal or isolation
- Suicide threats (direct or indirect), notes or plans
- Preoccupation with death
- Posting plans on social media, sending farewell texts to friends and family, giving away possessions

Factors that may increase suicide risk:



- Access to means (e.g. firearms, knives, medication, etc.)
- Stressors (e.g. loss, unhealthy relationships, school, gender identity issues)
- Family history of mental illness
- History of depression, mental illness, or substance abuse
- History of suicide in family, close friends, or suicidal ideation

FIVE THINGS PARENTS OR GUARDIANS CAN DO TO SUPPORT THEIR STUDENTS

Listen without judgement.

Ask open ended questions like:

- How can I help you?
- How long have you been feeling this way? Have you thought about killing yourself?
- What happened to start these thoughts?

Take action immediately.

- Remove access to means: firearms, knives, medication, etc.
- Do not leave your student alone. You or another trusted adult should stay with the student.
- Consider developing a safety plan at home or at school.

Contact your student's school for support.

- Contact your student's doctor for additional help.
- Help your student identify trusted adults at home and school.
- Contact a community mental health provider.
- Use the SafeUT app or the 988 crisis line.

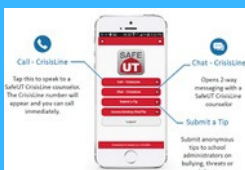
Remain calm

- Establish a safe environment to talk about feelings and emotions.
- Be aware of your own feelings and reactions as you listen without judgment.
- Model healthy digital and mental health behaviors.

Teach your student how to ask for help and identify trusted adults.

- Teach healthy ways to cope with stress (deep breathing, journaling, drawing, exercising, connecting with others)
- Teach the warning signs and risk factors and what to do when you see them.

Reach Out for immediate help at [SafeUT](#) or the suicide crisis line 988. For more resources scan this QR code:



HELP!

GENERAL RESOURCES & SUPPORT

We have several resources listed below that may help an individual or family in need.

2-1-1



211 can help with multiple needs.

Behavioral Health Services Navigation

This service is sponsored by Intermountain Healthcare to help you access behavioral health resources. Call 7 a.m. to 7 p.m. Monday-Friday.

Behavioral Health Navigation:

Adults: 833.442.2211
HOURS: 7am to 7pm

Children: 801.313.7711
Assessment, Referral, and Consultation Service (ARCS)

Intermountain Healthcare



ParentGuidance.org

Parent Guidance offer education and therapeutic support to empower parents and give them hope as they support their child's mental health.

Parent Guidance.org
Mental Health Resources for Parents

Saprea.org

Saprea is a non-profit organization that helps prevent, heal, and educate victims of child sexual abuse.

Free Sources Saprea Offers:

- Saprea Retreats
- Healing Webinar
- Support Groups
- Online Healing Resources
- Online Prevention Resources

youunique | saprea

The Sharing Place

The Sharing Place provides a safe and caring environment for grieving children, teens, and their families to share feelings while healing themselves. The Sharing Place uses support groups to work through all aspects of grief.

The SHARING PLACE
Grief Support for Children

Click on each underlined heading to access the website