

From: [Perlas, Char](#)
To: [AllMailboxes](#)
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Date: Tuesday, September 2, 2025 9:29:33 AM
Attachments: [10-03-25 Restorative Justice Training Flyer.pdf](#)

Hello Siskiyous! I hope you had a wonderful 3-day weekend!

September is National Suicide Prevention Awareness Month, a time dedicated to raising awareness, promoting hope, and encouraging action around one of the most critical public health issues of our time. While mental health and suicide prevention are year-round concerns, this month serves as a powerful reminder that suicide is preventable and that help is available.

The theme for National Suicide Prevention Month in 2025 is "Creating Hope Through Action." This theme emphasizes that small, intentional actions can make a profound difference in saving lives. This month encourages all of us to:

- **Learn the warning signs:** Hope begins with awareness. By recognizing the signs of someone in distress, we can be the first step in their journey toward healing.
- **Start a conversation:** Silence is not the answer. Talking openly and honestly about suicide, mental health, and emotional pain can break down stigma and create a space for healing.
- **Connect to protect:** Relationships save lives. Fostering a sense of belonging and building a support network can help individuals feel less alone and more connected.
- **Advocate for change:** Your voice matters. Advocating for better mental health care systems and resources in our communities can create lasting change.

If you or someone you know is in crisis, please know that help is available. You can connect with compassionate, trained counselors by **calling or texting 988** at any time.

This week's Updates:

- **Enrollment Report:** Can be accessed by visiting the [Enrollment Report Webpage](#).
- **Maintenance & Facilities Updates:** NWADU will be at the sand courts finishing the punch list items for final inspection. Woods Pest Control will be at the Weed campus on Wednesday in buildings 1, 2, 12, 16 and 17 to complete inspections.
- **New Social Media Webpage!** The Public Relations Office has a new 'Connect with Us' official College of the Siskiyous Social Media Accounts page: <https://www.siskiyous.edu/publicrelations/connect.htm>. Check it out and become 'social' with us!
- **25/26 Budget:** The 25/26 Final Budget was reviewed and approved during the Aug. 27, 2025 Joint IPB/College Council meeting. It will now be presented to the Board at the

Sept. 9, 2025 Board Meeting. The 25/26 Final Budget & Narrative can be accessed here: <https://www.siskiyous.edu/administrativeservices/>.

- **From Community College to White Coat: Roadmap to UC Davis Medical School (Please share with interested students!):** Friday Sept. 5 @ 5pm. Join Dr. Charlene Green, Assistant Dean of Admissions, Outreach, and Diversity, for an eye-opening and practical session designed to empower and inform. Dr. Green will share her insider knowledge about what UC Davis is looking for, how to leverage your unique background, and what steps to take now to stand out in the admissions process. To learn more and to register, click [here](#).

SJEDI Corner

- **General Restorative Practices: Restorative Justice (in-person) Training:** Friday, Oct. 3, 2025 from 10a - 3p in the Library Loft. Restorative Justice encompasses a set of principles and practices aimed at changing our perspective and response to various forms of conflict and harm. This workshop is limited to a maximum of 30 participants. RSVPing indicates that you will be present for the entire duration of the workshop. Complimentary lunch for all participants. Flyer attached. To RSVP, click [here](#).

Announcing this month's Colleague of the Month!

Congratulations Cheyanne Nile!

Cheyanne Nile currently serves as an Instructional Support Specialist. She's often the first smile you see when entering the ASC! What staff say about Cheyanne:

Cheyanne's contributions to the ASC and Library have made a lasting impact in just a few short months. Though new to the team, she quickly became a familiar, uplifting presence in the LRC—one that students, staff, and community members look forward to seeing each day.

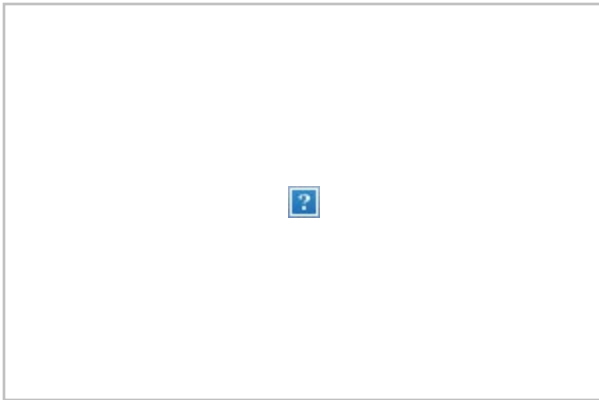
Her dual roles supporting both departments have enhanced services across the board, especially through her thoughtful student engagement, creative programming, and strategic data work. The ASC House Cup, launched this past spring, was a standout example—bringing students, coaches, and athletes together in a fun, collaborative way that boosted academic involvement and campus pride.

Cheyanne's superpower? Matching people with just the right resource—whether a book, support service, or encouraging word. Her natural ability to connect with others helps reduce stigma around seeking support and empowers students to take initiative in their learning journeys.

With a passion for gaming and innovation, she brings a spirit of play and curiosity to the team, reminding everyone that growth can be both serious and fun. Her energy, kindness, and forward-thinking approach brighten the LRC daily.

Cheyenne leaves every space—and every person—better than she found them—and inspires others to do the same. College of the Siskiyous is lucky to have her!

Yes, indeed! We are very fortunate to have you Cheyanne! Thank you for everything you do and for your numerous contributions!



View my contact details here: <https://blinq.me/bzkCx6nsO4gu>

