

Support Services Newsletter

NOVEMBER 2021



DID YOU KNOW?



Though smoking rates have dropped, almost 38 million Americans still smoke tobacco, and about half of all smokers will encounter smoking related deaths. Each year, more than 480,000 people in the United States die from a smoking related illness, meaning smoking causes 1 out of 5 deaths in the US alone.

Some Smoking/Vaping Resources

- <https://smokefree.gov/>
- <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>
- <https://truthinitiative.org/>
- <https://www.tobaccofreekids.org/>
- <https://med.stanford.edu/tobaccopreventiontoolkit/resource-directory.html>
- <https://www.cdc.gov/tobacco/features/great-american-smokeout/index.html>

HOW TO OBSERVE GREAT AMERICAN SMOKEOUT

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.

Get rid of anything smoking-related

It's the perfect day to remove all smoking-related items from your home. Remove all cigarettes, ashtrays, and lighters from your car and workplace as well. Also consider stocking up on substitutes like gum and crunchy snacks.

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.

DID YOU KNOW?

2020 National Youth Tobacco Survey

About 1.73 million fewer U.S. youth are current e-cigarette users compared to 2019

However

3.6M

U.S. youth still currently use e-cigs



There is a notable uptick in use of

DISPOSABLE

e-cigs by youth



More than

8 out of 10

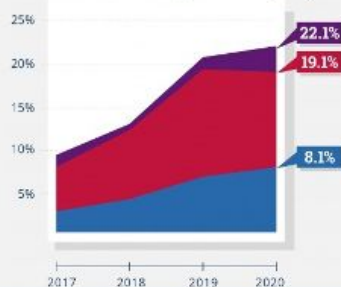
current youth e-cig users use flavored e-cigs



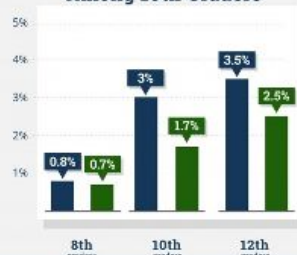
2020 Monitoring the Future Survey

Past-Year Marijuana Vaping Holds Steady

Past-Year Marijuana Vaping

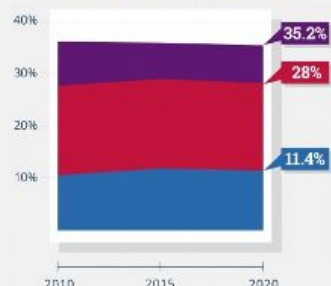


Daily or Near-Daily Marijuana Vaping Decreases Significantly Among 10th Graders

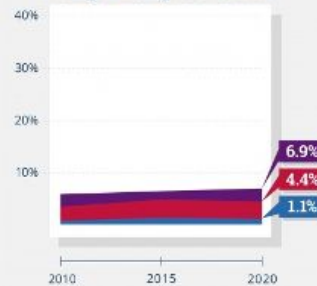


Marijuana Use Remains Steady

Past-Year Marijuana Use



Daily Marijuana Use





Risks of E-Cigarette and Vape Pen Use

Although the overwhelming majority of young people do not use e-cigarettes, the recent increase in use among adolescents is concerning to health professionals.

Nicotine use in early adolescence causes changes in the brain that make **life-long addiction** much more likely for young e-cig/vape users.

Ear, eye and throat irritation is common among e-cigarette/vape pen users.

The aerosols produced by the chemicals in e-juice, enter into the user's lungs unfiltered and leave **chemical residue** behind.

Nicotine is known to have effects on the cardiovascular system. Some recent studies show that acute use of e-cigarette impaired flow-mediated dilation, this suggests that e-cigarettes can lead to **cardiovascular diseases**.

Recent studies show that e-cigarette/vape pen use is associated with the use of other tobacco products that are known to cause further health issues, including **cancer and heart disease**.

Many people incorrectly believe that these devices produce a water vapor when in fact they create aerosols that contain **harmful chemicals**, and **ultra-fine particles** that are inhaled into the lungs and out into the environment, making them harmful to the user and others nearby.

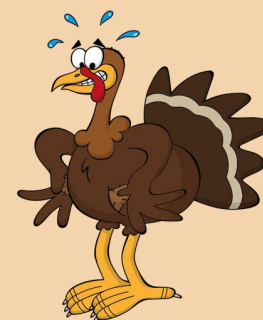
These devices are still very new so many of the long-term health consequences of their use is still not known. Even still, the mounting evidence shows that these devices are **not harmless**.

Tobacco Prevention Toolkit

Division of Adolescent Medicine, Stanford University

For more information go to: www.tobaccopreventiontoolkit.stanford.edu

Don't Let the Holidays Overwhelm You



The Holiday season for some people is a fun time of the year filled with parties, celebrations, and social gatherings. This year may be different than many in the past. Many families have struggled because of the pandemic and the effects it has had on their family and friends. Some people will feel sad, anxious and even lonely during this time.

1. **Try to set realistic expectations for you and your family.**
2. **Try to set realistic goals for yourself.**
3. **Pace yourself. Do not take on more responsibilities than you can handle. It is OK to say "no".**
4. **Make a list and prioritize the important activities. This can help make the holiday tasks more manageable.**
5. **Be realistic about what you can and can't do and what you can and can't afford.**
6. **Try to enjoy the moment.**
7. **Look to the future with optimism.**
8. **Don't set yourself up for disappointment and sadness by comparing today with the "good" old days of the past.**
9. **If you feel lonely, maybe try volunteering some time to help others.**
10. **Try something new. Start a "new tradition".**
11. **Spend time with friends and supportive people.**
12. **Reach out and meet new people.**
13. **Make time to contact a long lost friend or relative and spread some holiday cheer.**
14. **Make time for yourself.**
15. **Share the workload. Enlist family members to help with preparation and clean up.**
16. **Get exercise. Go for a walk. Even a walk around the block can re-energize you.**
17. **Get enough sleep. Try to keep your routine as much as possible.**

Upcoming Community Presentations



Stephanie Siete

Public Information Officer

CBI
COMMUNITY BRIDGES, INC.

Date: To Be Determined
Stay tuned for more info
regarding this presentation.

Stephanie Siete is a leading expert on drug trends, prevention, signs, and symptoms, as well as the resources available to combat this ever-growing issue. She has worked tirelessly for more than a decade to educate businesses, crisis volunteers, emergency personnel, law enforcement, parents, school administrators, students and teachers on drug dangers, the realities of drug abuse, and the options available to overcome them.

She began her career with CBI in 2002 as a Drug Prevention Specialist. She also served as Public Relations Director and Community Education Director before becoming the Public Information Officer in 2017.

Ms. Siete frequently participates in media interviews and educates the public, first responders and corporations about synthetic drugs—including risks and exposure—and provides resources for addiction and care.

Stephanie holds a Bachelor's degree in Health Education and Mass Communication from Illinois State University.



Child Crisis Arizona
Safe kids. Strong families.

CHILDREN IN BETWEEN

TUESDAY • 11/23 & 11/30 6 to 8 p.m.

This skill based program will help parents deal with their children's reactions to divorce in a positive and healthy way. Divorcing parents often increase the stress and anxiety their children experience by unknowingly putting them in the middle of a variety of personal, social, and financial issues. Walk away with activities you can do with your child, tools for improved communication, and positive ways to co-parent. \$15 book fee.

HEALING TRAUMA

TUESDAY • 11/30 • 1 p.m. to 3 p.m.

Helping your child heal after they have experienced a traumatic event can be a long and difficult journey. Learn what some common behaviors are that you might see, how to effectively communicate about the trauma, and how you can support your child along the way.

UNDERSTANDING ONLINE SAFETY

MONDAY • 11/8 • 10 a.m. to 12 p.m.

In a world where technology continues to advance, youth today are exposed to many things through the internet, social media and various apps. Learn about online safety, setting technology limits and other media issues that youth are facing when online.

UNDERSTANDING TEMPERAMENT

MONDAY • 11/15 • 5 p.m. to 7 p.m.

Learn the three main innate temperament styles and the traits impacting child and adult behavior. We explain how to adjust parenting styles to meet the needs of each child's temperament, in order to promote healthy development.

Pre-Register online at:

register.communitypass.net/ChildCrisisArizona

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
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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

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Prevention Coach	Lauren Pilato	lpilato@susd.org