

# Support Services October Newsletter



## Building Strong Relationships

For the month of October, SUSD students will be learning Social Emotional Learning (SEL) strategies that involve building strong relationships. This is one of the 5 areas that CASEL uses to frame social emotions intelligence in individuals. When students have **strong relationship skills**, they are able to create and keep rewarding relationships with people of all backgrounds. They are able to **communicate clearly, listen to the ideas of others, cooperate, and resist negative peer pressures**. Students with strong relationships know how to navigate conflict and are able to reach out to others when they need help.



# October Community Resources



## Safe Place - UMOM



Safe Place is a national youth outreach program designed to provide immediate help and safety for teen ages 12-17 who are in crisis. The program is managed locally by UMOM. Teens can go to any Safe Place location and immediately get in contact with a crisis responder. They are transported to a UMOM location where they have access to shelter, counseling and family reunification services or other services as needed.

**To find the nearest location, teens can text "Safe" and their address to 44357 or call (602) 841-5799.**

**Safe Place Locations- Valley Metro Bus and Rail- Quick Trip Gas Stations- Public Libraries  
- Fire Departments**



### INDIVIDUAL ADVOCACY SERVICES

ADVOCACY & SAFETY SERVICES RELATED TO  
PROMOTING HEALTHY RELATIONSHIPS & PREVENTING  
TEEN DATING VIOLENCE | SEXUAL VIOLENCE | DOMESTIC VIOLENCE

#### SAFETY SERVICES & INFORMATION

Crisis Counseling  
Safety Planning  
Victims' Rights  
Orders of Protection  
Referrals

#### EMOTIONAL SUPPORT

Psycho Education Services  
Self-Care  
Self-Esteem  
Social Connectedness  
Skill Building

#### CASE MANAGEMENT

Assessment  
Goal Setting/Coaching  
Basic Needs Support  
Coordination of Services  
Family Education  
Transportation



### PEER SUPPORT HELPLINE

ADVOCACY & SAFETY SERVICES RELATED TO  
PROMOTING HEALTHY RELATIONSHIPS & PREVENTING  
TEEN DATING VIOLENCE | SEXUAL VIOLENCE | DOMESTIC VIOLENCE



Web Chat: [bloom365.org](https://bloom365.org)



Text/Call: 1.888.606.HOPE (4673)



DM: @888606HOPE

# Recognizing the Signs of Teen Dating Violence

Did you know, that roughly 1.5 million high school boys and girls in the U.S. admit to being hit or physically harmed by someone they are romantically involved with?

Dating abuse and domestic violence happen when a partner uses physical, emotional, verbal or sexual abuse to gain or maintain power or control.

When a partner minimizes, denies, or blames someone else for their abusive behavior, they are shifting responsibility for their actions and trying to manipulate the situation.

If you, or someone you know is concerned about teen dating violence, Bloom365 is ready to listen and help: Call: 1-888-606-HOPE or TEXT 602.799.7017



WARNING SIGNS CHECKLIST

# RED FLAGS

## TEEN DATING ABUSE

Have you or are you experiencing any of these **RED** FLAGS?  
If so, we are here to listen and help.  
1-888-606-HOPE or TEXT 602.799.7017

- ☐ Wants to get serious too quickly.
- ☐ Humiliates you, calls you names or puts you down to break your confidence.
- ☐ Treats you better when other people are around.
- ☐ Screams at you to intimidate you.
- ☐ Follows you or calls/texts repeatedly to check up on you.
- ☐ Pressures you to go along with what they want.
- ☐ Bullies or tries to humiliate you via text, social media, or email.
- ☐ Throws, hits, or breaks things to make you afraid.
- ☐ Gets overly jealous when you spend time with friends or family.
- ☐ Tags you in posts, even though you asked them not to.
- ☐ Insists that you give them your password to voicemail, email, or social media accounts.
- ☐ Physically or sexually assaults you.
- ☐ Denies their abusive behavior.
- ☐ Blames you for their abusive behavior.

**These 5 abusive behaviors increase your risk for being seriously hurt or even killed:**

- ☐ Uses or threatens to use a gun, knife, or other weapon to intimidate or hurt you.
- ☐ Threatens to kill you or themselves if the relationship ends.
- ☐ Tries to choke or strangle you.
- ☐ Forces you to have sex or physically assaults you.
- ☐ Is violently or constantly jealous.

www.bloom365.org | 1.888.606.HOPE  bloom365

## October SEL Focus is Building Strong Relationships



**The topic of focus for October is Building Strong Relationships, They are able to communicate clearly, listen to the ideas of others, cooperate, and resist negative peer pressures.**

Students in kindergarten - fifth grade will be using activities from Sanford Harmony, and students in sixth - twelfth grade will be working with Nearpod SEL curriculum to help build relationship skills. One example of an activity that students will engage in third - fifth grade classes will be sharing out what characteristics make a good friend. Students will write down their ideas on slips of paper and then the teacher will share out with the entire class ideas written. Students will then discuss some of the key characteristics that people want in friends, and discuss how everyone in class has skills that they all can learn from.

*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 Strong Relationships at Home

Spend Quality Time with your Family – Kids are naturally spending extra time with family. Provide them with home connection ideas that build a strong family foundation. Suggest a family game night, eating meals together at the table, having daily check-in chats to talk about how things are going, and so on.

**Thinking about positive social connections gives us reason to reflect and feel joy.** Even when children are just at home, they can think about the important people in their lives by writing letters/emails or drawing pictures for others. This practice can help build children's relationship skills and social awareness, even if they are working alone. Try encouraging your child with extra guidance:



- Who is someone that makes you feel grateful? Someone that you are really glad to have in your life?
- Who is someone that you think would love to hear from you? Someone whose days you could brighten?







# 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.



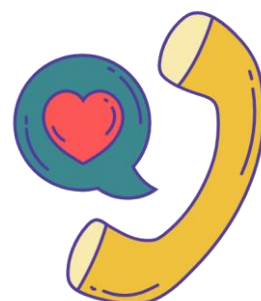
**Medisafe:** a medication reminder app

**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](http://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

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## 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:

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### Guidance Counselors:

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Jennifer Cooper, jcooper@susd.org

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## Chaparral High School

### Social Worker:

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### Guidance Counselors:

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## Saguaro High School

### Social Worker:

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## Coronado High School

### Social Worker:

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### Guidance Counselors:

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# Middle School Guidance Counselors

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## Echo Canyon

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## Ingleside

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## Desert Canyon Middle School

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## Mountainside

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## Tonalea K-8

### **Social Worker:**

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### **Guidance Counselors:**

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Tammy Clow-Kennedy,  
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# District Support K-12

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## **Clinical Support Coordinator:**

Matthew Lins, matthewlins@susd.org

## **Director of Support Services**

Shannon Cronn, scronn@susd.org

