

COUNSELING SUPPORT FOR CADETS

Confidential counseling for cadets challenged by stress, adjustment issues, relationship concerns, sadness, diminished self-confidence, anger management problems, eating disorders and more is immediately available to all cadets. The **Center for Personal Development** (established in 1967) has four full-time psychologists providing *confidential* support for cadets struggling with a wide variety of personal challenges including those who have been hurt in the past by abuse and/or sexual assault. Appointments can be made on-line via the USCC Homepage where the counselors' biographies can also be found. Of the four counselors, three are active duty and one is civilian; three are female and one is male. **CPD** is located on the sixth floor of Washington Hall in room 6307.

Despite the fact that the Corps of Cadets includes America's stress hardiest young adults, they are not immune and may at times feel isolated in their challenge. For these reasons the Academy wants to be sure cadets and their parents are aware of this supportive resource. If you sense your cadet may be confronted by an issue that is reducing his/her performance or exceeds his/her personal resources, encourage your cadet to schedule an appointment with one of **CPD's** counselors. Also, if you have any questions or would like additional information about **CPD**, the POC is LTC Brian Crandall, PhD who can be easily reached by phone at (845) 938-3327/3022 or by email at: brian.crandall@usma.edu.