

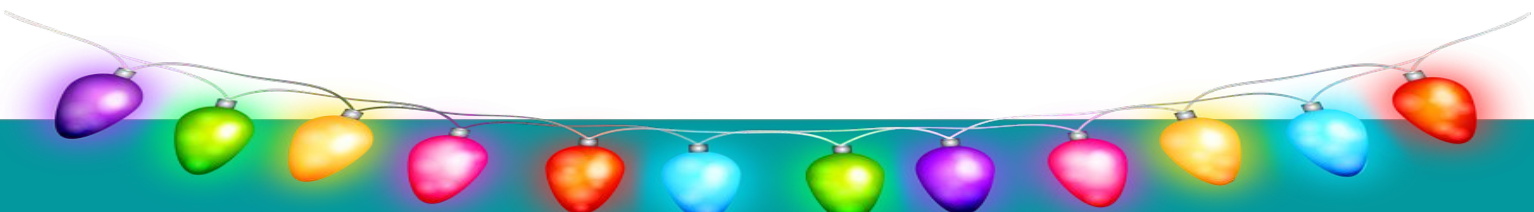
Support Services Newsletter

DECEMBER 2021



Scottsdale *Unified*
SCHOOL DISTRICT

Happy Holidays
and a happy new year!



DID YOU KNOW?

December is National Stress Free Family Holiday Month

How to Reduce Holiday Stress in Children



Stick to their usual routine as much as possible



Make sure they get outside



Don't overschedule



Make time for peace and quiet



Remind them the holidays are about gratitude and kindness



Manage sugar intake

verywell



WHAT ARE THE HOLIDAY BLUES?



In a survey on the Holiday Blues

64% say they are affected

and 24% say the holidays affect them a lot.




So, what are they?

The Holiday Blues are temporary feelings of anxiety or depression during the holidays that can be associated with extra stress, unrealistic expectations or even memories that accompany the season.

This might include:

Fatigue	Loneliness or isolation
Tension	Sadness
Frustration	A sense of loss

The difference between the holiday blues and clinical anxiety or depression is that the feelings are temporary. However, short-term problems must still be taken seriously because they can lead to long-term mental health conditions.



Tips for avoiding the Holiday Blues



Stick to normal routines as much as possible.

Get enough sleep.



Take time for yourself, but don't isolate yourself. Spend time with supportive, caring people.



Eat and drink in moderation. Don't drink alcohol if you are feeling down.



Get exercise—even if it's only taking a short walk.



Make a to-do list. Keep things simple.



Set reasonable expectations and goals for holiday activities such as shopping, cooking, entertaining, attending parties or sending holiday cards.



Set a budget for holiday activities. Don't overextend yourself financially in buying presents.



Listen to music or find other ways to relax.

Remember

The holiday blues are short-term. Be patient. Take things week by week or day by day.

Learn more at <http://www.nami.org/holidayblues>



Upcoming Community Presentations

Youth Mental Health for Parents

Date: December 8th

Time: 6-7pm

Where: Zoom Presentation

[CLICK HERE TO REGISTER](#)

notMYkid™
INSPIRING POSITIVE LIFE CHOICES

notMykid's youth mental health presentation is designed to equip parents, guardians, educators, grandparents, and other individuals with the ability to prevent, recognize, and intervene in youth mental health challenges such as depression, self-injury, and suicide. The tools, knowledge, and resources within are applicable to anyone, and do not require prior understanding of mental or behavioral health.



WHAT: "Not Alone" Film Screening & Panel Discussion

WHEN: Sunday, December 5th, 2021 @ 12:15-2:30 MST

WHERE: Harkins Theatres Shea 14 (7354 East Shea Boulevard, Scottsdale, AZ 85260)

RECOMMENDED AGES: Middle School and Above

COST: \$5

[Click Here to Register](#)

Join Kid in the Corner and Mental Health America of Arizona for a viewing of this very important film about youth mental health and suicide awareness. The screening will be followed with a youth panel discussing mental health, stress and resources as we embark on the stressful season of finals and holidays.

Mental Health Professionals will be on sight for anyone who needs support.

Driven by a desire to understand why her best friend killed herself at 16, Jacqueline Monetta (18 y/o), gets teens suffering to share their struggles with mental illness and suicide attempts. Through her intimate one-on-one interviews, Jacqueline, and the audience learn about depression, anxiety, self-harm, suicide attempts, getting help and treating mental illness. As their stories unfold, they assure the audience that mental illnesses, like physical illnesses, can and should be treated.



VIRTUAL CLASSES

PARENTING SUPPORT GROUP

EVERY WEDNESDAY • 12 pm to 1:30 pm

Join us for a virtual meeting to find support in parenting. The group, led by a Child Crisis Arizona Child and Family Education Specialist and a Therapist, will meet weekly to discuss topics such as maintaining structure and routines, creating boundaries, anything causing you stress or anxiety as a parent.

HUMAN TRAFFICKING

MONDAY • 12/6 • 10 am to 11:30 pm

Human trafficking doesn't just happen in other countries; it happens right here in Arizona communities. Learn how traffickers in Arizona recruit their victims, the role of social media, and steps parents and others can take to protect children. We also provide real-life examples of human trafficking in Arizona and explain what you should do if you suspect someone may be a victim.

PARENTING ON THE SAME PAGE

THURSDAY • 12/9 • 10 am to 12 pm

Information and strategies for co-parenting children whether you're in the same or separate households. Explore your parenting style and motivation to create a foundation to approach parenting and to further support your children growing into healthy adults.

POSITIVE DISCIPLINE AND GUIDANCE

WEDNESDAY • 12/8 • 6 pm to 8 pm

Positive discipline techniques promote behavior control, self-esteem and self-worth. Learn how to proactively encourage the behavior you want to see with these positive parenting strategies.

STEWARDS OF CHILDREN

MONDAY • 12/13 • 6 pm to 8 pm

Child Sexual abuse is one of the most prevalent public health issues facing society today. One in 10 children will be the victim of sexual abuse before their 18th birthday. Stewards of Children teaches adults how to prevent, recognize and react responsibly to child sexual abuse. The workshop will use real people and real stories to show you how to protect your children. Class has a \$10 book fee.

DRUG TRENDS

TUESDAY • 12/7 • 10 am to 11:30 am

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

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

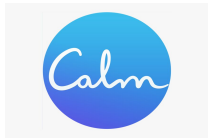
IN PERSON COMMUNITY-BASED CLASSES & WORKSHOPS

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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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