

Support Services Newsletter

MARCH 2023



Scottsdale *Unified*
SCHOOL DISTRICT



Be sure to thank one of our awesome social workers!

DID YOU KNOW?

March 20-26 is

**National Drug and Alcohol Facts Week®
(NDAFW)**

What is National Drug and Alcohol Facts Week®?

National Drug and Alcohol Facts Week®, or NDAFW, is an annual, week-long, health observance that inspires dialogue about the science of drug use and addiction among youth. It provides an opportunity to bring together scientists, students, educators, healthcare providers, and community partners to help advance the science and address youth drug and alcohol use in communities and nationwide. It was launched in 2010 by scientists at the National Institute on Drug Abuse (NIDA) to stimulate educational events in communities so teens can learn what science has taught us about drug use and addiction. The National Institute on Alcohol Abuse and Alcoholism became a partner in 2016, and alcohol has been added as a topic area for the week. NIDA and NIAAA are part of the National Institutes of Health, and work with leading organizations, media outlets, and other Government agencies to spread the word about NDAFW.



Start A Conversation: 10 Questions Teens Ask About Drugs and Health

At the National Institute on Drug Abuse (NIDA), our goal is to help people get accurate, science-based information about drugs and health. To help you start a conversation about drugs and health, we've compiled teens' 10 most frequently asked questions from more than 118,000 queries we've received from young people during *National Drug and Alcohol Facts Week*®. It's okay if some of this information is news to you—lots of other people are asking, too!

10. Why do people use drugs when they know they might cause problems?
9. What are the effects of drugs like Xanax® and Percocet®?
8. What are bath salts?
7. Can you get addicted to ADHD meds?
6. Is vaping bad for you even if it's just flavoring?
5. How can I help someone with a problem stop taking drugs? How can I help if they don't want help?
4. If a pregnant woman takes drugs/smokes/drinks alcohol, what happens to her baby?
3. Can marijuana be used as medicine?
2. Which is more habit-forming – smoking cigarettes or vaping nicotine?
1. What is the worst drug?



HOW DO I KNOW IF A TEEN OR YOUNG ADULT HAS A SUBSTANCE USE DISORDER?

When adolescents start behaving differently for no apparent reason — such as acting withdrawn, frequently tired or depressed, or hostile — it could be a sign they are developing a drug-related problem. **Other signs include:**

- a change in peer group
- carelessness with grooming
- decline in academic performance
- missing classes or skipping school
- loss of interest in favorite activities
- trouble in school or with the law
- changes in eating or sleeping habits
- deteriorating relationships with family members and friends

SAMHSA's National Helpline: 1-800-662-HELP (4357)

NIH National Institute on Drug Abuse

For the answers to these questions and for any other important information, visit the NIDA website.

[Click Here](#)

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

notMYkid™

PREVENT PRESCRIPTION MISUSE

HOW TO PROTECT OUR KIDS AS THE OPIOID CRISIS CONTINUES

Join us to gain useful information about the impact of youth misuse and abuse of prescription medication.

THURSDAY
March 23, 2023
6:00-7:00 pm



<http://bit.ly/3ZiNC0e>

Registration is
required to join

YOU WILL LEARN ABOUT STRATEGIES AND TOOLS SUCH AS:

- Recognize current drug trends
- Reduce access and availability
- Eliminate progression and dependency
- Tips to open up conversations

Opportunities to ask our expert preventionist questions
will be available after the presentation.

FOR ADULTS ONLY - CONTENT NOT SUITABLE FOR CHILDREN

notMYkid™
Educate • Inspire • Grow

Kaitlyn Dimech
notMYkid Program Coordinator
kaitlyn@notmykid.org


Scottsdale *Unified*
SCHOOL DISTRICT

Upcoming Community Presentations

SUSD Community Members

You are invited to
I love my kids, BUT...



**MOHAVE DISTRICT ANNEX
THURSDAY, MARCH 30, 2023
6:00PM-8:00PM
LIMITED SEATING**

How parents
can minimize
liability caused
by acts of their
children

Register to attend by using the QR code or visit
<https://DeFuscoLawLoveMyKids.eventbrite.com>

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 and Law discussion, DeFusco Law will address how to protect yourself from legal liability arising out of situations involving your kids. For example:

- Am I legally responsible for my child's negligent driving that harms others?
- Am I legally responsible for my child's intentional conduct that hurts another?
- 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 exploring potential liabilities and the best ways of protecting yourself.

A Life and Law discussion presented by DeFusco Law, P.L.C.

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



The Scottsdale Unified School District neither endorses nor sponsors the organization or activities represented in this material. The distribution or display of this material is provided as a community service.

[Click here to register](https://DeFuscoLawLoveMyKids.eventbrite.com)

Mindful March 2023

MONDAY



6 If you find yourself rushing, make an effort to slow down

TUESDAY



7 Take three calm breaths at regular intervals during your day

WEDNESDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

THURSDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

FRIDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

SATURDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

SUNDAY



5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

18 Have a 'no plans' day and notice how that feels

26 Choose to spend less time looking at screens today

25 Focus your attention on the good things you take for granted



31 Discover the joy in the simple things of life

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

30 Mentally scan your body and notice what it is feeling

23 Tune into your feelings, without judging or trying to change them

16 Get really absorbed with an interesting or creative activity

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

14 Find ways to enjoy any chores or tasks that you do

20 Focus on what makes you and others happy today
dayofhappiness.net

27 Appreciate nature around you, wherever you are

13 Pause to watch the sky or clouds for a few minutes today



ACTION FOR HAPPINESS

Happier · Kinder · Together

Marzo Consciente 2023

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

SÁBADO

DOMINGO



6 Si te das cuenta de que vas acelerado/a, haz un esfuerzo para ir más despacio

7 Ve haciendo paradas durante día y aprovecha para hacer tres respiraciones calmadas

8 Come con atención plena. Aprecia el sabor, la textura y el olor de la comida

9 Cuando hables con alguien, respira profundamente antes de responder

10 Siente el frescor de la brisa o la calidez del sol en tu cara

11 Mantente completamente presente mientras bebes una taza de té o café

12 Escucha profundamente a alguien y oye de verdad lo que están diciendo

13 Hoy, haz una pausa para observar el cielo o las nubes durante unos minutos

14 Encuentra formas de disfrutar de cualquier tarea o trabajo que tengas que hacer

15 Haz una parada. Respira. Observa. Ve repitiendo

16 Déjate absorber por una actividad interesante o creativa

17 Mira a tu alrededor y descubre tres cosas que encuentres inusuales o agradables

18 Ten un día "sin planes" y observa cómo te sientes

19 Hoy, cultiva un sentimiento de bondad amorosa hacia los demás

20 Concéntrate en lo que te hace feliz a ti y a los demás, en Día de la Felicidad dayofhappiness.net

21 Escucha una obra musical, sin hacer nada más

22 Fíjate en algo que va bien, incluso si hoy es un día difícil

23 Sintoniza con tus sentimientos, sin juzgarlos ni intentar cambiarlos

24 Aprecia tus manos y todas las cosas que te permiten hacer

25 Centra tu atención en las cosas buenas que das por sentadas

26 Hoy, decide pasar menos tiempo mirando pantallas

27 Aprecia la naturaleza que te rodea, estés donde estés

28 Date cuenta de cuando estés cansado/a y tómate un descanso lo antes posible

29 Hoy, elige un camino diferente y observa lo que notas

30 Haz un "escaneo" mental de tu cuerpo y nota lo que sientes

31 Nota la alegría que se encuentra en las cosas simples de la vida



ACTION FOR HAPPINESS

Más felices · Más amables · Juntos

VIRTUAL CLASSES

SNAPCHAT AS A DRUG DEALING TREND

THURSDAY • 3/2 • 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.

A GUIDE TO HEALTHY TEEN DATING

MONDAY • 3/6 • 10 a.m. to 12 p.m.

Walk away with a better understanding of how to influence your teen to have healthy teen dating relationships while also learning the signs of dating violence. This workshop is recommended for parents with children as young as 11-years.

TEEN TRAFFIC SAFETY FOR PARENTS

TUESDAY • 3/14 • 10 a.m. to 11 a.m.

Becoming a licensed driver is a milestone most teens look forward to for years. Gain a better understanding of aspects of traffic safety that impact teen drivers, such as distracted driving, speeding, and Graduated Driver Licensing laws. Walk away with ideas and resources to help your teen become a safe driver.

DRUG TRENDS

WEDNESDAY • 3/15 • 7 p.m. to 8 p.m.

Parents and caregivers will learn about current drug and alcohol trends impacting our youth and prevention tools to help them avoid these risky behaviors.

STEWARDS OF CHILDREN - SEXUAL ABUSE PREVENTION

THURSDAY • 3/16 • 6 p.m. to 8 p.m.

Child Sexual abuse is one of the most prevalent public health issues facing society today. One in 10 children will be the victim of sexual abuse before their 18th birthday. Stewards of Children teaches adults how to prevent, recognize, and react responsibly to child sexual abuse. Built off the foundation of "The 5 Steps to Protecting Children", this workshop will use real people and real stories to show you how to protect the children around you. This program has a \$10 book fee.

HUMAN TRAFFICKING

MONDAY • 3/20 • 10 a.m. to 11 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.

POSITIVE DISCIPLINE AND GUIDANCE

THURSDAY • 3/23 • 10 a.m. to 12 p.m.

Positive discipline techniques promote behavior control, self-esteem, and self-worth. Learn how to pro-actively encourage the behavior you want to see with these positive parenting strategies.

PROMOTING SECURE ATTACHMENT

THURSDAY • 3/23 • 6 p.m. to 8 p.m.

Secure attachment is the foundation for healthy relationships from childhood into adulthood. Explore parenting strategies and interactions to foster healthy attachment in your child's life.

FENTANYL IN ARIZONA AND OUR CHILDREN

TUESDAY • 3/28 • 10 a.m. to 11 p.m.

Fentanyl is a danger for our community and children. In this course learn about what fentanyl is, how big the problem is and what we can do as caregivers to keep our children safe from this dangerous substance.

ANGER MANAGEMENT FOR KIDS

WEDNESDAYS • 3/29 & 4/5 • 6 p.m. to 8 p.m.

In this two part series you will gain a better understanding of how child development impacts your child's emotions, techniques to help them build healthy coping skills, and hands on activities you can use to increase their emotional intelligence.

MANAGING STRESS AS A PARENT

THURSDAY • 3/30 • 10 a.m. to 12 p.m.

Stress effects all aspects of our lives, including parenting. Explore healthy strategies to manage stress and create a plan to enhance your current parenting practices.

PARENTING ON THE SAME PAGE

TUESDAY • 3/31 • 6 p.m. to 8 p.m.

Information and strategies for co-parenting children whether you're in the same or separate households. Explore your parenting style and motivation to create a foundation to approach parenting and further support your children grow into healthy adults.

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

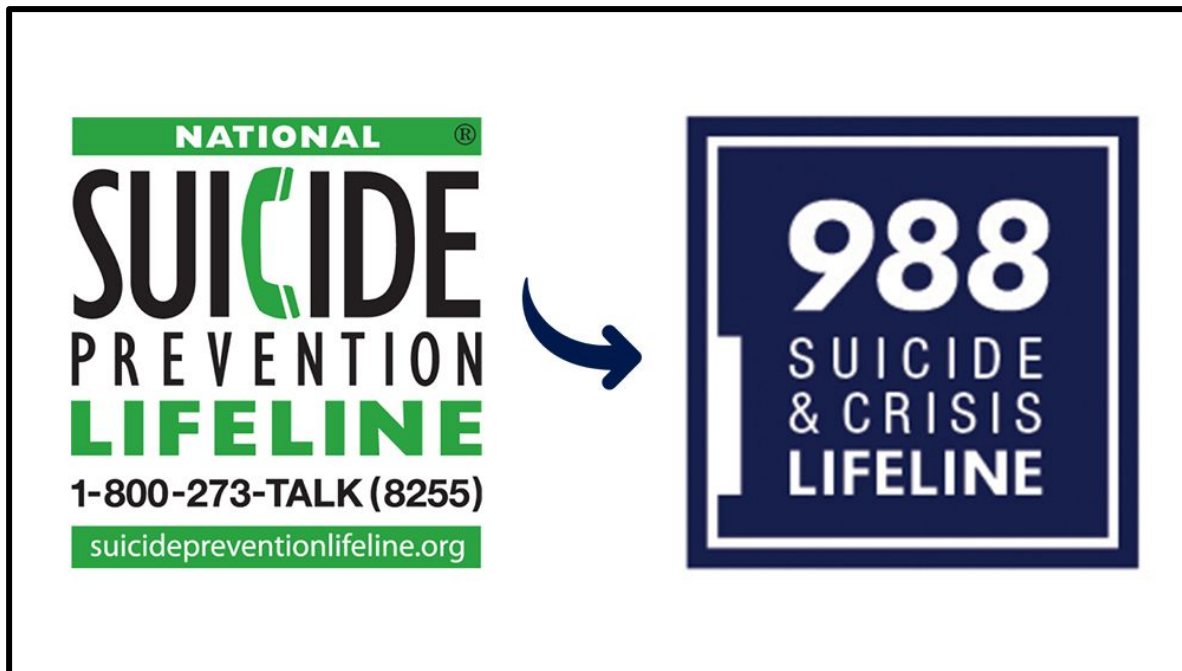
Click on the links below to view spring schedules and descriptions.

[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[®]



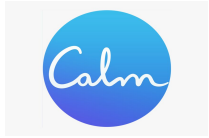
The Well
A Place to Fill Up

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 Camala Flitton 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 camalaflitton@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 TBD Erin Stocking Julie Jimenez Laura Pederson Vanessa Diaz	x44405 x44505 x44945 x45226	lpederson@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 Leslie Jones Karen Beatty	x46411 x46696 x46818 x47133	whess@susd.org lstegman@susd.org ntarter@susd.org ljones@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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