

# Tonight's Discussion

1. Community Counseling, Education, and Research Center (CCERC)
2. Tis the Season: Holiday Wellness
3. Questions and Answers: CCERC, Holiday strategies etc.



# CCERC

The Community Counseling, Education, Research Center





WORLD-CLASS

ACCESSIBLE

INCLUSIVE

CCERC Flyer 2018

## COMMUNITY COUNSELING, EDUCATION, AND RESEARCH CENTER

**What We Do:** We provide mental health and career counseling for holistic wellness.

**Who is Eligible:** Individuals 14 and older, couples, and families who live in and near Wake County.

**Our Counselors:** Graduate students in the NC State University Counselor Education Program provide counseling services under the supervision of Counselor Education faculty.

**Our Values:** We welcome, respect, and support diverse cultures and personal identities of all people.

**Cost:** We use a sliding fee scale (\$0-\$30) to provide counseling services for any income level. Wake County Public School System students receive services at no cost.



Community Counseling, Education,  
and Research Center



### MAKE AN APPOINTMENT

**Web:** [go.ncsu.edu/ccerc](http://go.ncsu.edu/ccerc)  
**Phone:** 919-856-9233 ext. 107 (WELL)  
919-512-9000 (Cox)  
**Email:** [ccerc\\_admin@ncsu.edu](mailto:ccerc_admin@ncsu.edu)



### LOCATIONS

**CCERC at the WELL**  
Wade Edwards Learning Lab  
714 St. Mary's St., Raleigh, NC 27605  
**CCERC at Cox**  
112 Cox Ave., Raleigh, NC 27605



# The CCERC Model Into Practice

- World class service to clients: World class training of graduate level counselors
- No delay in setting up appointment for services
- Accessible services (location, transportation, parking)
- Affordability
- Partnerships and Respect
- Language is important
- Staff are family
- Culturally competent counselors who practice from a current, relevant framework of social justice, multiculturalism and wellness



**NC STATE**

Community Counseling, Education, and Research Center

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Community Counseling, Education,  
and Research Center

The Community Counseling, Education, and Research Center (CCERC) of the **NC State Counselor Education Program** provides short-term and affordable counseling services to individuals, couples, and families that focus on healthy personal, emotional, social, and career development.

**PLEASE CLICK HERE TO GET STARTED**



Community Counseling, Education,  
and Research Center

[go.ncsu.edu/ccerc](http://go.ncsu.edu/ccerc)

# Services

## SERVICES PROVIDED

- > Individual Counseling
- > Couples and Family Counseling
- > Career Development and Counseling
- > Health and Wellness Counseling
- > Professional Development
- > Consultation

## COUNSELING AREAS

- > Anxiety
- > Depression
- > Family
- > Identity
- > LGBTQQIA+
- > Marginalization
- > Oppression
- > Relationships
- > Sexual Violence
- > Stress
- > SUD Recovery and Support
- > Trauma
- > Work and Career

## CLIENTS SERVED

- > We provide short-term counseling to individuals, couples, and families ages 14 and older.
- > **Individuals with severe and persistent mental illnesses or who pose a threat to safety for self or others** **WOULD NOT BE APPROPRIATE** for CCERC services, as we do not provide comprehensive mental health services (e.g., on-call counselor, psychiatry, 24-hour crisis support).



**[PLEASE CLICK HERE TO GET STARTED](#)**



# Appointment

## Contact Us

To schedule an appointment or learn more about services, please call 919-856-9233, then enter extension 107; or complete the form below and we will contact you within 24 hours.

### Name \*

First

Last

### Email \*

### Phone \*

### Preferred method of contact to set appointment: \*

- Email  
 Phone

### Do we have your permission to contact you using the method of contact indicated above? \*

- Yes  
 No

### If phone, do we have your permission to indicate that we are calling from CCERC?

- Yes  
 No

### If phone, do we have your permission to leave a message?

- Yes  
 No



# Cost

## SLIDING FEE SCALE

Yearly Family Income	Cost Per Session
Less than \$10,000	\$0 – \$9
\$10,000 – \$19,999	\$10 – \$19
\$20,000 – \$29,999	\$20 – \$29
\$30,000 and above	\$30

- > **The CCERC model champions accessible, affordable, and high quality healthcare as a human right.**
- > As a training, education, and research center for counselors, counselor supervisors, and counselor educators, **CCERC is able to offer a sliding fee scale that matches what clients are able to afford.**
- > Clients are asked to select the amount that they are able to pay based on their financial situation. **CCERC recommends payment of \$10 per \$10,000 of yearly family income.**
- > **The sliding scale ranges from \$0 to \$30 per 50-minute counseling session.**

**[PLEASE CLICK HERE TO GET STARTED](#)**



# CCERC Hours

- CCERC hours at the WELL and Cox Ave. are from August to May generally Monday through Thursday from 9am to 7pm. We have a modified summer schedule dependent on how much staff we have but might be 20 hours a week.

# CONTACT

- **Website:** [go.ncsu.edu/ccerc](http://go.ncsu.edu/ccerc)
- **Phone:** 919.856.9233 ext. 107 (WELL)  
919.515.9000 (Cox)
- **Email:** [ccerc\\_admin@ncsu.edu](mailto:ccerc_admin@ncsu.edu)
- **Location:** CCERC @ The WELL

Wade Edwards Foundation and Learning Lab  
(WELL), 714 St. Mary's Street Raleigh, NC 27605

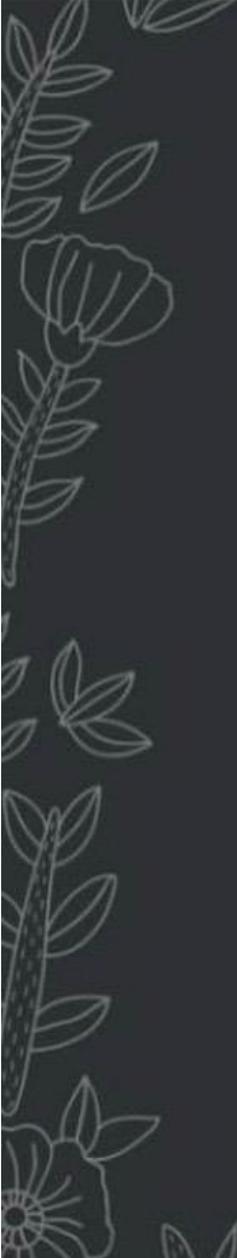
**CCERC @ Cox**

112 Cox Avenue, Raleigh, NC 27605



# TIS THE SEASON: HOLIDAY WELLNESS

- It is natural to go through the holidays and experience feelings! Some may feel stressed, others joy, others anxious, depressed, some may feel loss, some may feel a range of feelings.
- Everyone is talking about it so first know you are not alone and it is normal and understandable for feelings to come up. Just look at what is out there on social media.....people trying to help people manage the holidays.



## Christmas time rules:

- 1) Do not go into debt trying to show people how much you love them.
- 2) Do not go home to see family if it damages your mental health.
- 3) If someone comments on your weight, eat them.

**My Holiday Shopping List**

Kid 1  
Kid 2  
Kid 3  
Mom  
Dad  
Sister  
Brother  
Teacher 1  
Teacher 2  
Teacher's Aid  
Postman  
Neighbor 1  
Neighbor 2  
Neighbor 3  
Grandparents  
Nieces  
Nephews  
Secret Santa at work  
Husband

**My Husband's  
Holiday Shopping List**

Wife

@sitsgirls



IT'S ALMOST  
TIME TO  
SWITCH FROM  
MY EVERYDAY  
ANXIETY TO  
MY FESTIVE  
ANXIETY

# MANAGING STRESS DURING THE HOLIDAY SEASON

- 1 EXERCISE
- 2 TRY NOT TO OVERINDULGE
- 3 PLAN AHEAD
- 4 TAKE TIME FOR YOU
- 5 BE REALISTIC



**#SNAPNATION**

SELF-CARE at CHRISTMAS



IT'S  
OK TO  
PAUSE

YOU  
ARE ALLOWED  
TO SAY NO.

YOUR BEST  
IS totally ENOUGH

THERE IS NO SUCH THING  
AS PERFECT.

@ STACIESWIFT

# Questions:

- What does your ideal holiday look like?
  
  
  
  
  
  
  
  
  
  
- What is stressful for you about this holiday season?

# Things you can do to help yourself during the holiday season.

- **Normalizing**: Know it is ok and normal to not feel happy all of the time. It is not easy running around and putting all of these unrealistic expectations on yourself. Do your best and take care of yourself.
- **Tweaking**: If you are feeling overwhelmed or sad or anxious you don't have to change everything or revamp all of your plans. Just make subtle changes. i.e. if you don't want to stay at your cousins all day for Christmas just go for dinner and spend the morning and evening doing something else you like. Little changes can help a lot.
- **Reworking thoughts that aren't helpful**. i.e." I have to send everyone I know a Holiday card and even though I am sick I will stay up until 2am and just get it done. vs. "The holiday will still be fine if I get my sleep and get help with the cards or do it for new years or next year." "I am doing the best I can and that is what I can do." "I am doing good enough...this year I am missing someone dear to me and I am doing a good job just getting through and being near people that I love."
- **Think about what has worked for you in the past in situations** that aren't easy and use those strengths or skills. "You are going to your friends for the holidays and sometimes she criticizes you. You are not in the mood to deal with that and you decide that what has worked in the past was being prepared and taking care of yourself or changing the subject or reminding that can't affect you and have a little protective imaginary coat on you that can't be penetrated.
- **Gratitude**: See article: Sometimes those around you who you love during the holiday can be annoying. Sometimes just employing gratitude can help. ....i.e. focusing on something positive about someone who is challenging..."I know my uncle is criticizing my choice of moving but he does it because he cares.
- **Pick a strategy or use a few. Just some tips for the holiday!!**

- Questions and answers
- Thank you!!
- A gift for the fun of the holiday
- CCERC materials