

# Support Services February Newsletter



## Goal Setting!


This March, the SEL topic of focus will be Goal Setting. **Allowing students to set their own goals is a research based strategy that can boost academic success.** Goal Setting is part of the CASEL SEL Framework that SUSD uses when providing instruction in Social and Emotional Learning. CASEL explains that Goal Setting is part of a student's ability to Self Manage, and allows students to build self agency and motivation.

Goal setting lessons will be offered across SUSD from our SEL partners Nearpod and Sanford Harmony. Examples of lesson will include breaking goals into objectives, establishing SMART goals, and overcoming challenges to achieve success. For a goal setting activity that can be used at home, please go to

<https://biglifejournal.com/blogs/blog/5-fun-goal-setting-activities-children>

# March Community Resources

SAVE - THE - DATE  
**FAMILY NIGHT**



**THE FIRST DAY**  
A FOCUS ON THE BEGINNING

**WHEN**  
March 30, 2021

Event opens with Dr. Scott Menzel,  
SUSD Superintendent at 6:00pm

Film begins at 6:15pm




Q&A follows

**WHERE**  
Virtual on Zoom

**REGISTER FOR FREE**  
[bit.ly/thefirstday2021march30](http://bit.ly/thefirstday2021march30)

Kids face high risk decisions starting in 4th and 5th grade. The **FIRST Day** film that centers attention on **THE FIRST DAY** a decision is made and how kids can build their own inner guidance to handle these situations. Specific attention is focused on drug and alcohol experimentation and abuse.

There will be a showing of the documentary "The First Day" and a Q&A discussion following the film, led by local childhood advocate/educator, **Katey McPherson, Shane Watson, and Angie Geren.**



Katey McPherson   Shane Watson   Angie Geren

Support Services has partnered with **NotMyKid** to offer a screening of **The First Day** followed by a Q&A session.

**The film addresses issues of substance use, mental wellness and self-harm.**

**The event is scheduled for Tuesday, March 30<sup>th</sup> from 6:00-7:30 PM.** We will open Zoom at 6:00 PM and Dr. Menzel will welcome and thank everyone for attending. The film will start at 6:15 PM and should end about 7:02 PM. We will then move into Q&A with the Panel (Katey McPherson, Shane Watson, and Angie Geren). Please see attached flyer for additional information and please share the flyer with your community.

**Registration Link:**

<http://bit.ly/thefirstday2021march30>

**notMYkid™**  
INSPIRING POSITIVE LIFE CHOICES

**notMYkid:** Recognizing that the challenges our youth face today are complex and can potentially devastate and derail futures, notMYkid passionately works to educate and protect our community's kids by providing a full continuum of life-saving prevention, early intervention, behavioral health treatment, and peer support. Our team of prevention and behavioral health experts are dedicated to helping youth overcome challenges during their most vulnerable years.

# Preventing Prescription Drug Abuse in Teens

Prescription drugs are commonly misused substances by young people. Follow these steps to help prevent your teen from abusing prescription medications.

- **Discuss the dangers.** Emphasize to your teen that just because drugs are prescribed by a doctor doesn't make them safe — especially if they were prescribed to someone else or if your child is already taking other prescription medications.
- **Set rules.** Let your teen know that it's not OK to share medications with others — or to take drugs prescribed for others. Emphasize the importance of taking the prescribed dose and talking with the doctor before making changes.
- **Discuss the dangers of alcohol use.** Using alcohol with medications can increase the risk of accidental overdose.
- **Keep your prescription drugs safe.** Keep track of drug quantities and keep them in a locked medicine cabinet.
- **Make sure your child isn't ordering drugs online.** Some websites sell counterfeit and dangerous drugs that may not require a prescription.
- **Properly dispose of medications.** Don't leave unused or expired drugs around. Check the label or patient information guide for disposal instructions, or ask your pharmacist for advice on disposal.



## Attorney General's Office Recorded Webinars

Our team has recorded all of our presentations so that students, teachers, parents, and others can learn about these important topics when it is convenient.

### **Opioid Awareness and Prevention for Parents:**

<https://www.youtube.com/watch?v=UfpuRfAgEIM>

**If you are interested in watching a recorded presentation, click on the title of the presentation and enter the corresponding password listed under "Access".** If you have any questions about the topics please contact us at 602-542-2123 or [CommunityOutreach@azag.gov](mailto:CommunityOutreach@azag.gov).



### **Goal setting is what Naviance is all about!**

All aspects guide students to set academic or personal goals, whether it be short-term with high school course selection or long-term goals for college and career planning.

Under the About Me Tab, there is a section just for goals! Students can keep track of any goals they set. "I am going to ask for extra help in math to get an A." or "I am going to apply to a summer college program after my junior year."

**Have questions about Naviance? Contact Leslie Rold at [lrold@susd.org](mailto:lrold@susd.org)!**

### **Having focused goals takes practice.**

**Here are five researched based ways to assist your children in setting and achieving goals (Locke & Latham, 2016):**

- 1. Put goals in writing.** Making progress toward written goals increases feelings of success and well-being. Using a goal-setting template can help children track their successes. A goal-setting smartphone app may motivate tech-savvy children even more. Some apps have gaming features that make goal-setting a fun way to achieve results and build new habits.
- 2. Self-commit.** Self-commitment becomes a key element in self-regulation a child's ability to monitor, control, and alter his own behaviors. Adults can serve as goal facilitators—helping kids see options, asking core questions, and providing supportive feedback.
- 3. Be specific by setting a SMART goal.** SMART stands for: Specific, Measurable, Attainable, Realistic, and Time Bound. Ensuring goals check off each one of those areas will help you and your student stay on track.
- 4. Stretch for difficulty.** Goals should always be challenging enough to be attainable, but not so challenging that they become sources of major setbacks. When working with a child on goal-setting, listen to what they think they can achieve rather than what you want them to achieve.
- 5. Seek feedback and support.** Part of the fun and motivation of setting goals is working on them in a supportive group environment. Even though goals are often individual in nature, children should be able to recognize how their goal is tied to their family values, the aspirations of a sports team, or the aim of a specific curriculum. When they understand this connection, they feel more open to seeking feedback and receiving support from adults. When goals are achieved, it's time to celebrate with others.





## **\*\*Parent Support Group\*\***

**SUSD parents are invited to attend a parent support group. The group will focus on managing family stress, parenting strategies, instilling healthy boundaries, and communication tools.**

**When:** Every Wednesday, March 31<sup>st</sup>-May 5th

**Time:** 7:00pm- 8:00pm

**Registration Link:** -<https://www.eventbrite.com/e/parent-support-for-susd-tickets-145586562327>



## **Create a Calming Jar**

Making calming jars with kids is fun, but it's also a useful coping strategy that can help a child calm down and relax. Kids can use calming jars as a way to take space when things get a little overwhelming. Just shake the jar and watch it. There is something very calming about shaking the bottle and watching the glitter or other materials settle down slowly. [https://youtu.be/jKWB\\_D2p3Qc](https://youtu.be/jKWB_D2p3Qc)

### **Simple Calming Jar Recipe**

#### **Materials Needed:**

Empty Water Bottle (VOSS bottles work very well)  
Warm Water  
Glitter Paint

To make your jar, add glitter paint to the bottom of the jar until it just covers the bottom of it. Add warm water. Put the cover on and shake to help the ingredients combine.

Once you are satisfied with the look of your jar, then you can super glue the lid shut, so it doesn't spill. In a pinch, I've also used duct tape to secure the lid. For more ideas check out this website: <https://copingskillsforkids.com/blog/how-to-make-a-calming-jar>







# 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.



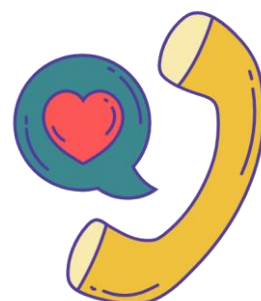
**Medisafe:** a medication reminder app

**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:**

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

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### 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

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### Coronado High School

**Social Worker:**

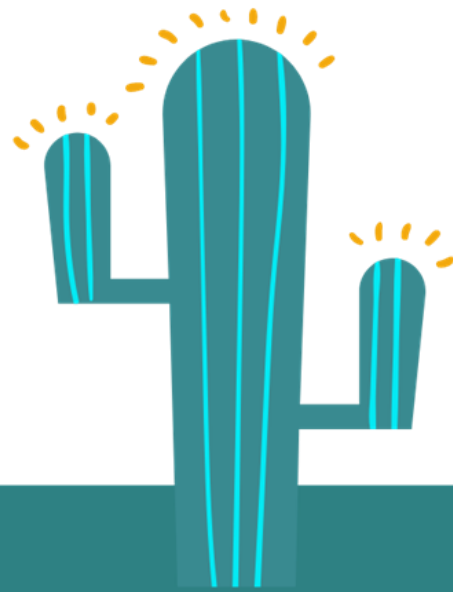
Mandy Turner, aturner@susd.org

**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

Aria Ham, aham@susd.org  
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Rhonda Witherspoon,  
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## Cocopah

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## Mohave

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## Desert Canyon Middle School

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## Mountainside

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Robin Stieglitz, rstieglitz@susd.org

## Cheyenne

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## Tonalea K-8

### **Social Worker:**

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### **Guidance Counselors:**

Gail Tronzo, gtronzo@susd.org  
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

