

Support Services Newsletter

APRIL 2023



Scottsdale *Unified*
SCHOOL DISTRICT



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

UNDERSTANDING THE INFLUENCE

Thursday, April 13, 2023 at 6:00 PM

Parent Prevention Education On

SUBSTANCE USE



notMYkid[®]
Educate • Inspire • Grow



**“Connecting the
Dots: Opportunities
for Recovery”**

Each April since 1987, the **National Council on Alcohol and Drug Dependence, Inc. (NCADD)** has sponsored Alcohol Awareness Month to increase public awareness and understanding, reduce stigma and encourage local communities to focus on alcoholism and alcohol-related issues.

Ten Fast Facts About Alcohol

Did you know that...

- 1. 75% of esophageal cancers are attributable to chronic excessive alcohol consumption.**
- 2. Nearly 50% of cancers of the mouth, pharynx and larynx are associated with heavy drinking**
- 3. Chronic alcohol consumption is associated with 10% increase in a woman's risk of breast cancer.**
- 4. Heavy chronic drinking contributes to approximately 65% of all cases of pancreatitis.**
- 5. Among emergency room patients admitted for injuries, 47% tested positive for alcohol and 35% were intoxicated; of those who were intoxicated, 75% showed signs of chronic alcoholism.**
- 6. There are more deaths and disabilities each year in the U.S. from substance abuse than from any other cause.**
- 7. As many as 35% of heavy drinkers develop alcoholic hepatitis.**
- 8. As many as 36% of the cases of primary liver cancer are linked to heavy chronic drinking.**
- 9. Alcoholics are 10 times more likely to develop carcinoma than the general population.**
- 10. Accidents related to alcohol use are among the leading causes of death for teens.**



Get informed. Be prepared. Take action.



SAMHSA's "Talk. They Hear You."® Campaign Launches New Mobile App for Parents



The Substance Abuse and Mental Health Services Administration's (SAMHSA) new **"Talk. They Hear You."® campaign mobile app** helps parents and caregivers prepare for some of the most important conversations they may ever have with their kids. The app shows parents how to turn everyday situations into opportunities to **talk with their kids about alcohol and other drugs**. It also equips them with the necessary **skills, confidence, and knowledge** to start and continue these conversations as their kids get older.

Features of the new app include:

- Sample conversation starters
- Ways to keep the conversation going
- An interactive practice simulation section
- The opportunity to earn badges for practicing and having real-life conversations
- A resources section with informative and useful videos, fact sheets, brochures, infographics, guides/toolkits, and more



Download the App Today!

Parents and caregivers can **download the app today** to see how easy it can be to talk with their kids about underage drinking and other drug use. The app is **available for free** on the App Store, Google Play, and the Microsoft Store.

Scan the QR code or visit <https://www.samhsa.gov/talk-they-hear-you/mobile-application> to:

- Watch the app's promo video.
- Learn more about the app and see how it works.
- Find out how to download the app.



SAMHSA
Substance Abuse and Mental Health
Services Administration

talktheyhearyou.samhsa.gov



I'M SO STRESSED OUT!

From the **NATIONAL INSTITUTE of MENTAL HEALTH**

Feeling overwhelmed? Read this fact sheet to learn whether it's stress or anxiety, and what you can do to cope.

Is it stress or anxiety?

Life can be stressful—you may feel stressed about performance at school, traumatic events (such as a pandemic, a natural disaster, or an act of violence), or a life change. Everyone feels stress from time to time.

What is stress? Stress is the physical or mental response to an external cause, such as having a lot of homework or having an illness. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time.

What is anxiety? Anxiety is your body's reaction to stress and can occur even if there is no current threat.

If that anxiety doesn't go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems. You also may be at higher risk for developing a mental illness such as an anxiety disorder or depression. More information about anxiety disorders is available at www.nimh.nih.gov/anxietydisorders.

So, how do you know when to seek help?

Stress vs. Anxiety

Stress

- Generally is a response to an external cause, such as taking a big test or arguing with a friend.
- Goes away once the situation is resolved.
- Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.

Both Stress and Anxiety

Both stress and anxiety can affect your mind and body. You may experience symptoms such as:

- Excessive worry
- Uneasiness
- Tension
- Headaches or body pain
- High blood pressure
- Loss of sleep

Anxiety

- Generally is internal, meaning it's your reaction to stress.
- Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.
- Is constant, even if there is no immediate threat.



It's important to manage your stress.

Everyone experiences stress, and sometimes that stress can feel overwhelming. You may be at risk for an anxiety disorder if it feels like you can't manage the stress and if the symptoms of your stress:

- Interfere with your everyday life.
- Cause you to avoid doing things.
- Seem to be always present.



Coping With Stress and Anxiety

Learning what causes or triggers your stress and what coping techniques work for you can help reduce your anxiety and improve your daily life. It may take trial and error to discover what works best for you. Here are some activities you can try when you start to feel overwhelmed:

- Keep a journal.
- Download an app that provides relaxation exercises (such as deep breathing or visualization) or tips for practicing mindfulness, which is a psychological process of actively paying attention to the present moment.
- Exercise, and make sure you are eating healthy, regular meals.
- Stick to a sleep routine, and make sure you are getting enough sleep.
- Avoid drinking excess caffeine such as soft drinks or coffee.
- Identify and challenge your negative and unhelpful thoughts.
- Reach out to your friends or family members who help you cope in a positive way.

Recognize When You Need More Help

If you are struggling to cope, or the symptoms of your stress or anxiety won't go away, it may be time to talk to a professional. Psychotherapy (also called talk therapy) and medication are the two main treatments for anxiety, and many people benefit from a combination of the two.

If you or someone you know has a mental illness, is struggling emotionally, or has concerns about their mental health, there are ways to get help. Find more information on the National Institute of Mental Health (NIMH) website at www.nimh.nih.gov/findhelp.

If you are in immediate distress or are thinking about hurting yourself, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at 988lifeline.org.

More Resources

- NIMH: Anxiety Disorders (www.nimh.nih.gov/anxietydisorders)
- NIMH: Caring for Your Mental Health (www.nimh.nih.gov/mymentalhealth)
- NIMH: Child and Adolescent Mental Health (www.nimh.nih.gov/children)
- NIMH: Tips for Talking With a Health Care Provider About Your Mental Health (www.nimh.nih.gov/talkingtips)
- Centers for Disease Control and Prevention: Anxiety and Depression in Children (www.cdc.gov/childrensmentalhealth/depression.html)



National Institute
of Mental Health

NIH Publication No. 20-MH-8125

www.nimh.nih.gov

Follow NIMH on
Social Media @NIMHgov



APRIL 25TH IS NATIONAL TELEPHONE DAY

Spring is one of the most stressful times for students. Let's make sure the students in our lives feel supported!

National Telephone Day is this month, and there's no better way to celebrate than to use your phone for its best possible purpose—to check in on and connect with your loved ones. In today's post, we've included some easy, quick messages you can use to check in with someone and let them know you care.

And remember: if you or someone you know needs extra support during this time, we see you and we are here for you. Teen Lifeline and its teen peer counselors are also here to help by call or text at 602-248-8336.



thinking
of you!



Teen Lifeline
602-248-8336

just checking in, how are
you doing?

thinking about you today—
how's it going?

how was your day?

haven't talked in a while
and wanted to say hi!

I hope you're having a
great week so far!

And remember, our community is here to
support you and your loved ones.

Hotlines like Teen Lifeline help those struggling
with mental health or suicidal thoughts over call
or text. Sometimes, the thing we most need is
to talk with a peer outside of the situation.

Make sure your loved ones know where to
call/text for help:



Teen Lifeline: 602-248-8336

National Suicide Lifeline: 988

A simple check-in can make a big
difference for a teen who's struggling.

For National Telephone Day on Tuesday,
April 25, call or text a friend or family
member to let them know you care.



Swipe right for some easy, quick
messages you can use to start the
conversation!

How's school going? Are you feeling
good about finals or do you need
some support?

No need to respond, but just wanted
to say hey! I'm glad you're in my life.

Hope you're having a great day!
I'm grateful for _____.
What are you grateful for today?

I've been thinking about you a lot
lately. Want to meet up soon?



Teen Lifeline



VIRTUAL CLASSES

SNAPCHAT AS A DRUG DEALING TREND

TUESDAY • 4/4 • 6 p.m. to 7:30 p.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.

ANGER MANAGEMENT FOR KIDS

WEDNESDAY • 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.

BULLYING; SIGNS, SYMPTOMS & SOLUTIONS

TUESDAY • 4/11 • 10 a.m. to 12 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

MONDAY • 4/17 • 6 p.m. to 8 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.

WATER SAFETY

TUESDAY • 4/18 • 10 a.m. to 11 a.m.

Water safety is important for all ages, but especially for toddlers. Drowning is the leading cause of injury death in children 1-4 years old. Young children can drown in as little as an inch or two of water, and it can happen quickly and silently. Join our class and learn how to create layers of protection to keep your family safe and reduce drowning risks.

RAISING SONS AND DAUGHTERS

THURSDAY • 4/20 • 10 a.m. to 12 p.m.

Parents play a crucial role in the lives of their children. Understand the impact both fathers and mothers have on the lives of their children while exploring tips and strategies for raising healthy sons and daughters.

HEALING TRAUMA

MONDAY • 4/24 • 6 p.m. to 8 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.

CONSCIOUS DISCIPLINE

TUESDAYS • 4/25 & 5/2 • 10 a.m. to 12 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

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](#)

Active April 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



3 Listen to your body and be grateful for what it can do

4 Eat healthy and natural food today and drink lots of water

5 Turn a regular activity into a playful game today

6 Do a body-scan meditation and really notice how your body feels

7 Get natural light early in the day. Dim the lights in the evening

8 Give your body a boost by laughing or making someone laugh

9 Turn your housework or chores into a fun form of exercise

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Dig up weeds or plant some seeds

18 Try a new online exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together

Abril Activo 2023

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

SÁBADO

DOMINGO



3 Escucha a tu cuerpo y agradece lo que puede hacer

4 Hoy, come alimentos saludables y naturales y bebe mucha agua

5 Hoy, convierte una actividad cotidiana en un juego divertido

6 Haz una meditación con escaneo corporal y observa bien cómo se siente tu cuerpo

7 Durante el día, exponte a la luz natural; de noche, atenúa las luces

8 Estimula tu cuerpo riendo o haciendo reír a alguien

9 Convierte tus tareas domésticas en una forma divertida de ejercicio o

10 Pasa un día con menos pantallas y más movimiento

11 Fíjate una meta de ejercicio o inscríbete en un desafío de actividad

12 Muévete tanto como te sea posible, incluso si hoy no puedes salir

13 Haz del sueño una prioridad y acuéstate temprano

14 Relaja tu cuerpo y tu mente con yoga, tai chi o meditación

15 Actívale cantando hoy (¡incluso si crees que no sabes cantar!)

16 Sal a explorar tu entorno y observa cosas nuevas

17 Mantente activo/a al aire libre. Quitá malas hierbas o planta algunas semillas

18 Prueba un nuevo ejercicio, actividad o clase de baile en línea

19 Hoy, pasa menos tiempo sentado/a. Levántate y muévete con más frecuencia

20 Hoy, plantéate "comer un arcoíris" de vegetales multicolores

21 A lo largo del día, ve haciendo pausas para estirarte y respirar

22 Disfruta moviéndote al ritmo de tu música favorita. ¡Desinhibete!

23 Sal para hacer un encargo para un ser querido o vecino

24 Mantente activo(a) en la naturaleza. Da de comer a los pájaros o ve a observar la vida silvestre

25 Pasa una noche sin pantallas y utiliza este tiempo para cargar baterías

26 Tómate un descanso adicional y camina por el exterior durante 15 minutos

27 Encuentra un ejercicio divertido para hacer mientras esperas a que hierva la tetera

28 Queda con un amigo/a para dar un paseo y charlar

29 Conviértete en activista de una causa en la que creas de verdad

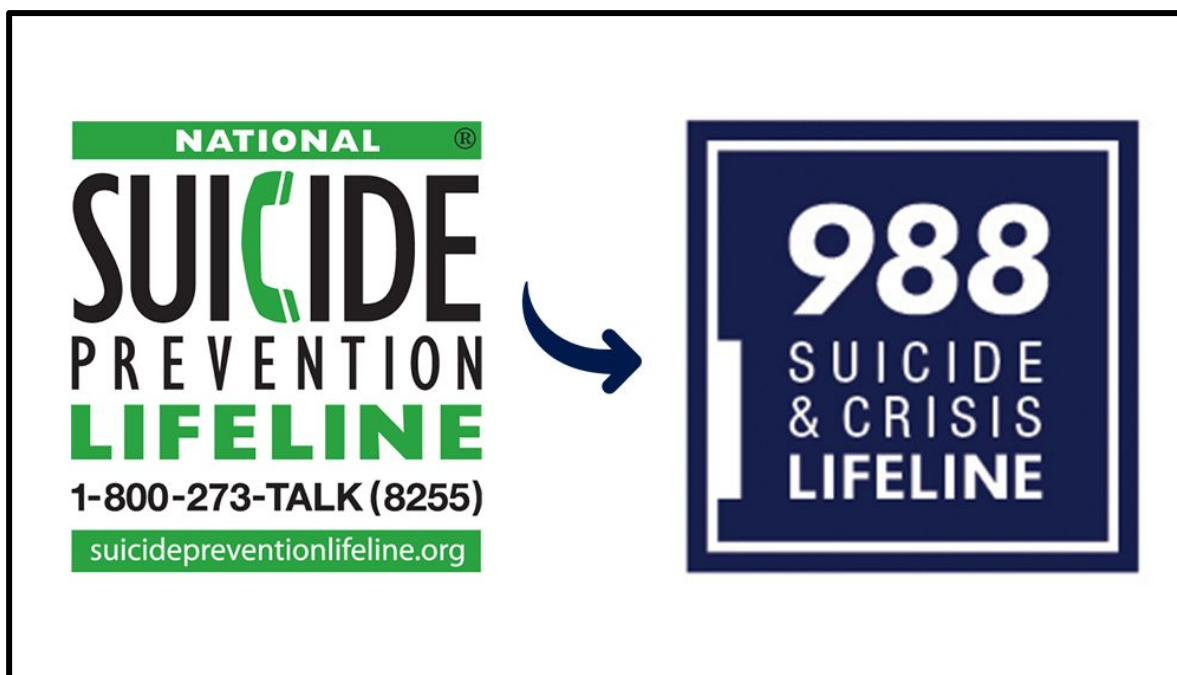
30 Hoy, saca tiempo para correr, nadar, bailar, ir en bicicleta o hacer estiramientos



ACTION FOR HAPPINESS

Más felices • Más amables • Juntos

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 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 |
|---|--|--|--|

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 |
|--|---|--------------------------------------|--|

K-8 Schools

| | | | |
|---|---|------------------|--|
| Cheyenne Copper Ridge Echo Canyon | TBD Sharon James Brenna Fairweather | x41406 x47548 | sjames@susd.org bfairweather@susd.org |
|---|---|------------------|--|

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 |
|--|--|--|--|

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 |
|--|--|--|--|