

Support Services Newsletter

MAY 2023



MORE THAN
enough

Mental Health Awareness

Month 2023

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

WEDNESDAY, MAY 10TH

6PM

MOHAVE DISTRICT ANNEX (MDA): ROOM B
8500 E Jackrabbit Rd, Scottsdale, AZ 85250

[CLICK HERE TO REGISTER](#)

ABOUT THE PRESENTATION:

The Poisoning of America: Vapes, BHO, Fentanyl...

Drug overdose deaths are preventable. However, one person dies every 5 minutes in the US from one. Substance abuse has always been a growing concern starting in the 1980s when memorable sayings like “just say no” and the “the war on drugs” were coined. This class will focus on those original low potency drugs progressing into the synthetic, super strength drugs of today. Smoking is out and vaping is in, whether it is nicotine or chemicals of marijuana. Let’s be honest... you can vape your fentanyl too. Fentanyl is considered the deadliest drug in the world with over 50.6 million pills seized in the US in 2022. This is enough doses to kill every American. Methamphetamine has a new recipe causing mental deterioration and marijuana can be cooked to look like crystals of meth. We are living in an ever-changing world of drugs that are impacting everyone. Drug overdose deaths tripled among the 10-14 year old population and accidental poisonings are on the rise with toddlers. Attend this seminar to learn and discuss this constant evolution. Walk away with information, resources, and connections.

ABOUT THE PRESENTER:

Stephanie Siete

Public Information Officer
Community Bridges, Inc.



KEY FINDINGS

21%

of adults are experiencing a mental illness. Equivalent to over 50 million Americans.

15%

of adults had a substance use disorder in the past year.

93.5%

did not receive treatment.

The percentage of adults reporting serious thoughts of suicide is

4.8%

– over 12.1 million adults.

11%

of adults who identified with two or more races reported serious thoughts of suicide.

16%

of youth report suffering from at least one major depressive episode in the past year.

More than 2.7 million youth are experiencing severe major depression.

55%

of adults with a mental illness receive no treatment – over 28 million individuals.

11%

(over 5.5 million) of adults with a mental illness are uninsured.

60%

of youth with major depression do not receive mental health treatment.

In the U.S., there are

350

individuals for every one mental health provider.

28%

of all adults with a mental illness reported that they were not able to receive the treatment they needed.

Most reported they did not receive care because they could not afford it.

23%

of adults who report experiencing 14 or more mentally unhealthy days each month were not able to see a doctor due to costs.

1 in 10

youth with private insurance do not have coverage for mental or emotional difficulties – over 1.2 million youth.

The RIPPLE EFFECT of Mental Illness

Having a mental illness can make it challenging to live everyday life and maintain recovery. Let's look at some of the ways mental illness can impact lives — and how the impact can ripple out.



People with serious mental illness have an increased risk for chronic disease, like diabetes or cancer

PERSON



18% of U.S. adults with mental illness also have a substance use disorder



Rates of cardiometabolic disease are twice as high in adults with serious mental illness



At least **8.4 million** Americans provide care to an adult with an emotional or mental illness

FAMILY



Caregivers spend an average of **32 hours** per week providing unpaid care



21% of people experiencing homelessness also have a serious mental illness



37% of people incarcerated in state and federal prison have a diagnosed mental condition



70% of youth in the juvenile justice system have at least one mental health condition

COMMUNITY



1 in 8 of all visits to U.S. emergency departments are related to mental and substance use disorders



WORLD



Depression is a leading cause of disability worldwide



Depression and anxiety disorders cost the global economy **\$1 trillion** each year in lost productivity

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

NAMI Helpline
800-950-NAMI (6264)



NAMI



NAMICommunicate



NAMICommunicate



www.nami.org

 **nami**
National Alliance on Mental Illness



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

SAFE AND SECURE ONLINE**TUESDAY • 5/2 • 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**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.

A GUIDE TO HEALTHY TEEN DATING**THURSDAY • 5/11 • 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.

DRUG TRENDS**THURSDAY • 5/18 • 11 a.m. to 12 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

ADVERSE CHILDHOOD EXPERIENCES - PART 2**TUESDAY & THURSDAY • 5/23 & 5/25 • 10 a.m. to 12 p.m.**

This two part class series will provide: an overview of what ACEs mean, including the short and long term impact of ACEs; guidance on trauma and toxic stresses connection to development and behaviors; strategies to build resiliency and promote post traumatic growth.

COPARENTING: CHILDREN IN BETWEEN**WEDNESDAYS • 5/24 & 5/31 • 10 a.m. to 12 p.m.**

This skill based program will help parents deal with their children's reactions to divorce in a positive and healthy way. Divorcing parents often increase the stress and anxiety their children experience by unknowingly putting them in the middle of a variety of personal, social, and financial issues. Walk away with activities you can do with your child, tools for improved communication, and positive ways to coparent. \$15 book fee.

E-CIGS & VAPING**TUESDAY • 5/30 • 6 p.m. to 7 p.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.

FENTANYL IN ARIZONA AND OUR CHILDREN**WEDNESDAY • 5/31 • 6 p.m. to 7 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.

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**

Meaningful May 2023

MONDAY

1 Do something kind for someone you really care about

TUESDAY

2 Focus on what you can do rather than what you can't do

WEDNESDAY

3 Take a step towards an important goal, however small

THURSDAY

4 Send your friend a photo from a time you enjoyed together

FRIDAY

5 Let someone know how much they mean to you and why

SATURDAY

6 Look for people doing good and reasons to be cheerful

SUNDAY

7 Make a list of what matters most to you and why

8 Set yourself a kindness mission to help others today

9 What values are important to you? Find ways to use them today

10 Be grateful for the little things, even in difficult times

11 Look around for things that bring you a sense of awe and wonder

12 Listen to a favourite piece of music and remember what it means to you

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

16 Show your gratitude to people who are helping to make things better

17 Find a way to make what you do today meaningful

18 Send a hand-written note to someone you care about

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

21 Look up at the sky. Remember we are all part of something bigger

22 Find a way to help a project or charity you care about

23 Recall three things you've done that you are proud of

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why

26 Remember an event in your life that was really meaningful

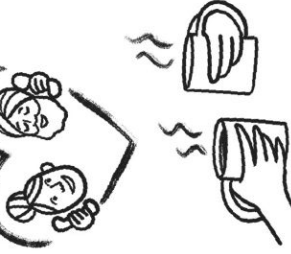
27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

30 Share a quote you find inspiring to give others a boost

31 Find three reasons to be hopeful about the future



ACTION FOR HAPPINESS

Happier · Kinder · Together

Mayo Significativo 2023

LUNES

1 Haz algo amable por alguien que te importa de verdad

MARTES

2 Céntrate en lo que puedes hacer en lugar de en lo que no puedes hacer

MIÉRCOLES

3 Da un paso hacia un objetivo importante, por pequeño que sea

JUEVES

4 Envía a un amigo una foto de un momento en el que lo pasasteis bien juntos

VIERNES

5 Dile a alguien lo mucho que significa para ti y por qué

SÁBADO

6 Busca personas bondadosas y razones para estar alegres

DOMINGO

7 Haz una lista de las cosas que son importantes para ti y piensa por qué lo son

8

Hoy, propone la misión de hacer algo amable para ayudar a los demás

9

¿Qué valores son importantes para ti? Hoy, encuentra formas de ponerlos en práctica

10

Agradece las cosas pequeñas, incluso en los momentos difíciles

11

Mira a tu alrededor en busca de cosas que te asombren y maravillen

12

Escucha una obra musical que te guste mucho y recuerda lo que significa para ti

13

Infórmate sobre los valores o tradiciones de otra cultura

14

Sal y date cuenta de la belleza de la naturaleza

15

Haz algo para contribuir a tu comunidad local

16

Muestra tu gratitud hacia las personas que están ayudando a mejorar las cosas

17

Encuentra una manera de hacer que lo que haces hoy sea significativo

18

Envía una nota escrita a mano a alguien que te importe

19

sobre lo que te hace sentir valorado/a, y dan sentido a tu vida

20

Comparte fotos de 3 cosas que encuentres significativas o memorables

21

Mira al cielo. Recuerda que todos somos parte de algo más grande

22

Encuentra una manera de ayudar a un proyecto u organización benéfica que te interese

23

Recuerda tres cosas que hayas hecho de las que estés orgulloso/a

24

Hoy, toma decisiones que tengan un impacto positivo para los demás

25

Pregúntale a otra persona qué cosas son importantes para él/ella y por qué

26

Recuerda un hecho en tu vida que fue muy significativo

27

Fíjate en cómo tus acciones afectan positivamente a los demás

28

Haz algo especial y rememóralo esta noche

29

Hoy, haz algo para cuidar del mundo natural

30

Comparte una cita que encuentres inspiradora para dar motivar a otros

31

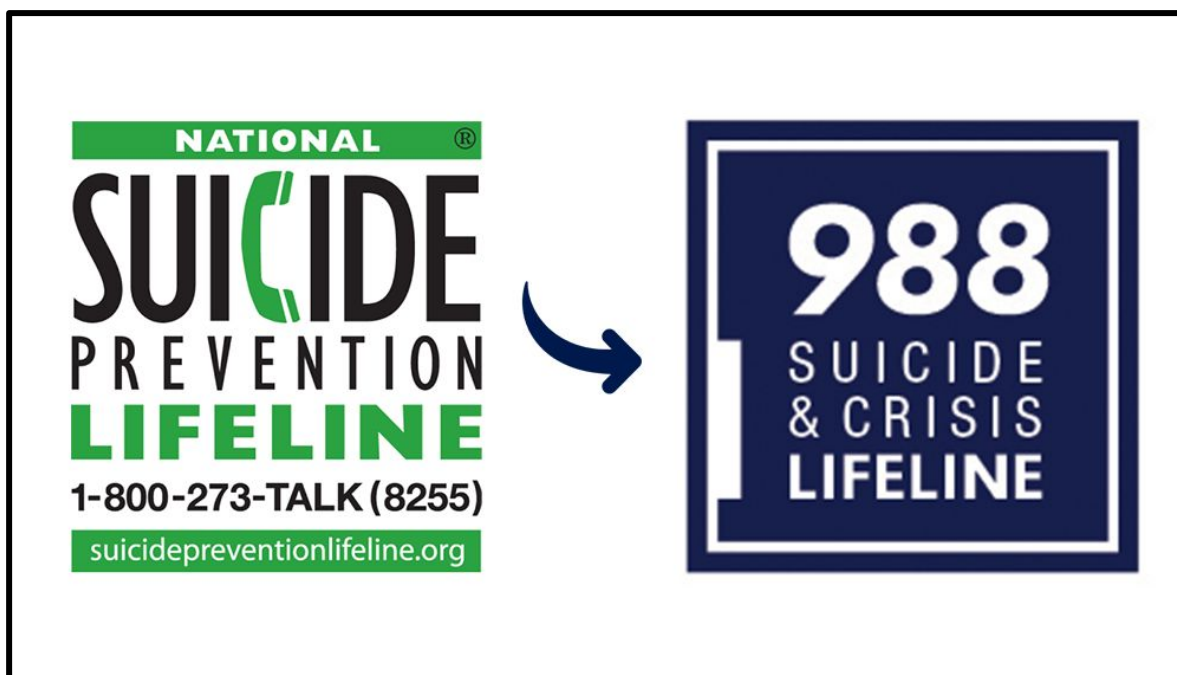
Encuentra tres razones para tener esperanzas en el futuro



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[®]



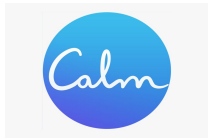
The Well
A Place to Fill Up

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
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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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