



Josie Cadicamo, SLEHS Senior

Josie truly persevered throughout her very serious mental health challenges. During her freshman year, she lost five people close to her in a five-month period while struggling to adjust to high school life. This traumatizing loss and the grief that accompanied it resulted in overwhelming feelings. She recognized that she needed help, which she received, and she is now motivated to manage her mental illness and the challenges that come as a university student. Josie wrote, "Through all the obstacles I have learned to enjoy the little things, that progress is progress no matter how 'small,' and that I need to stop surviving and start fighting. I also learned that worrying about every little detail gets me nowhere and I need to relax and let life do its thing."

Josie has participated in NHS, student council, L.E.A.D., thespian board, and she has been a stage manager and a part of the student leadership team of her youth group. She works two jobs at Target and in the childcare area of her church. She also has excelled academically.

Josie is currently considering whether she'll attend the University of Alabama or a local community college in the fall. Good luck, Josie!

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