

# Support Services Newsletter

Summer 2022



Scottsdale *Unified*  
SCHOOL DISTRICT

A chalkboard graphic with a black background and a thick yellow border. The text "School's Out!" is written in a large, white, chalky script. There are five colorful butterflies (purple, yellow, and pink) scattered around the text.

School's  
Out!



## SUGGESTIONS

### Places to visit/explore:

- Arizona Museum of Natural History, Mesa
- Arizona Science Center, Phoenix
- Children's Museum of Phoenix (FREE for families on the first Friday of every month!)
- Legoland Discovery Center, Tempe
- Ripley's Believe It or Not, Scottsdale
- Laser & Mirror Maze, Scottsdale
- Surprise Your Eyes, Scottsdale
- Pangaea: Land of the Dinosaurs, Scottsdale
- Octane Raceway, Scottsdale
- Desert Botanical Garden, Phoenix (explore at night on Saturday evenings!)
- Crayola Experience, Chandler
- Rachel's Young at Art Studio, Scottsdale (offer summer "camp" as well!)
- Harkins Movie Theater, Scottsdale (\$1 selected movies each week of the summer!)
- USA Skateland, Mesa (Family night, Tues. 5pm-7:30pm discounted admission/skate rental)
- Bam Kazam, Scottsdale
- Mavrix Bowling, Scottsdale
- KTR Indoor Action Sports Playground, Scottsdale
- The IDEA Museum, Mesa
- The Cerreta Candy Factory, Glendale
- As You Wish Pottery, Mesa

### Visit some animals or marine life:

## **SUMMER SUGGESTIONS CONTINUED**

- Phoenix Zoo
- OdySea Aquarium, Scottsdale
- Wildlife World Zoo, Aquarium & Safari Park, Litchfield Park

### Soak up some sun & cool off:

- Cactus Aquatic & Fitness Center, Scottsdale
- Chaparral Aquatic Center, Scottsdale
- Eldorado Aquatic & Fitness Center, Scottsdale
- McDowell Mountain Ranch Aquatic & Fitness Center, Scottsdale
- Hamilton Aquatic Center, Chandler (Tues. 6pm-8pm FREE, Thurs. 6pm-8pm Family Night \$1)
- Six Flags Hurricane Harbor, Phoenix
- Golfland Sunsplash, Mesa
- Great Wolf Lodge, Scottsdale
- Oasis Water Park, Phoenix
- Salt River Tubing, Mesa



### Theme Parks:

- Castles & Coasters, Phoenix
- Enchanted Island Amusement Park, Phoenix
- CrackerJax, Scottsdale
- The Rush Fun Park, Phoenix

### Free Events/Activities:

- Scottsdale Library: <https://scottsdale.libnet.info/events>
- Home Depot Workshops: <https://www.homedepot.com/c/kid#projectsandactivities>
- Today at Apple (Technology) Workshops: <https://www.apple.com/today/>
- Michaels Craft Workshops: <https://www.michaels.com/campcreatology>
- Lowe's Workshops: <https://www.lowes.com/events/register/score-a-hole-in-one-kids-workshop>

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



 MIND 24-7

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

# In case you missed the virtual Screening...



**[CLICK HERE TO WATCH ON AMAZON PRIME](#)**  
**[SPANISH SUBTITLES](#)**

## About The Film.

No Letting Go is a dramatic, independent feature film based on the real-life story of producer and co-writer Randi Silverman and her family.

Determined to give voice to the millions of families who suffer alone and in silence, Randi used her own very personal experiences raising a young child who was diagnosed with a mental health disorder to create true to life characters, scenes, and dialogue that honestly reflect the struggles so many families face.

No Letting Go was made to shine a light on the devastating impacts of untreated childhood mental health disorders in an effort to create community conversations, end the silence caused by blame and shame, build awareness and understanding, and let families know they are not alone.

The Youth Mental Health Project, a nonprofit 501(C)(3) organization, whose mission is to educate, empower, and support families and communities to better understand and care for the mental health of our youth.



# Tutoring Opportunity

Varsity Tutors, offers **FREE** individual virtual tutoring for students

[www.susd.org](http://www.susd.org)

## Varsity Tutors

If your child is or has been home as a part of quarantine during this school year, is ill due to COVID-19 or a COVID-like illness, or could just use a little extra learning support, we invite you to use Varsity Tutors.

Scottsdale Unified School District has partnered with Varsity Tutors as one strategy to provide additional support to our students whose learning has been impacted by the pandemic.

Varsity Tutors provides 1:1, individualized, virtual tutoring in the subject area(s) your student needs, on your schedule.

Please fill out the interest form to access six hours of free tutoring. In order to initiate the tutoring, you will need to complete this [Varsity Tutor Permission Slip](#). Once the permission slip is submitted, you will receive an email from Varsity Tutors within 48 hours to set up your student's tutoring time.

Students will access their tutoring hours by logging in to Single Sign-on, then Clever, then Varsity Tutors. Parents will communicate directly with Varsity Tutors to set up a date and time for tutoring sessions.



## SUMMER 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](#)**

Dear Parents/Caregivers,

Summertime is almost here! It's a time for kids to take a break and have fun, but studies also show it's a time when we see an **increase in the likelihood that kids will experiment with harmful substances.**

Perhaps it's intuitive, with increased leisure time and less adult supervision, bored teens who crave acceptance and dopamine highs may make poor choices.

In 2021, 100K+ people died from drug overdoses driven by fentanyl, and **the fastest-growing group is under 19.**

**73% of teens have never heard of fake prescription pills being made with fentanyl, and accidental fentanyl poisoning is killing kids in every community across the country.**

**Fentanyl is:**

- A potent prescription synthetic opioid drug approved by the FDA for pain relief and anesthetic.
- Fentanyl is 80-100 times stronger than morphine.
- A potentially lethal dose of fentanyl is the size of 2 grains of salt.
- According to the DEA, 2 out of 5 pills contain a potentially lethal dose of fentanyl.

**Important things you need to know about fentanyl:**

- You can't smell or taste fentanyl, and you cannot tell if a pill is fake just by looking at it.
- Do not take any pill that you do not directly get from a doctor or pharmacist.
- Pills purchased online or from social media are not safe — no matter what someone tells you.
- If you or someone around you takes an illegal pill, know how to recognize an opioid overdose.

Awareness is key, and we need to educate our kids right now. Preparation is important to having a successful conversation with your child. To help you with this challenging conversation, we'd like to give you a link to the free Natural High Fentanyl Toolkit:

[www.naturalhigh.org/fentanyl](http://www.naturalhigh.org/fentanyl).

Together, through better and more effective awareness resources, we can save lives.

Even if substance use is the last thing you need to worry about with your child, imagine, perhaps, that their awareness could help save a friend.



## ABOUT THE FILM: DEAD ON ARRIVAL

Dead On Arrival is a short, clear, and compelling documentary about the dangers of fentanyl. It also has some dramatic images and mature concepts, which is why it's even more important for kids to watch with an adult and have a guided discussion.



Dead On Arrival first premiered in 2021 as a 20-minute film with powerful first-person accounts of fentanyl deaths told by surviving parents.

The original film explores the stories of four families who lost their children to fentanyl poisoning in various ways and fentanyl's larger impact on communities of all types.

In addition to the suffering and pain that fentanyl has brought to families and neighborhoods, the film is also a primer on what makes this epidemic so deadly and pervasive. It looks at the manufacture, counterfeiting, marketing, and distribution process that allows fentanyl to sneak into anyone's home.



**[CLICK HERE TO VIEW FILM](#)**



**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>

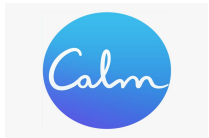


**The Well**  
A Place to Fill Up

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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 battle burnout.



# SUSD SOCIAL WORKERS



## Elementary Schools

Anasazi  
Cherokee  
Cochise  
Desert Canyon  
Hohokam  
Hopi  
Kiva  
Laguna  
Navajo  
Pima  
Pueblo  
Redfield  
Sequoia  
Tavan

TBD  
TBD  
Madison Gilbreath  
Barbara Cronkhite  
Holly Leffhalm  
Sierra Rose  
Glenda Henman  
Virginia Mohammed  
Alexa Barajas Castaneda  
James Tucker  
Mayra Nunez  
Haley Passarella  
Andrea Ference

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Kim Meyer

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## Middle Schools

Cocopah  
Desert Canyon  
Ingleside  
Mohave  
Mountainside

TBD  
Mark Weissfeld  
Erin Stocking  
Nicole Hall  
TBD

[mweissfeld@susd.org](mailto:mweissfeld@susd.org)  
[estocking@susd.org](mailto:estocking@susd.org)  
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## K-8 Schools

Cheyenne  
Copper Ridge  
Echo Canyon  
Tonalea  
Mckinney Vento

Alexandria Fischetti  
Sharon James  
Brenna Fairweather  
Sherena Small  
Melissa Medvin

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## High Schools

Arcadia  
Chaparral  
Coronado  
Desert Mountain  
  
Saguaro

Whitney Hess  
Leah Stegman  
Amanda Turner  
Karey Trusler/  
Vanessa Diaz  
Mindy Hickman

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## District Office

Director of Support Services  
Clinical Services Coordinator  
Prevention Coach  
Prevention Coach

Shannon Cronn  
Matthew Lins  
Dale Merrill  
Lauren Pilato

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