

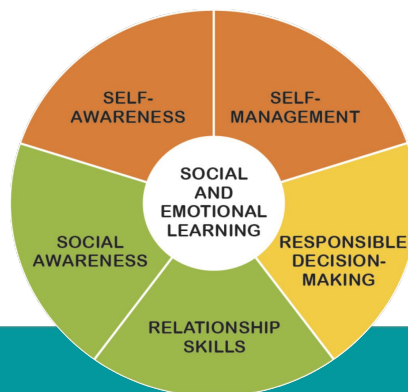
# Support Services November Newsletter



## Responsible Decision Making

In line with making the healthy choices regarding smoking and vaping, November will be the month that students across SUSD will learn the social emotional skill of **responsible decision making**. As part of CASEL's SEL Framework, responsible decision making is the ability to make caring and constructive decisions about personal behavior and in social interactions. Some of the major concepts include:

- Evaluating benefits and consequences of decisions,
- Analyzing facts, data, and information to make judgements,
- Reflecting on one's ability to promote well being personally and across communities,
- Analyzing the impact of one's actions across the community.



# November Community Resources



Join Scottsdale Unified School District and the Arizona Attorney General's office for an open conversation about the myths and facts surrounding vaping/cigarette use, as well as, the associated dangers.

This presentation is open to ages 12+

The presentation is being held virtually from 6-7:30pm. There will be time at the end for questions. To sign up please follow this link: <https://azag.webex.com/webappng/sites/azag/meeting/info/8188df51e6d8408f9a0b88119b4f659d?siteurl=azag&MTID=mfa3262ec5eac5b2eaag67466aad63e12>

Join the Scottsdale Parent Council for a special event to learn how parents can help support our schools in fostering inclusion for LGBTQ+ students, families, and staff.

This workshop will provide current data, resources, and strategies for creating inclusive schools where ALL students feel welcome.

The event is being held virtually from 6-7:30pm. Sign up here: [www.tinyurl.com/Spcnovemberevent](http://www.tinyurl.com/Spcnovemberevent)

A poster for an event titled "LGBTQ+ Inclusion in Our Schools". The background is a photograph of a school hallway. The text on the poster includes: "LGBTQ+ Inclusion in Our Schools", "A special event to learn how parents can help support our schools in fostering inclusion for LGBTQ+ students, families, and staff.", "A presentation from GLSEN PHOENIX", "Tuesday, November 17 6:00-7:30pm on Zoom", "Register: [www.tinyurl.com/SpcNovemberEvent](http://www.tinyurl.com/SpcNovemberEvent)", and a paragraph about the importance of adults as allies and advocates for LGBTQ students, citing GLSEN's research.

# The Great American SmokeOUT:

## What is it and How do I quit??

For more than 40 years, the American Cancer Society has hosted the Great American Smokeout on the third Thursday of November. The Great American Smokeout is an opportunity for people who **smoke OR USE OTHER TOBACCO PRODUCTS, including vaping**, to commit to healthy, smoke-free lives – not just for a day, but year-round. The Great American Smokeout provides an opportunity for individuals, community groups, businesses, health care providers, and others to encourage people to use the date to make a plan to quit, or plan in advance and initiate a smoking cessation plan on the day of the event. The Great American Smokeout event challenges people to stop smoking and helps people learn about the many tools they can use to help them quit and stay quit.

## How can I quit?

- 1. Make a plan:** Learn about options to curb cravings and get your support system ready to help you through hard times. If you're trying to help someone else quit, check out some ways to ensure you're doing it the right way.
- 2. Get rid of anything smoking-related:** It's the perfect day to remove all smoking-related items from your home. Remove all cigarettes, vaping devices, pods, and lighters. Also consider stocking up on substitutes like gum and crunchy snacks.
- 3. Reflect on your smoking past:** If you've tried to quit before, the Great American Smokeout is a good time to reflect on your past attempts. Think about why those attempts didn't work, and go back to the drawing board for the next time around. One day at a time!



### For more resources to help you quit.....

1. Text "QUIT" to 706-222-QUIT to leave JUUL or vape
2. Text "DITCHJUUL" to 887-09
3. Please call the National Hotline: 1-800-QUIT-NOW (1-800-784-8669) or visit: <https://teen.smokefree.gov/>



## November SEL Focus is Responsible Decision Making



The topic of focus for November is Responsible Decision Making. It means the ability to make positive, constructive decisions about how to behave, based on consideration of ethical standards (i.e., right and wrong) as well as relevant social norms and safety concerns.

Lessons have been created using materials from our social emotional partners, Nearpod and Sanford Harmony that explicitly teach decision making strategies to students. Real world scenarios are delivered that allow students to utilize strategies in context and activities are provided that promote collaborative discussions to develop concepts. For more information about CASEL's SEL Framework, please take a look at:

<https://casel.org/wp-content/uploads/2020/10/CASEL-SEL-Framework-10.2020-1.pdf>



### Stop, Think, Go! Practicing Problem-Solving

#### RED LIGHT: Stop! Calm down and think

Breathe! You cannot problem solve until you and your child are calm. Try blowing bubbles, ocean waves, belly breathing. Practice these exercises when you and your child are feeling calm to be ready for when big feelings happen.

#### YELLOW LIGHT: Caution. Feel. Communicate. Think.

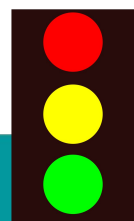
Once everyone is calm, revisit the problem. Use "I statements" to say the problem and how you feel. Ask for your child to share. Validate. Problem Solve. Example: "I feel frustrated when toys are being thrown at your brother. How are you feeling?" Validate your child's feelings. "I hear (or I see) you were feeling \_\_\_\_\_. The problem is, we can't throw toys at your brother. What should we do? How can we do to solve this problem?" You and your child come up with different solutions together. Write down all of the ideas -- even if they are solutions that are not possible, or you do not like. Then go through all the solutions and cross off the list all the solutions that are not possible, you don't like, or your child doesn't like. Think of all the possible consequences of the solutions, cross off the ones that don't meet the goal. When you are left with one solution that both you and your child agree on, use that solution.

#### GREEN LIGHT: Go

Try out the best plan. Maybe the solution was that each child has their own set of blocks. Or they have a special basket of toys the other can't play with. Try out the solution. If it doesn't work, adjust or think of new solutions to try.

for the full activity, please visit:

<https://confidentparentsconfidentkids.org/2017/07/06/stop-think-go-practicing-problem-solving/>







# 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.



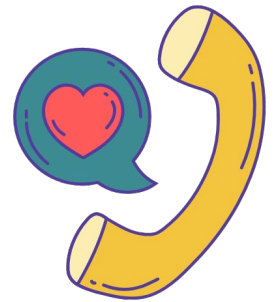
**Medisafe:** a medication reminder app

**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:**

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:**

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**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:**

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Leanne DeFay, ldefay@susd.org

Katy Gerken, kgerken@susd.org

Donna Wittwer, dwittwer@susd.org

### Coronado High School

**Social Worker:**

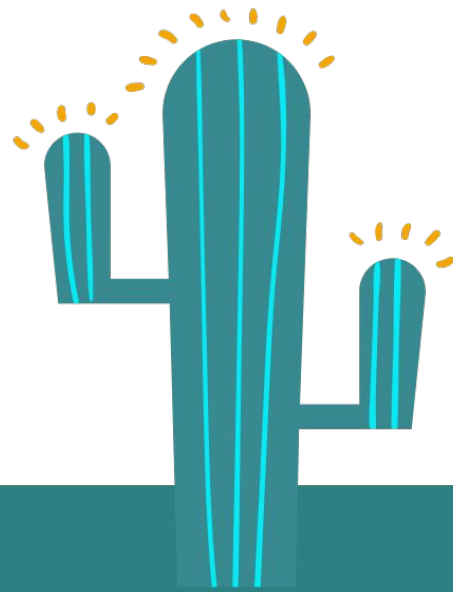
Mandy Turner, aturner@susd.org

**Guidance Counselors:**

Anna Huerta, ahuerta@susd.org

Nicole Tarter, ntarter@susd.org

Julie Stephan, jstephan@susd.org



# Middle School Guidance Counselors

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## Echo Canyon

Cathy Lewkowitz, clewkowitz@susd.org

## Ingleside

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Dana Molnar, dmolnar@susd.org

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## Desert Canyon Middle School

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## Mountainside

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## Cheyenne

Frances Lax, flax@susd.org

## Tonalea K-8

### **Social Worker:**

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### **Guidance Counselors:**

Gail Tronzo, gtronzo@susd.org

Tammy Clow-Kennedy,  
tclowkennedy@susd.org

# 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

