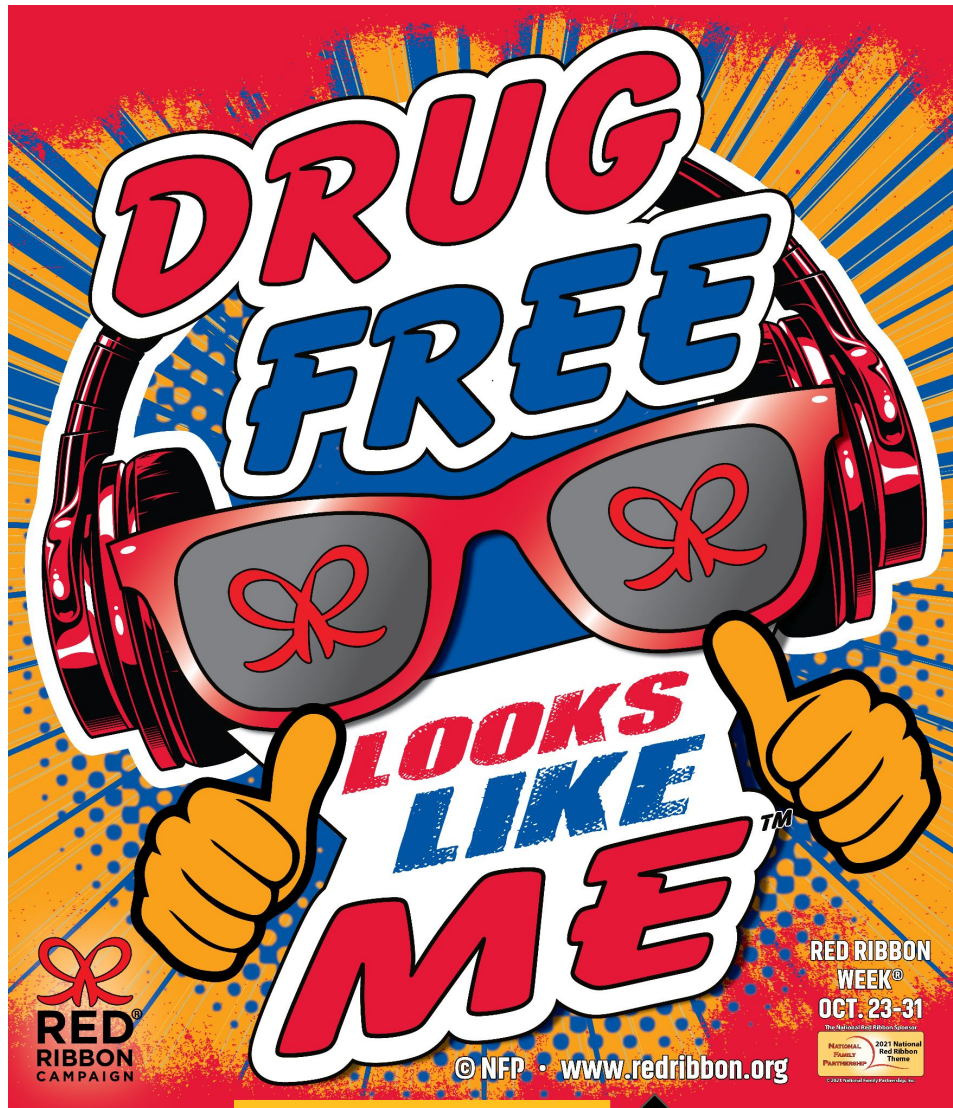


Support Services Newsletter

October 2021



Scottsdale *Unified*
SCHOOL DISTRICT



This year's theme



DID YOU KNOW?

- Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't; yet, only a quarter of teens report having these conversations.
- Red Ribbon Week® (October 23-31), the oldest and largest drug prevention campaign in the nation, is your opportunity to get the ongoing conversation started.
- This year's theme is Drug Free Looks Like Me™ Visit www.redribbon.org to learn more about Red Ribbon Week® and get tips for talking to your kids about drugs. The life you save may be that of your own child or a dear friend.

Some Tips...

- Use Red Ribbon Week as an opportunity to continue talking to your kids about drugs. Let them know that alcohol and drug use will not be tolerated.
- Enter the Red Ribbon Photo Contest for a chance to win an iPad for you and your family - and \$1,000 for your child's school.
- Encourage your kids and other students to take a stab at creating the **2022 National Red Ribbon Theme**. Gain national recognition and \$500 of Red Ribbon theme merchandise for your child's school. This year's theme was created by Marin Wurst, a 7th grader at Solon Middle School in Solon, Ohio.
- Use our **social media tips** to post Red Ribbon Week messages on your Facebook and Twitter accounts.
- Secure and take inventory of your medicine cabinet to prevent prescription drug abuse.
- Sign the **Red Ribbon Pledge**.
- Get to know the parents of your children's friends. Work together to set boundaries and monitor behavior.



Celebrate Being Drug Free

Print out the **Red Ribbon Theme sign**, add your name, hold it up and post a photo that shows us you're committed to living drug free. Use the hashtag #LivingDrugFree.

Facebook & Twitter: @RedRibbonWeek
Instagram: @RedRibbonCampaign



Upcoming Community Presentations



Anti-Bullying for Parents

This presentation addresses the different types of bullying, how it is affecting our youth, and the preventative measures students can take against bullying. We provide real life examples of kids who have been involved in bullying and the roles each of them play. Finally, we discuss what they can do to stop bullying in their schools and communities.

Wednesday, October 6, 2021

[Click for more information and sign-up.](#)



**Wednesday, October 27,
(Recommended for middle and high
school age groups)**

[Webinar Registration - Zoom](#)

Driven by a desire to understand why her best friend killed herself at 16, Jacqueline Monetta asks teens to share their struggles with mental illness and suicide attempts. Through her intimate teen-to-teen conversations, Jacqueline, and the audience learn about depression, anxiety, self-harm, suicide attempts, getting help and treating mental illness. Each teen paints a vivid picture of the depths of despair he/she suffered and how talking about it saved them. They assure the audience that mental illnesses, like physical illnesses, can and should be treated.

There will be a showing of the documentary "Not Alone" and a Q&A discussion following the film, led by local childhood advocate/educator, Katey McPherson, notMYkid's public information officer, Shane Watson, and former Superintendent of Schools in the Palo Alto Unified School District, Glenn "Max" McGee.



Child Crisis Arizona
Safe kids. Strong families.

FENTANYL IN ARIZONA AND OUR CHILDREN

THURSDAY • 10/7 • 6 to 7:30 p.m.

Fentanyl in Arizona and our Children Fentanyl is a danger for our community and children. In this course learn about what fentanyl is, how big the problem is and what we can do as caregivers to keep our children safe from this dangerous substance.

DRUG TRENDS

TUESDAY • 10/19 • 11 a.m. to 12:30 p.m.

Parents and caregivers will learn drug use and underage drinking prevention tools.

September 2021 - December 2021

Click on the links below to view full schedules and descriptions.

VIRTUAL CLASSES AND WORKSHOPS

IN PERSON COMMUNITY-BASED CLASSES & WORKSHOPS

CURSOS DE ONTOÑO

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.



SUSD SOCIAL WORKERS



Anasazi
Cherokee
Cochise
Desert Canyon
Hohokam
Hopi
Kiva
Laguna
Navajo
Pima
Pueblo
Redfield
Sequoia
Tavan

Elementary Schools

TBD	
Brittany Schultz	bschultz@susd.org
Madison Gilbreath	madisongilbreath@susd.org
Barbara Cronkhite	bcronkhite@susd.org
Holly Leffhalm	hleffhalm@susd.org
Sierra Rose	sierrarose2@susd.org
Glenda Henman	ghenman@susd.org
Virginia Mohammed	vmohammed@susd.org
Alexa Barajas Castaneda	abarajascastaneda@susd.org
James Tucker	jtucker@susd.org
Vanessa Diaz	vanessadiaz@susd.org
Katelyn Serra	kserra@susd.org
Andrea Ference	aference@susd.org
Kim Meyer	kfowlston@susd.org

Middle Schools

Cocopah	TBD	
Desert Canyon	Mark Weissfeld	mweissfeld@susd.org
Ingleside	Erin Stocking	estocking@susd.org
Mohave	Nicole Hall	nhall@susd.org
Mountainside	TBD	

K-8 Schools

Cheyenne	Alexandria Fischetti	afischetti@susd.org
Copper Ridge	Sharon James	sjames@susd.org
Echo Canyon	Brenna Fairweather	bfairweather@susd.org
Tonalea	Sherena Small	ssmall@susd.org
(Mckinney Vento)	Melissa Medvin	mmedvin@susd.org

High Schools

Arcadia	Whitney Hess	whess@susd.org
Chaparral	Leah Stegman	lstegman@susd.org
Coronado	Amanda Turner	aturner@susd.org
Desert Mountain	Karey Trusler	ktrusler@susd.org
Saguaro	Mindy Hickman	mhickman@susd.org

District Office

Director of Support Services	Shannon Cronn	scronn@susd.org
Clinical Services Coordinator	Matthew Lins	matthewlins@susd.org
Prevention Coach	Dale Merrill	dmerrill@susd.org
Prevention Coach	Lauren Pilato	lpilato@susd.org