

# Support Services Newsletter

NOVEMBER 2022



Scottsdale *Unified*  
SCHOOL DISTRICT

Gratitude  
is the best  
Attitude





## DID YOU KNOW?

While the rates of cigarette smoking have declined over the past several decades, from 42% in 1965 to 14% in 2019, the gains have been inconsistent. Some groups smoke more heavily or at higher rates and suffer disproportionately from smoking-related cancer and other diseases. Though smoking rates have dropped, almost 38 million Americans still smoke tobacco, and about half of all smokers will encounter smoking related deaths. Each year, more than 480,000 people in the United States die from a smoking related illness, meaning smoking causes 1 out of 5 deaths in the US alone.

## Some Smoking/Vaping Resources

- <https://smokefree.gov/>
- <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>
- <https://truthinitiative.org/>
- <https://www.tobaccofreekids.org/>
- <https://www.lung.org/quit-smoking/e-cigarettes-vaping/e-cigarettes-parents>
- <https://med.stanford.edu/tobaccopreventiontoolkit/resource-directory.html>
- <https://www.cdc.gov/tobacco/features/great-american-smokeout/index.html>
- <https://www.lung.org/quit-smoking/helping-teens-quit/vape-free-school>

## Quitting Vaping? 5 tips for Handling Nicotine Withdrawal

### 1. Exercise.

Physical activity is a reliable way to crush a craving, according to Hays. "Instead of using nicotine to get that 'feel good' response in the brain, you are doing it more naturally thanks to the endorphin boost you can get from physical activity," he says. Even a short walk can do the trick, as can something fun like playing ultimate frisbee, taking a swing at batting cages or doing yoga in your bedroom.

### 2. Use a distraction.

Cravings will pass, if you can give them a minute or two. Purposefully using a distraction to take your mind off the craving will help speed up the process. "Find the activities that will keep your mind engaged for those few minutes," Hays says. These can include things like reading a blog, listening to music, playing a game, solving a puzzle or doodling.

### 3. Set up your environment for success.

Hays recommends creating a temptation-free home, such as throwing out anything that reminds you of vaping. Make sure your room, backpacks, purses and pockets are free of any e-cigarettes and things you need to vape. Then, let your friends know you're trying to quit so they don't bring vaping items around you that could trigger a craving.

### 4. Find stress solutions.

Many people turn to vaping when they're stressed out, which sets up a vicious cycle of cravings. Hays points out that this way of confronting stress is only a "Band-Aid." Now is a great time to examine your stress coping skills. "Developing healthy, effective alternatives to stress now will benefit you for the rest of your years. Things as simple as deep breathing, drinking water or talking to a friend are ways to re-energize yourself and let the stress go," Hays says.

### 5. Celebrate your accomplishments.

Experts say that recognizing and celebrating accomplishments when you're quitting can boost resistance to stress and cravings. Even making it through your first few hours is a big accomplishment. "Each and every moment tobacco-free is a moment to be welcomed and celebrated," Hays says.

~Dr. J. Taylor Hays, professor at the Mayo Clinic College of Medicine and director of the Mayo Clinic Nicotine Dependence Center (<https://truthinitiative.org/>)



## ARIZONA

- By grade, vapor use increases as students get older - the percentage of youth who reported vaping in the last 30 days in 8th grade is 8.1%, 10th grade 15.6% 12th grade 21.2% (AYS 2020).
- By gender, females have a higher rate of vaping in the last 30 days (16.3%) than males (13.3%)(AYS 2020).
- By race/ethnicity, white students have a higher rate of vaping in the last 30 days (17.4%) than any other race/ethnicity(AYS 2020).

## NATIONAL

- Since 2014, e-cigarettes have been the most commonly used tobacco product among U.S. youths.
- In 2021, 11.3% of high school students (1.72 million) and 2.8% (320,000) of middle school students reported current e-cigarette use.
- Among current youth e-cigarette users overall, 84.7% used flavored e-cigarettes, including 85.8% of high school users and 79.2% of middle school users.
- Among all current flavored e-cigarette users, the most commonly used flavor types among both middle and high school students were fruit, followed by candy, desserts, or other sweets; mint; and menthol.
- Among middle and high school, current e-cigarette users, the most commonly used device type was disposables, followed by prefilled or refillable pods or cartridges and tanks or mod systems.
- Among high school current e-cigarette users, 26.1% reported that their usual brand was Puff Bar, followed by Vuse (10.8%), SMOK (9.6%), JUUL (5.7%), and Suorin (2.3%).
- Among middle school current users, 30.3% reported that their usual brand was Puff Bar, and 12.5% reported JUUL.




## Upcoming Community Presentations



**Bullying Parent Prevention Education**

**A CHANGE IN PERSPECTIVE**

Tuesday, November 8, 2022 at 6:00 PM



The image shows two young women in a hallway. On the left, a woman with dark hair and glasses, wearing a light blue hoodie, is gesturing with her right hand while talking to another woman. On the right, a woman with blonde hair, wearing a grey jacket over a black top and jeans, is listening. The hallway has white walls and a tiled floor.

Join notMYkid for their upcoming bullying prevention education program in partnership with SUSD. This program teaches parents the definition of bullying, common myths and misconceptions around bullying behavior, how to effectively respond to bullying, and prevention strategies for preventing, addressing, and reporting bullying.

**[Click for more information and registration](#)**





Child Crisis Arizona  
*Safe kids. Strong families.*

### **VIRTUAL CLASSES**

#### **HUMAN TRAFFICKING**

**WEDNESDAY • 11/2 • 10 a.m. to 11:30 a.m.**

Human trafficking doesn't just happen in other countries; it happens right here in Arizona communities. Learn how traffickers in Arizona recruit their victims, the role of social media, and steps parents and others can take to protect children. We also provide real-life examples of human trafficking in Arizona and explain what you should do if you suspect someone may be a victim.

#### **SNAPCHAT AS A DRUG DEALING TREND**

**WEDNESDAY 11/9 • 6 p.m. to 7:30 p.m. & TUESDAY • 11/15 • 10 a.m. to 11:30 a.m.**

Social Media has become part of our children's life which can include some risks and dangers. In this course you will be learning about the risks of using Snapchat, how it may be used to access substances, and what you can do to protect your children from the risks.

#### **SINGLE PARENTING**

**MONDAY • 11/14 • 10 a.m. to 12 p.m.**

Parenting alone comes with many unique challenges. Connect with other parents while exploring strategies to parent successfully while maintaining a single parent household.

#### **E-CIGS & VAPING**

**THURSDAY • 11/17 • 10 a.m. to 11:30 a.m.**

This topic will focus on educating students about the common myths and perceptions surrounding vaping and the use of e-cigarettes. Coordinators will provide information on the evolution of e-cigarettes and the dangers associated with the device and the chemicals people are inhaling when using them.

#### **SAFE AND SECURE ONLINE**

**TUESDAY • 11/22 • 6 p.m. to 7 p.m.**

Presented by The Center for Cyber Safety and Education (Center), this program aims to support cyber security education for parents including topics such as cyberbullying, online identity and image protection, scam identification, social networking safety, and computer safety.

#### **PARENT SUPPORT GROUP**

**EVERY WEDNESDAY • 12 p.m. to 1:30 p.m.**

Join us for a virtual meeting to find support in parenting. Connect with other parents/guardians to share your struggles and successes. Our Child Crisis Arizona Child and Family Education Specialist will send out a weekly topic via email including things such as maintaining structure and routines, creating boundaries, self-care for parents, and many more.

There will be no meeting on 11/2

**Pre-Register online at:**

**[register.communitypass.net/ChildCrisisArizona](https://register.communitypass.net/ChildCrisisArizona)**

### **FALL 2022**

Click on the links below to view spring schedules and descriptions.

**[VIRTUAL CLASSES AND WORKSHOPS](#)**

**[IN PERSON COMMUNITY-BASED CLASSES & WORKSHOPS](#)**

**[CURSOS DE ONTOÑO](#)**

# New Ways November 2022



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



7 Be creative.  
Cook, draw,  
write, paint,  
make or inspire

1 Make a list  
of new things  
you want to do  
this month

8 Plan a new  
activity or idea  
you want to try  
out this week

2 Respond to  
a difficult  
situation in a  
different way

9 When you  
feel you can't do  
something, add  
the word "yet"

3 Get outside  
and observe  
the changes  
in nature  
around you

10 Be curious.  
Learn about a  
new topic or an  
inspiring idea

4 Sign up to join  
a new course,  
activity or online  
community

11 Choose a  
different route  
and see what  
you notice on  
the way

5 Change  
your normal  
routine today  
and notice how  
you feel

12 Find out  
something new  
about someone  
you care about

6 Try out a  
new way of  
being physically  
active

13 Do something  
playful outdoors  
- walk, run,  
explore, relax



14 Find a new  
way to help or  
support a cause  
you care about

15 Build on  
new ideas by  
thinking "Yes,  
and what if..."

16 Look at  
life through  
someone else's  
eyes and see  
their perspective

17 Try a new way  
to practice self-  
care and be kind  
to yourself

18 Connect  
with someone  
from a different  
generation

19 Broaden your  
perspective: read  
a different paper,  
magazine or site

20 Make a  
meal using  
a recipe or  
ingredient  
you've not  
tried before

21 Learn a  
new skill from a  
friend or share  
one of yours  
with them

22 Find a  
new way to tell  
someone you  
appreciate them

23 Set aside  
a regular time  
to pursue  
an activity  
you love

24 Share with  
a friend  
something  
helpful you  
learned recently

25 Use one  
of your  
strengths in  
a new or  
creative way

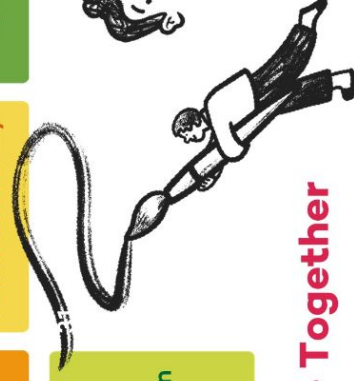
26 Try out a  
different radio  
station or new  
TV show

27 Join a  
friend doing  
their hobby and  
find out why  
they love it

28 Discover  
your artistic  
side. Design  
a friendly  
greeting card

29 Enjoy new  
music today.  
Play, sing,  
dance or listen

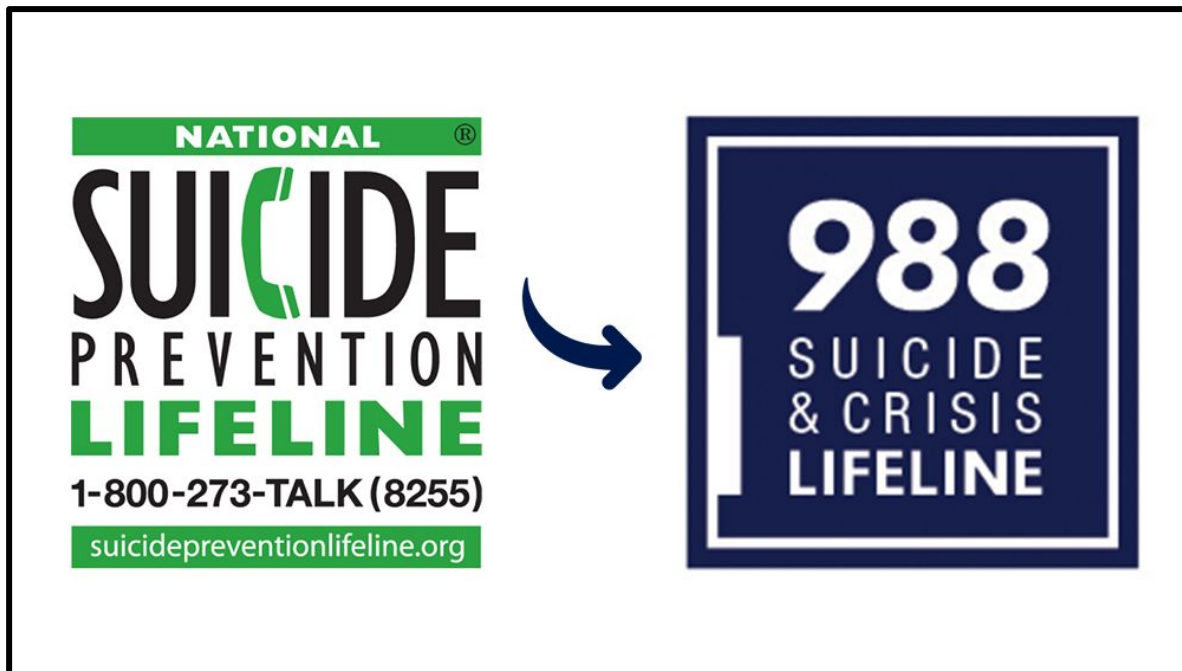
30 Look for new  
reasons to be  
hopeful, even in  
tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together

**MENTAL HEALTH RESOURCES:**  
**Click on the following images for links to these resources.**



July 16th, 2022 marked the launch of 988, the new number for the 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline). Much like how we already use 911 for emergencies, 988 will be used for mental health crises.

The new 988 dialing code will help people get assistance earlier in a crisis before it escalates. With proper education and awareness, everyone in the country will have an immediate, accessible mental health resource and those in crisis won't need to call 911 for mental health emergencies.

**SUSD MENTAL HEALTH**  
**RESOURCE PARTNERS**





**The Well**  
A Place to Fill Up

# the parents group by notMYkid™

Teens are facing more challenges than ever, and parents need a place to go for answers, support, and resources. The Parents Group, by notMYkid, is a recurring meeting **Monday night at 6PM** open to parents of teens.

The Parents Group will focus on issues related to mental health, substance use, and overall obstacles facing teens today.

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## THE PARENTS GROUP PRIMARY GOALS:

- **To provide education** about current issues that are affecting our kids and how to best communicate and protect them.
- **To provide support** in a safe space without judgement.
- **To provide access to available resources** and help give parents the tools necessary to prevent substance use and better support our kids.

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**We simply want to provide space for open and honest communication!**



Meetings are free and participants are asked to keep group discussions confidential for the safety of all families and kids.

**PLEASE SCAN THE QR CODE TO REGISTER OR TO BE KEPT INFORMED OF FUTURE MEETING TIMES AND SCHEDULES.**

The Parents Group, hosted by notMYkid, will be facilitated by behavioral health staff to continue serving the company's mission. notMYkid is a non-profit organization that has been meeting the unique needs facing youth and their families in the community for over 20 years.



**The Well**  
A Place to Fill Up

5310 East Shea Blvd | Scottsdale, AZ 85254  
602.652.0163 | [notmykid.org](http://notmykid.org)



# notMYkid<sup>®</sup> tutoring plus

**MONDAYS**  
GRADES 6-8

**WEDNESDAYS**  
GRADES 9-12

**4PM - 6PM**

- Structured environment for homework help
- Study Group with experienced tutor lead
- One-on-one instruction
- Multi-subject expertise
- Grades 6-12 welcome

WEEKLY  
REGISTRATION  
REQUIRED



IN PARTNERSHIP WITH

DIGNITY HEALTH, BHHS, LEGACY FOUNDATION AND GOVERN'S OFFICE FOR YOUTH, FAITH AND FAMILY!

notMYkid<sup>®</sup>



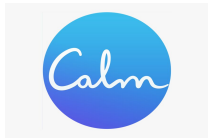
**The Well**  
A Place to Fill Up

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## Helpful Apps to Boost Mental Health



**Headspace:** provides a WIDE variety of meditations, sleep, and movement exercises to help you out, however you are feeling. Helps reduce anxiety and stress and improve attention and awareness. Free content.



**Calm:** includes free meditations for stress, sleep, AND has meditations for kids.



**Breathe2Relax:** free, designed by the National Center for Telehealth and Technology to teach breathing techniques to manage stress.



**Happify:** provides science based activities and games that are meant to reduce stress, build resilience, and overcome negative thoughts..



**MoodPath:** personalized mental health companion, that “learns” from your responses and generates insights and provides resources most relevant to your emotional health.



**MoodTools:** a self help app targeting depression. Provides psychoeducation about risk factors, a thought diary, a suicide safety plan, and videos.



**PTSD Coach:** self help app from the National Center for PTSD provides education, assesses PTSD, and offers easy to understand tips to manage common PTSD symptoms, and offers additional treatment resources.



**Quit That!:** free app that helps users beat their habits or addictions. A recovery tool to track and monitor your progress.



**Medisafe:** a medication reminder app

**Shine:** a self care app with research based strategies to help you reduce stress, boost self compassion, helps with focus and battles burnout.



# SUSD SOCIAL WORKERS



## Elementary Schools

Anasazi Cherokee Cochise Desert Canyon Hohokam Hopi Kiva Laguna Navajo Pima Pueblo Redfield Sequoia Tavan Yavapai	TBD Nicole Hall Madison Gilbreath Lauren Loiacono Holly Leffhalm Sierra Rose Glenda Henman Virginia Mohammed Alexa Barajas Castaneda TBD Mayra Nunez Haley Passarella Andrea Ference Kim Meyer TBD	x48778 x41144 x41641 x41836 x42073 x42214 x42419 x42658  x43036 x44016 x43267 x43507	<a href="mailto:nhall@susd.org">nhall@susd.org</a> <a href="mailto:madisongilbreath@susd.org">madisongilbreath@susd.org</a> <a href="mailto:lloiacono@susd.org">lloiacono@susd.org</a> <a href="mailto:hleffhalm@susd.org">hleffhalm@susd.org</a> <a href="mailto:sierrarose2@susd.org">sierrarose2@susd.org</a> <a href="mailto:gghenman@susd.org">gghenman@susd.org</a> <a href="mailto:vmohammed@susd.org">vmohammed@susd.org</a> <a href="mailto:abarajascastaneda@susd.org">abarajascastaneda@susd.org</a>  <a href="mailto:mayranunez@susd.org">mayranunez@susd.org</a> <a href="mailto:hpassarella@susd.org">hpassarella@susd.org</a> <a href="mailto:afERENCE@susd.org">afERENCE@susd.org</a> <a href="mailto:kfowlston@susd.org">kfowlston@susd.org</a>
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## Middle Schools

Cocopah Desert Canyon Ingleside Mohave Mountainside Tonalea	Laura Pederson Cynthia O'Brien Erin Stocking Julie Jimenez Laura Pederson TBD	x44505 x44945	<a href="mailto:lpederson@susd.org">lpederson@susd.org</a> <a href="mailto:cobrien@susd.org">cobrien@susd.org</a> <a href="mailto:estocking@susd.org">estocking@susd.org</a> <a href="mailto:jjimenez@susd.org">jjimenez@susd.org</a> <a href="mailto:lpederson@susd.org">lpederson@susd.org</a>
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## K-8 Schools

Cheyenne Copper Ridge Echo Canyon	Alexandria Fischetti Sharon James Brenna Fairweather	x45670 x47548	<a href="mailto:afischetti@susd.org">afischetti@susd.org</a> <a href="mailto:sjames@susd.org">sjames@susd.org</a> <a href="mailto:bfairweather@susd.org">bfairweather@susd.org</a>
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## High Schools

Arcadia Chaparral Coronado Desert Mountain Saguaro	Whitney Hess Leah Stegman Nicole Tarter TBD Karen Beatty	x46411 x46696 x46818  x47133	<a href="mailto:whess@susd.org">whess@susd.org</a> <a href="mailto:lstegman@susd.org">lstegman@susd.org</a> <a href="mailto:ntarter@susd.org">ntarter@susd.org</a>  <a href="mailto:kbeatty@susd.org">kbeatty@susd.org</a>
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## District Office

Director of Support Services Clinical Services Coordinator MTSS Secondary Coordinator Prevention Specialist Behavior Intervention Specialist Behavior Intervention Specialist Mckinney Vento	Shannon Cronn Matthew Lins Dale Merrill Lauren Pilato Susan Wertheim Rhonda Witherspoon Melissa Medvin	x45094 x45025 x46175 x46175 x46175 x46175 x45831&45125	<a href="mailto:scronn@susd.org">scronn@susd.org</a> <a href="mailto:matthewlins@susd.org">matthewlins@susd.org</a> <a href="mailto:dmerrill@susd.org">dmerrill@susd.org</a> <a href="mailto:lpilato@susd.org">lpilato@susd.org</a> <a href="mailto:swertheim@susd.org">swertheim@susd.org</a> <a href="mailto:rwitherspoon@susd.org">rwitherspoon@susd.org</a> <a href="mailto:mmedvin@susd.org">mmedvin@susd.org</a>
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