

Support Services April Newsletter



Busting Stress!

As we reach to the end of the semester, it more important than every to focus on how to reduce our students AND our own stress. This month, SUSD is focusing on ways to help us manage our STRESS!.

SERP (Strategic Education Research Partnership) offers multiple strategies for students to bring more focus and awareness into their lives. The seven, research-based strategies provide students with tools to calm their thoughts and have more control over their attention. Some examples of the strategies include: Breathe Deep, Let It Go, Mind in Motion, Anchor of Air, Train of Thought, Tight and Loose, and Gratitude. The strategies can be found at:

<https://www.serpinstitute.org/focus-5>

April Community Resources

April is National Stress Awareness Month. These following weeks can be filled with stress and sleepless nights. The end of the school year is approaching fast, there are many things still left to do and the world has not stopped changing. We want you to know that you're not alone, and although there have been many adjustments throughout this school year we still want to support you. We want to help you by connecting you to other teens at Teen Lifeline. If you start feeling too stressed out at any point this month, please talk to someone about it. You can do this by calling or texting the number on the back of your school ID.

Remember, in the time of uncertainty, you are not alone. Teen Lifeline is also available to parents and other adults who are in need of resources for their children. The following are our new hotline hours.

Teen Lifeline: call/text 602-248-8336· Calling remains available 24/7· Texting available extended hours 12pm-9pm on weekdays and 3pm-9pm on weekends· Peer counselors are still available from 3pm to 9pm every day.



Teens can call or text
602-248-8336
for help!

Resources for teens, parents
and educators available at
TeenLifeline.org

How to Strengthen RESILIENCE in Our Youth

TALK

Help teens find an adult they are comfortable talking with openly.

SOLVE PROBLEMS

Brainstorm healthy solutions with the teen. Then check in to see if the solution is working.

RELIEVE STRESS

Help teens discover what activities will help them detach from stress and relax.

Managing STRESS

This is a stressful time of year for parents and students! Below are some reminders of simple things we can all do to help us manage our stress

- **Get enough sleep:** this is easier said than done for some, but if you have the option to go to bed a little earlier and do something relaxing that will help you sleep, your body and mind will thank you! Being well rested also makes us more productive, and makes it easier to learn.
- **Get moving!:** Exercise and movement has been proven to significantly reduce stress. Even going on a walk, or taking a break to stretch and move can help elevate your mood.
- **Eat healthy:** Our diet can greatly affect our mood, energy, and brainpower. Focusing on eating a balanced diet can reduce your stress!
- **Stay positive:** Your mind is extremely powerful. Practice training your brain to think and speak more positively, (e.g. positive affirmations). It's okay if this doesn't come naturally, just like physical exercise, the more you practice the better you will be at it!
- **Listen to music:** Music is powerful and universal, listening to music is a great way to relieve stress. Students can play classical music while studying, play upbeat music to "wake up" mentally, or slow songs to bring calm.





NAVIANCE

As a school counselor, I talk to many students who struggle with **stress and loss of motivation**. One helpful tool can be to focus on what is ahead and to have something to look forward to after high school.

I remember being in high school sometimes and wondering why I needed to know Geometry or memorize dates in history. Life after high school may look different for all students...we are meant to go on our own paths. It could be culinary school, college in Arizona or in another state or country, it could be working, military etc.

This is one of my favorite things about Naviance. Students can do research on just about anything in the college and career tabs. Schools also post job opportunities or summer internships. I am not saying this is the answer to reducing stress but **it can be a useful tool to help!** I am thinking of all students during this last part of the school year. I know it can be a time filled with stress, anxiety and also excitement for the summer.

**Have questions about Naviance?
Contact Leslie Rold at Irold@susd.org!**





Support Groups/Opportunities for those Impacted by Alcohol Abuse

If someone in your life abuses alcohol and you are looking for support, Alanon and Alateen meetings are available in person, via telephone, and electronically. To locate the nearest support system, visit

<https://al-anon.org/al-anon-meetings/>.



Let It Go

Try this tool out to help bring more focus and awareness into your life!

- Sit up tall in your chair (or stand) with your feet flat on the floor.
Close your eyes.
- Take a deep breath in, letting go of any tension as you breathe out. Slowly relax your neck...and your shoulders...your arms...and your hands. Let go of any tension you may be feeling
- Breathe in slowly, inhaling deeply through your nose and fill your lungs with air, now slowly exhale your nose. Allow each breath to become slower and deeper than the one before
- Take a deep breath in and fill your lungs with air...when they feel full, see if you can draw in just a little more air...now tuck your chin into your chest and hold your breath for a count of 4...3...2...1.
Slowly exhale lifting your chin back to its normal position.
- Begin again, inhaling deeply...tuck your chin and hold your breath for a count of 4: 1...2...3...4
- Let's do this 5-10 more times...when you are ready...slowly open your eyes





Aplicaciones útiles para estimular la salud mental

Headspace: ofrece una AMPLIA variedad de ejercicios para meditar, ayudar a dormir y moverse que los ayuda, sin importar cómo se sientan. Los ayuda a reducir la ansiedad y el estrés y a mejorar la atención y el estar alerta. El contenido es gratuito.

Calm: incluye meditaciones gratuitas para el estrés, dormir Y tiene meditaciones para los niños.

Breathe2Relax: es gratuito, diseñado por el *National Center for Telehealth and Technology* para enseñar técnicas para respirar para controlar con el estrés.

Happify: ofrece actividades y juegos basados en la ciencias con la intención de reducir el estrés, desarrollar la resistencia y superar los pensamientos negativos.

MoodPath: compañero personalizado para la salud mental, que «aprende» de sus respuestas y genera percepción y ofrece los recursos más relevantes para su salud emocional.

MoodTools: una aplicación de autoayuda orientada a la depresión. Ofrece psicoeducación sobre los factores de riesgo, un diario para los pensamientos, un plan de seguridad contra el suicidio y videos.

PTSD Coach: una aplicación de autoayuda del *National Center for PTSD* que ofrecer educación, evalúa el PTSD y ofrece consejos fáciles de entender para control síntomas comunes de PTSD y ofrece recursos adicionales para el tratamiento.

Quit That!: aplicación gratuita que ayuda a los usuarios a vencer sus hábitos o adicciones. Es una herramienta de recuperación para mantener un control y supervisar su progreso.

Medisafe: una aplicación para recordarles los medicamentos.

Shine: una aplicación para el cuidado de sí mismos que se basa en estrategias de investigación para ayudarlos a reducir el estrés, estimular la autocompasión, ayudarlos con la concentración y combatir el agotamiento.



Líneas directas para crisis y recursos

Si ustedes, o alguien que conocen, tienen dificultades, **NO están solos**. Comuníquense con uno de los siguientes números. Acuérdense, no necesitan tener una «crisis» para mandar un mensaje de texto o llamar a una línea directa. Las líneas directas están abiertas para hablar con cualquiera que pueda necesitar apoyo extra.

- ❑ **Teen Lifeline:** llamen las 24/7 o envíen un texto (602-248 8336) *también disponibles para los padres u otros adultos que necesitan recursos para sus hijos.
- ❑ **Crisis Text Line:** manden el texto «Home» al 741741 para conectarse con un consejero para crisis.
- ❑ **LGBT National Hotline:** llamen al 888-843-4564.
- ❑ **National Suicide Prevention Hotline:** llamen al 1-800-273-8255.
- ❑ **National Domestic Violence Hotline:** llamen al 1-800-799-7233 o manden un texto «LOVEIS» al 22522.
- ❑ **Impact 24 Hour Crisis Line:** llamen al (1-800-273-8255).
- ❑ **Scottsdale Police Crisis Team:** llamen al (480-312-5055).
- ❑ **The Disaster Distress Helpline:** llamen al (1-800-985-5990) o manden el texto «TalkWithUs» al 66746 para conectarse con consejero capacitado en crisis.
- ❑ **Arizona Food Bank Network:** busquen un banco de comida cercano en caso de emergencias para ustedes o alguien que conozcan que esté pasando hambruna www.azfoodbanks.org.
- ❑ **Crisis Response Network:** llamen al 602-222-9444 o al 1-800-631-1314)
- ❑ **Catholic Charities:** 602-749-4405 ofrece servicios de orientación a larga distancia con base en una escala deslizable.
- ❑ **SAMHSA'S Treatment Referral Information:** llamen al 1-800-662-HELP.
- ❑ **Covid Crisis Rental Assistance:** los hogares del condado Maricopa que pasan por dificultades financieras, debido a la pandemia del COVID-19, pudiesen ser elegibles para «COVID Crisis Rental Assistance» (CCRA).
- ❑ **Vista Del Camino:** (Banco de comida de la ciudad de Scottsdale): llamen al 480-312-2323.
- ❑ **UMOM:** <https://umom.org/find-help/>
- ❑ **Family Housing Hub:** llamen al 602-595-8700.
- ❑ **Youth Resource Center:** (para personas entre las edades de 18 a 24 años): llamen al 480-868-7527.



¿Todavía tienen dificultades?

Comuníquense con su equipo de apoyo

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