

Support Services Newsletter

FEBRUARY 2023



make
kindness
the norm.®

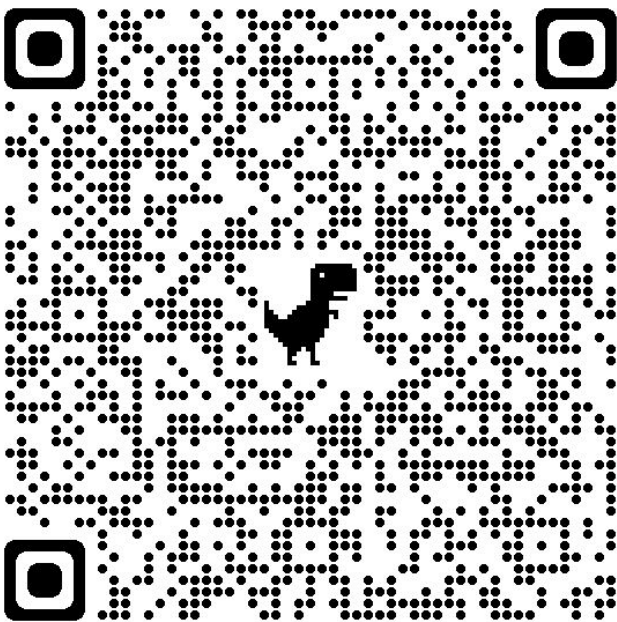
DID YOU KNOW?

**February 12-18 is
Random Acts of Kindness
Week.**

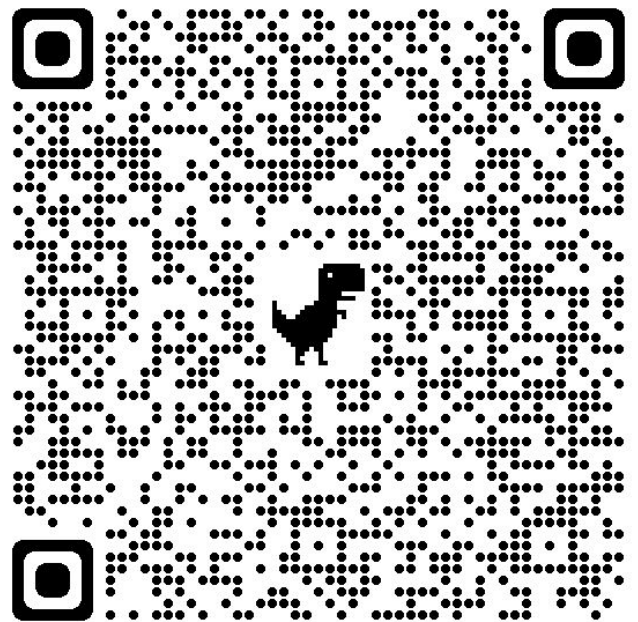
**RANDOM ACTS OF KINDNESS
FOUNDATION**

Kindness at Home Challenge

Follow the QR code to download the booklet.



Ages 0-12



Ages 12-19

DID YOU KNOW?

FEBRUARY

TEEN DATING VIOLENCE
AWARENESS MONTH



UPROOT ABUSE IN A GENERATION. CULTIVATE EMPATHY, RESPECT, CONSENT.




bloom365®

**BRING LOVE
ON OTHERS MORE**
365 DAYS A YEAR

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DID YOU KNOW?

FEBRUARY

TEEN DATING VIOLENCE
AWARENESS MONTH



DESARRAIGAR EL ABUSO EN UNA GENERACIÓN; CULTIVAR EMPATÍA, RESPETO, CONSENTIMIENTO.



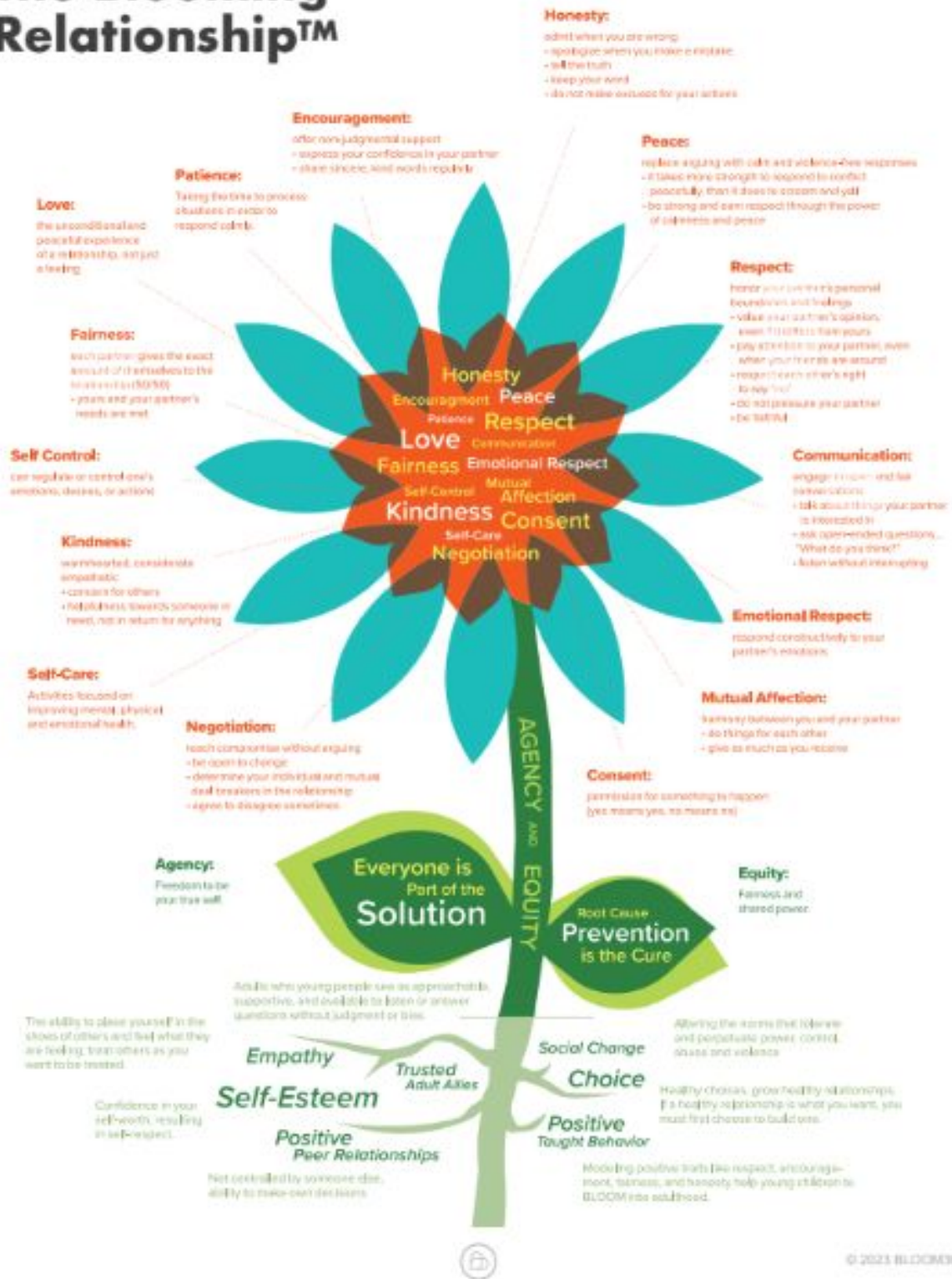

bloom365®

**BRING LOVE
ON OTHERS MORE**
365 DAYS A YEAR

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The Blooming Relationship™



Support Services Presents: **HELPING THRIVE PARENTING SERIES**

Tuesday, March 7, 2023 at 6-7 p.m

Location: Cochise Elementary School (in person)

"The Self-Driven Child" interactive workshop

A deep dive for K-12 parents into the science and sense of giving your kids more control over their lives

With a special guest appearance with NYT best selling author, Ned Johnson, via Zoom

Please read or listen to the book, "*THE SELF-DRIVEN CHILD*", if able before the workshop!

Thursday, March 30, 2023 at 6-7 p.m

Tonalea 6-8 (in person with Spanish translation)

"Childhood 2.0: How to reach, teach and support your iGeneration Child"

A special interactive workshop for parents in English and Spanish on the light and dark side of technology and what impact devices have on our youth.

Strategies for managing technology and devices will be shared as well as screen time contracts and ways to protect your family online.

Wednesday, April 19, 2023 at 6-8 p.m.

VIRTUAL Screening of CHILDHOOD 2.0

Zoom link will be sent with registration opening in late February

A district wide screening of the documentary, CHILDHOOD 2.0, a documentary for parents only on the light and dark side of device, social media/gaming use by youth and what they want you to know about their world.. The documentary is 86 minutes in length and showcases topics such as cyber bullying, exposure to explicit content, depression, anxiety and self-harm. A district panel of law enforcement, social worker, and administration will follow.

Tuesday, May 9, 2023 6-7 p.m.

VIRTUAL (Hosted and moderated by Katey McPherson and thought of by Cherokee PTO)

"Middle School Matters": An Evening with Author Phyllis Fagell

Join us for an evening with Licensed Private Counselor and Middle School subject expert, Phyllis Fagell, as we dive into the transition to middle school and all that the middle years bring. Phyllis has vast experience at the middle school level as a current practitioner at the Laurel School in Washington, D.C. and is often featured in the Washington Post and other major publications.

Upcoming Community Presentations

About this event

Lookout for more Information!

Parents spend a lot of time thinking about how to prevent their children from being bullied, doing drugs, getting into fights, etc. Despite our best efforts, sometimes kids make poor choices.

In this Life & Law discussion, DeFusco Law will address how to protect yourself from legal liability arising out of situations involving our kids and will answer questions such as:

- Am I legally responsible for my child's intentional conduct that hurts another?
- Am I legally responsible for my child's negligent driving that harms others?
- What about hosting parties, renting party buses, etc.?

Every car, home, and rental registered in your name come with liabilities. Get some peace of mind from KNOWING what you are legally responsible for and how to cover your assets. We can have all the prevention education in the world but the fact remains - kids grow up despite us.

This presentation is offered as a free service to the community. Attendance does not create an attorney-client relationship.



Friendly February 2023

MONDAY



TUESDAY



WEDNESDAY

1 Send a message to let someone know you're thinking of them

THURSDAY

2 Ask a friend how they have been feeling recently

FRIDAY

3 Do an act of kindness to make life easier for someone

SATURDAY

4 Invite a friend over for a 'tea break' (in person or virtual)

SUNDAY

5 Make time to have a friendly chat with a neighbour

6 Get back in touch with an old friend you've not seen for a while

7 Show an active interest by asking questions when talking to others

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier · Kinder · Together

Enero Más Feliz 2023

DOMINGO

1 Piensa en tres cosas buenas que desees para este año

8 Di algo positivo a todas las personas con las que trates hoy

15 Sal y observa cinco cosas hermosas

22 Piensa en algo divertido e invita a otros/as para hacerlo juntos/as

29 Saluda a un/a vecino/a y conócelo/a mejor

LUNES

2 Hoy, dedica un tiempo a hacer algo amable hacia ti mismo/a

9 Muévete. Haz alguna actividad física, si es posible al aire libre

16 Contribuye positivamente a tu comunidad local

23 Guarda los dispositivos digitales y céntrate en el momento presente

30 Cuenta a cuántas personas puedes sonreír hoy

MARTES

3 Sé amable con alguien y ayúdalo a alegrar su día

10 Da las gracias a una persona con la que te sientes agradecido/a y dile por qué

17 Cuando cometas errores, sé amable contigo mismo/a

24 Da un pequeño paso hacia una meta importante

31 Escribe tus sueños y planes de futuro

MIÉRCOLES

4 Escribe una lista de cosas por las que te sientas agradecido/a a la vida y explica por qué

11 Apaga tus dispositivos electrónicos al menos una hora antes de acostarte

18 Retoma el contacto con un viejo amigo

25 Proponte animar a la gente, en lugar de hacerla sentir mal



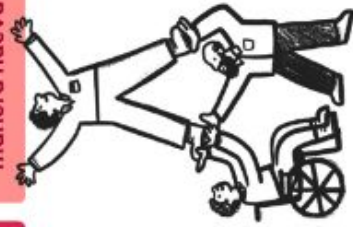
JUEVES

5 Fíjate en las cosas buenas en los/las demás y nota sus puntos fuertes

12 Conecta con alguien cercano: comparte una sonrisa o un rato de conversación

19 Céntrate en las cosas buenas, incluso si hoy es un día difícil

26 Hoy, aplica una de tus fortalezas personales de una manera nueva



VIERNES

6 Dedica cinco minutos a sentarte en calma y simplemente respirar

13 Hoy, toma un camino diferente y fíjate en lo que descubres

20 Vete a la cama temprano y date tiempo para recargar energías

27 Cuestiona tus pensamientos negativos y busca el lado positivo de las cosas



SÁBADO

7 Aprende algo nuevo y compártelo con los demás

14 Hoy, Come alimentos saludables que realmente te nutran

21 Prueba algo nuevo que te haga salir de tu zona de confort

28 Pregunta a otras personas acerca de cosas de las que han disfrutado últimamente



ACTION FOR HAPPINESS

Más feliz · Más amables · Juntos



VIRTUAL CLASSES

SNAPCHAT AS A DRUG DEALING TREND

MONDAY • 2/6 • 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.

SAFE AND SECURE ONLINE

THURSDAY • 2/9 • 6 p.m. to 7:30 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.

CONSCIOUS DISCIPLINE

TUESDAY & THURSDAY • 2/14 & 2/16 • 6 p.m. to 8 p.m.

Conscious Discipline is an evidence-based, trauma-informed approach to parenting. Learn ways to manage your emotions while helping your child manage their emotions, leading to a stronger parent-child relationship. Learn ways to problem solve during difficult behaviors and use effective consequences as a parent. This program will focus on your child's social and emotional learning.

BULLYING; SIGNS, SYMPTOMS & SOLUTIONS

TUESDAY • 2/21 • 6 p.m. to 8 p.m.

A bully is defined as an individual who seeks out others that are viewed as vulnerable, with intent to cause harm. Bullying is a reality for our youth, and it's important to know signs and strategies to support those who are bullying and being bullied.

RAISING EMOTIONALLY INTELLIGENT CHILDREN

THURSDAY • 2/23 • 10 a.m. to 12 p.m.

Social emotional development in children is crucial to a child's ability to survive and thrive. Together, we explore the foundation of emotional health and literacy as well as strategies to support social and emotional development from early childhood through teen years.

HEALING TRAUMA

MONDAY 2/27 • 10 a.m. to 12 p.m.

Helping your child heal after they have experienced a traumatic event can be a long and difficult journey. Learn what some common behaviors are that you might see, how to effectively communicate about the trauma, and how you can support your child along the way.

FAMILIES IN ACTION

SATURDAYS • 2/11 - 3/18 • 10 a.m. to 12 p.m.

Both parents/guardians and teens attend this program's six dynamic and fun sessions. You and your teen will spend part of each session in Zoom breakout groups learning complementary skills. Then parents and teens come together for activities and discussion—a powerful learning experience for both of you. The program is designed to break down barriers of communication, promote cooperation, and address challenges head-on.

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.

Pre-Register online at:

register.communitypass.net/ChildCrisisArizona

SPRING 2023

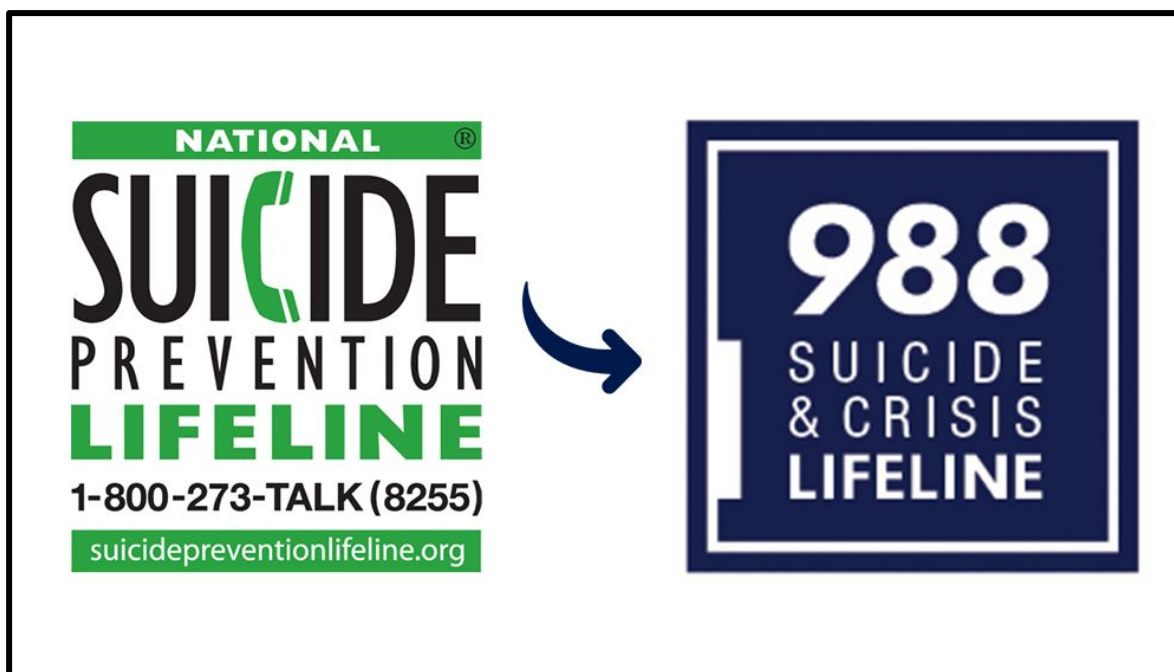
Click on the links below to view spring schedules and descriptions.

[VIRTUAL CLASSES AND WORKSHOPS](#)

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

[CURSOS DE ONTOÑO](#)

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.

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.

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

notMYkid[®] 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[®]



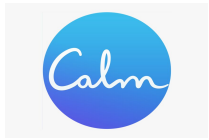
The Well
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5310 East Shea Blvd | Scottsdale, AZ 85254 | 602.652.0163 | notmykid.org

v.01|2022



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	nhall@susd.org madisongilbreath@susd.org lloiacono@susd.org hleffhalm@susd.org sierrarose2@susd.org gghenman@susd.org vmohammed@susd.org abarajascastaneda@susd.org mayranunez@susd.org hpassarella@susd.org afERENCE@susd.org kfowlston@susd.org
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Middle Schools

Cocopah Desert Canyon Ingleside Mohave Mountainside Tonalea	Laura Pederson Cynthia O'Brien Erin Stocking Julie Jimenez Laura Pederson Vanessa Diaz	x44405 x44505 x44945 x45226	lpederson@susd.org cobrien@susd.org estocking@susd.org jjimenez@susd.org lpederson@susd.org vanessadiaz@susd.org
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K-8 Schools

Cheyenne Copper Ridge Echo Canyon	TBD Sharon James Brenna Fairweather	x41406 x47548	sjames@susd.org bfairweather@susd.org
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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	whess@susd.org lstegman@susd.org ntarter@susd.org kbeatty@susd.org
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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	scronn@susd.org matthewlins@susd.org dmerrill@susd.org lpilato@susd.org swertheim@susd.org rwitherspoon@susd.org mmedvin@susd.org
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