

Support Services Suicide Prevention Month

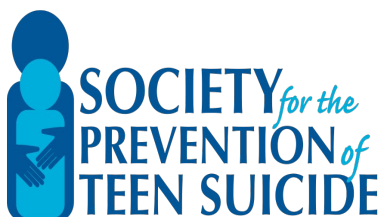


Suicide Prevention Month at SUSD

Each year, people across the globe collectively unite to speak openly about mental health, suicide, and the importance of reaching out for help. Check out our resources below to learn more about **Suicide Prevention**.

CRISIS TEXT LINE |

Text HELLO to 741741
Free, 24/7, Confidential



THE **TREVOR**lifeline
866.488.7386

**YOU ARE
NEVER
ALONE**

TheTrevorProject.org



Teen Lifeline

September Community Events

SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH

Join *SUSD & the Arizona Attorney General's Office* on how to address the teen suicide epidemic.

September 17th, 2020
6:00 - 7:00 pm
Online ([Click Here](#))
Password: *ChooseLife2020*

[CLICK HERE](#)

We will discuss what to do when someone talks about ending their life, tools that alert us to warning signs and learn about risk and protective factors for youth suicidality.

Aurora offers the virtual suicide prevention training program *More Than Sad* for teachers, parents, and organizations across Arizona, **FOR FREE**. The training series will teach participants how to recognize mental health conditions, the warning signs of suicide, and the steps they can take to get help individuals who may be at risk. The virtual training is approximately 2 hours in length (time for Q&A included). To book a training, send an email to:azmarketing@aurorabehavioral.com

2020 has been particularly concerning year for overdoses, and numerous cities, counties, and states within the U.S. have seen an increase in both overdoses and overdose facilities in the midst of the COVID-19 pandemic.

notMYkid is providing the SUSD community a FREE webinar: Opioid Misuse: The Epidemic Within a Pandemic.

Follow the link, register (this will take approx. 30 seconds), and you'll be able to watch the webinar immediately:

https://us02web.zoom.us/join/zoom.us/webinar/register/req/WN_z2YKr00NRSG88P2mB7cUA?meetingId=yMV2M5PT0W5OHg-K01nbZfICNNv0T6a8aCFK_fQJzEooDImACVq3EIQSgAIPZQVq&playId=uMZ8Jnuur2o3TikWuQSDbfcW465Kms0HRM8_tcnkqzUHYHO1ChNOREMOWVfrcD4RPcdLmlHlgJX0Km&action=play&_xzm_rtaid=8t1K6Z7SOOfmZ-DnXOpAA.1598903491729.16d12142d25d82b773f170b165d5c6e4&_xzm_rtaid=294

NATIVE HEALTH's 2nd Annual VIRTUAL Resilient Indigenous Youth Fest is scheduled for Saturday, September 26, 2020, via [NATIVE HEALTH's Youtube page](#). September is Suicide Awareness Month and we are doing our best to share a great experience and important information with our next generation. Pre-register for NATIVE HEALTH promos and a chance to win great raffle prizes. We have a great lineup of Native music, art, culture, movement, humor, and much more!



Recognizing & Preventing Suicide in the LGBTQ Community

Due to oppression, stigma, and other factors, LGBTQ individuals can be at higher risk for suicide. But there's help and hope, and you can provide both.

Signs of suicide may look different in each person, but these signs will help you better recognize and support those who are struggling.



TELLS

Talks about: wanting to die or kill themselves; unbearable pain; feeling trapped with no escape; having no purpose; being a burden to others

ACTIONS

Increasing drug/alcohol use; giving away possessions; saying goodbye; isolation; withdrawing; reckless behavior; no or too much sleep; researching ways to kill themselves



EMOTIONS



Depression; anxiety; irritability; loss of interest in things one used to care about; hopelessness; sudden change in mood to euphoria/relief with no other apparent changes

RISK FACTORS

Previous suicide attempt; family rejection; family history of suicide; mental health condition; sudden life event (loss; death); experiences of violence



HOW YOU CAN HELP



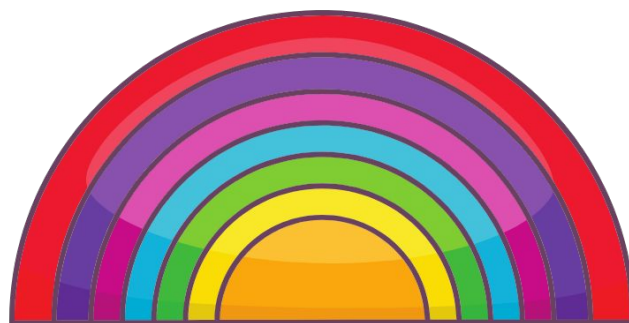
If you recognize these signs in someone respond immediately. Ask them directly if they are thinking of suicide; offer compassion and support, and connect them to help such as the resources below.

RESOURCES

- Central AZ Crisis Line: 602-222-9444
- Teen Lifeline: 602-248-8336 (call or text)
- Trans Lifeline: 877-565-8860
- TheTrevorProject.org



Contact Safe Out for suicide prevention training + information:
SafeOutAZ.org



Youth who feel suicidal are not likely to seek help directly; however, parents, school personnel, and peers can recognize the warning signs and take immediate action to keep the youth safe. When a youth gives signs that they may be considering suicide, the following actions should be taken:

- Remain calm.
- Ask the youth directly if he or she is thinking about suicide (e.g., "Are you thinking of suicide?").
- Focus on your concern for their well-being and avoid being accusatory.
- Listen.
- Reassure them that there is help and they will not feel like this forever.
- Do not judge.
- Provide constant supervision. Do not leave the youth alone.
- Remove means for self-harm.
- **Get help:** No one should ever agree to keep a youth's suicidal thoughts a secret and instead should tell an appropriate caregiving adult, such as a parent, teacher, or school psychologist. Parents should seek help from school or community mental health resources as soon as possible. School staff should take the student to a school-employed mental health professional or administrator.

*If you or someone you know is suicidal, get help immediately via 911, the National Suicide Prevention Lifeline at 1-800-273-TALK or the Crisis Text Line (text "HOME" to 741741).



Teen Lifeline



Giving back to feel Happier and Healthier

WHY? Doing things for others is a powerful antidepressant and self-esteem booster. Help your teen find a cause they are interested in and that gives them a sense of purpose. If you volunteer with them, it can create a bonding experience and increase connection. Volunteering helps counteract the effects of stress, anger, and anxiety, combats depression, increases self-confidence, provides a sense of purpose, AND helps you stay physically healthy.

WHERE? Teen Lifeline-VOLUNTEER and help your peers! The crisis hotline would not be possible without teens who volunteer their time. Peer counselors have helped more than 281,000 callers find hope and healing.

HOW? <https://teenlifeline.org/get-involved/volunteer/>

Need more volunteer ideas?

<https://azbigmedia.com/business/business-angels/nonprofit-companies/heres-how-you-can-help-during-the-covid-19-crisis/>

Walk to Prevent Suicide! Yes, even virtually!

Participate your way for NAMIWalks' second National Day of Hope on October 10. Support your local community, your hometown, and maybe even the hometown of someone you love — it is all possible this year. Choose any number of walks (in-person and/or virtual), lace up your shoes, and join the best and the brightest mental health advocates in the country.



September's SEL Focus is Emotional Awareness

Support Services is creating a curriculum map for SEL (Social Emotional Learning) to be implemented on our K-12 campuses. Students throughout the district will engage in weekly lessons that support social emotional skills with a focus on Casel's 5 core areas: self awareness, self management, responsible decision making, relationship skills, and social awareness.

The topic of focus for September is Emotional Awareness, which allows students to understand the emotions they are feeling, regulate their emotions, and sense the emotional state of others.

One strategy that can be reinforced at home to bring about more emotional awareness is to ask children what they are feeling in a variety of situations. Kids can identify the emotions they are feeling by acknowledging some of the physical signs of different emotions. Teaching kids how to monitor their emotional state and having them understanding the physical signs of different emotions is the first step to teach emotional regulation, which can assist individuals in maintaining peace and clarity in a variety of challenging situations.

For more information and activities to reinforce the skill of Emotional Awareness, please visit our SEL Curriculum partner- Sanford Harmony at <https://www.sanfordharmony.org/>.



Building Positive Relationships with Your Kids

We all love our kids, but sometimes it can be hard to know how to connect with them. Now more than ever, it's important for all of us to build trusting positive relationships with our children. Here are some ways that can help:

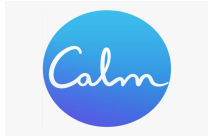
Ask them about their interests: It's easier to build a positive bond with our children when they see us taking a genuine interest in the things they care about. This can help break down barriers, and be a great way to build up their level of comfort to talk to you about more challenging subjects.

Allow for regular unstructured, uninterrupted time with your child: Build in time each week to just enjoy spending time with your child(ren) without an agenda. Allow them to take the lead on what you do (try to give them your undivided attention during this time, even a few moments can go a long way, consistency is key).

Respect and validate their emotions: It can be hard to know what to do with our own feelings, let alone our kids. When we validate our children's emotions and feelings, it makes it easier to help them learn healthy ways to work through them. This is not always easy to do, so if you're frustrated, tell your child you'll come back and talk to them at a better time (just be sure to do so). It's also okay to be vulnerable and let your child know that you don't know the best way to help them through their emotions, but that you're willing to figure it out together.



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.



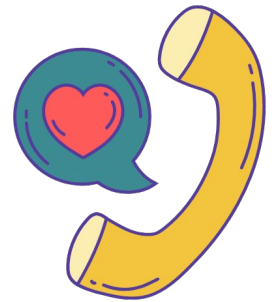
Medisafe: a medication reminder app

Shine: a self care app with research based strategies to help you reduce stress, boost self compassion, helps with focus and battles burnout.

Crisis Hotlines and Resources

If you or someone you know is struggling, **you are NOT alone**, reach out to a number below. Remember, you do NOT need to have a “crisis” to text or call for support. Hotlines are open to speak to anybody that may need extra support.

- ❑ **Teen Lifeline** Call 24/7 or Text (602-248-8336) *also available to parents and other adults who are in need of resources for their children.
- ❑ **Crisis Text Line** Text "Home" to 741741 to connect with a Crisis Counselor.
- ❑ **LGBT National Hotline**: 888-843-4564
- ❑ **National Suicide Prevention Hotline**: 1-800-273-8255
- ❑ **National Domestic Violence Hotline**: 1-800-799-7233 or text "LOVEIS" to 22522
- ❑ **Empact 24 Hour Crisis Line** (1-800-273-8255)
- ❑ **Scottsdale Police Crisis Team** (480-312-5055)
- ❑ **The Disaster Distress Helpline** (1-800-985-5990) or text TalkWithUs to 66746 to connect with a trained crisis counselor.
- ❑ **Arizona Food Bank Network**: Find nearby emergency food for yourself or someone you know struggling with hunger www.azfoodbanks.org.
- ❑ **Find Help Phoenix**: Find health and social services for Maricopa County residents.
- ❑ **Crisis Response Network** Call 602-222-9444 or 1-800-631-1314)
- ❑ **Catholic Charities**: 602-749-4405 Provides remote counseling services based on a sliding scale.
- ❑ **SAMHSA'S Treatment Referral Information**: 1-800-662-HELP
- ❑ **Covid Crisis Rental Assistance**: Maricopa County households experiencing financial hardship due to the COVID-19 Pandemic may be eligible for COVID Crisis Rental Assistance (CCRA).
- ❑ **Vista Del Camino** (City of Scottsdale Food Bank): 480-312-2323
- ❑ **UMOM**: <https://umom.org/find-help/>
- ❑ **Family Housing Hub**: 602-595-8700
- ❑ **Youth Resource Center** (For People Aged 18-24 Years Old): 480-868-7527



Still Struggling?

Reach out to your Support Services Team

Arcadia High School

Social Worker:

Whitney Hess, whess@susd.org

Guidance Counselors:

Kelley Ender, kender@susd.org

Ruth Hart, rhart@susd.org

Sonya Kim, skim@susd.org

Patricia LaCorte, placorte@susd.org

Cheryl Guthrie, cguthrie@susd.org

Desert Mountain High School

Social Worker:

Karey Trusler, ktrusler@susd.org

Guidance Counselors:

Michelle Okun, mokun@susd.org

Veva Pacheco, vpacheco@susd.org

Jennifer Cooper, jcooper@susd.org

Leslie Jones – ljones@susd.org

Madison Gilbreath, madisongilbreath@susd.org

Chaparral High School

Social Worker:

Leah Stegman, lstegman@susd.org

Guidance Counselors:

Keri Board, kboard@susd.org

Leslie Rold, lrold@susd.org

Katie Kunitzer, kkunitzer@susd.org

Janine Welch, janinewelch@susd.org

Megan Mayer, mmayer@susd.org

Dayne Davis, adavis@susd.org

Saguaro High School

Social Worker:

Mindy Hickman, mhickman@susd.org

Guidance Counselors:

LeAnne Carter, lcarter1@susd.org

Leanne DeFay, ldefay@susd.org

Katy Gerken, kgerken@susd.org

Donna Wittwer, dwittwer@susd.org

Coronado High School

Social Worker:

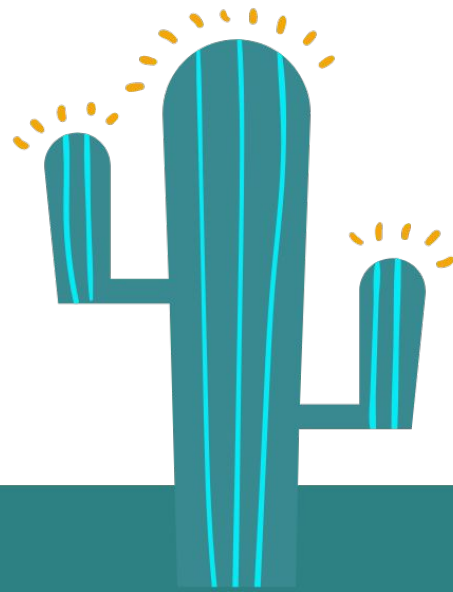
Mandy Turner, aturner@susd.org

Guidance Counselors:

Anna Huerta, ahuerta@susd.org

Nicole Tarter, ntarter@susd.org

Julie Stephan, jstephan@susd.org



Middle School Guidance Counselors

Echo Canyon

Cathy Lewkowitz, clewkowitz@susd.org

Ingleside

Aria Ham, aham@susd.org
Dana Molnar, dmolnar@susd.org
Rhonda Witherspoon,
rwitherspook@susd.org

Cocopah

Toni Rantala, trantala@susd.org
June Solod, jsolod@susd.org

Copper Ridge

Deborah Philips, dphilips@susd.org

Mohave

Lisa Balthazor, lbalthazor@susd.org
Todd Kemmerer, tkemmerer@susd.org

Desert Canyon Middle School

Nicholas Pasco, npasco@susd.org

Mountainside

Dale Merrill, dmerrill@susd.org
Robin Stieglitz, rstieglitz@susd.org

Cheyenne

Frances Lax, flax@susd.org

Tonalea K-8

Social Worker:

Sherena Small, ssmall@susd.org

Guidance Counselors:

Gail Tronzo, gtronzo@susd.org
Tammy Clow-Kennedy,
tclowkennedy@susd.org

District Support K-12

Clinical Support Coordinator:

Matthew Lins, matthewlins@susd.org

Director of Support Services

Shannon Cronn, scronn@susd.org

