make kindness the norm.

ONE KIND WORD can change someone's entire day

The Golden Rule
DID YOU KNOW?

February 13-19, 2022 is Random Acts of Kindness Week
HOW CAN YOU SHOW KINDNESS TO OTHERS?

50+ ways to be kind

BE CONFIDENT
read a book LAUGH OFTEN
bike instead of drive plant a tree
stand up for a friend take some time for yourself
switch to paperless mail send a nice text to an unknown number

smile
carpool to work exercise donate your old clothes to charity
bring toys to a children’s hospital call your grandparents
share a recipe text an old friend
high five a stranger babysit for free
tell someone you love them use a travel mug

adopt a shelter pet
make a bucket list (start it) love yourself thank a teacher
put a bird feeder in your yard write a review for a local business

tie scarves around trees volunteer hug a loved one
hide a surprise in your favorite library book congratulate a friend

practice patience give socks to a homeless person do the dishes
start a community garden walk a dog bring soup to a sick friend
compliment someone offer to help with yard work thank your bus driver

deliver flowers to a well-deserving mother write to a penpal believe in yourself

pick up garbage on the street visit a nursing home fund an online campaign

give a stranger a lottery ticket don’t eat meat for a day be kind to every kind

random acts of kindness foundation
randomactsokindness.org
Upcoming Community Presentations

PART 1
Date: WEDNESDAY, FEBRUARY 16TH
Time: 6-7pm
Where: Desert Mountain High School
(will also be a virtual option)
CLICK HERE TO REGISTER

Are you watching kids scroll through life, with their rapid-firethumbs and a six-second attention span? Physician and filmmaker Delaney Ruston saw that with her own kids and learned that the average kid spends 6.5 hours a day looking at screens. She wondered about the impact of all this time and about the friction occurring in homes and schools around negotiating screen time—friction she knew all too well.

Filmmaker and physician Delaney Ruston uses a personal lens and professional eye to help us all flip the script on stress, anxiety, and depression. We follow Delaney as she finds herself at a loss on how to help her own teens as they struggle with their emotional wellbeing. Ruston sets out to understand these challenges in our current screen-filled society, and how we as parents and schools empower teens to overcome mental health challenges and build emotional agility, communication savvy, and stress resilience.

PART 2
Date: WEDNESDAY, FEBRUARY 23RD
Time: 6-7pm
Where: Desert Mountain High School
(will also be a virtual option)
CLICK HERE TO REGISTER
Teens are facing more challenges than ever, and parents need a place to go for answers, support, and resources. The Parents Group, by notMYkid, is a recurring meeting **Monday night at 6PM** open to parents of teens.

The Parents Group will focus on issues related to mental health, substance use, and overall obstacles facing teens today.

**THE PARENTS GROUP PRIMARY GOALS:**

- **To provide education** about current issues that are affecting our kids and how to best communicate and protect them.
- **To provide support** in a safe space without judgement.
- **To provide access to available resources** and help give parents the tools necessary to prevent substance use and better support our kids.

*We simply want to provide space for open and honest communication!*

Meetings are free and participants are asked to keep group discussions confidential for the safety of all families and kids.

**PLEASE SCAN THE QR CODE TO REGISTER OR TO BE KEPT INFORMED OF FUTURE MEETING TIMES AND SCHEDULES.**

The Parents Group, hosted by notMYkid, will be facilitated by behavioral health staff to continue serving the company's mission. notMYkid is a non-profit organization that has been meeting the unique needs facing youth and their families in the community for over 20 years.

**The Well**

5310 East Shea Blvd  |  Scottsdale, AZ 85254

602.652.0163  |  notmykid.org
notMYkid®
tutoring plus

MONDAYS
GRADES 6-8

WEDNESDAYS
GRADES 9-12

4PM - 6PM
• Structured environment for homework help
• Study Group with experienced tutor lead
• One-on-one instruction
• Multi-subject expertise
• Grades 6-12 welcome

IN PARTNERSHIP WITH
DIGNITY HEALTH, BHHS, LEGACY FOUNDATION AND GOVERN'S OFFICE FOR YOUTH, FAITH AND FAMILY!

notMYkid®
The Well
A Place to Fill Up

5310 East Shea Blvd | Scottsdale, AZ 85254 | 602.652.0163 | notmykid.org
VIRTUAL CLASSES
PARENT 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.

DRUG TRENDS
WEDNESDAY • 2/9 • 10 am to 12 pm
Parents and caregivers will learn drug use and underage drinking prevention tools.

PARENTING ON THE SAME PAGE
WEDNESDAY • 2/16 • 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.

CONSCIOUS DISCIPLINE
THURSDAYS • 2/10 & 2/17 • 6 pm to 8 pm
Conscious Discipline is an evidence-based, trauma-informed approach to parenting. Learn ways to manage your emotions while helping your child manage their emotions, leading to a stronger parent-child relationship. Learn ways to problem solve during difficult behaviors and use effective consequences as a parent. This program will focus on your child’s social and emotional learning.

Pre-Register online at:
register.communitypass.net/ChildCrisisArizona

January 2022 - April 2022
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 battle burnout.
### Elementary Schools

<table>
<thead>
<tr>
<th>School</th>
<th>Social Worker</th>
<th>Email</th>
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<tbody>
<tr>
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<tr>
<td>Cochise</td>
<td>Madison Gilbreath</td>
<td><a href="mailto:madisongilbreath@susd.org">madisongilbreath@susd.org</a></td>
</tr>
<tr>
<td>Desert Canyon</td>
<td>Barbara Cronkhite</td>
<td><a href="mailto:bcronkhite@susd.org">bcronkhite@susd.org</a></td>
</tr>
<tr>
<td>Hohokam</td>
<td>Holly Leffhalm</td>
<td><a href="mailto:hleffhalm@susd.org">hleffhalm@susd.org</a></td>
</tr>
<tr>
<td>Hopi</td>
<td>Sierra Rose</td>
<td><a href="mailto:sierrarosez@susd.org">sierrarosez@susd.org</a></td>
</tr>
<tr>
<td>Kiva</td>
<td>Glenda Henman</td>
<td><a href="mailto:ghenman@susd.org">ghenman@susd.org</a></td>
</tr>
<tr>
<td>Laguna</td>
<td>Virginia Mohammed</td>
<td><a href="mailto:vmobammed@susd.org">vmobammed@susd.org</a></td>
</tr>
<tr>
<td>Navajo</td>
<td>Alexa Barajas Castaneda</td>
<td><a href="mailto:abarajascastaneda@susd.org">abarajascastaneda@susd.org</a></td>
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<tr>
<td>Pima</td>
<td>James Tucker</td>
<td><a href="mailto:jtucker@susd.org">jtucker@susd.org</a></td>
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<tr>
<td>Pueblo</td>
<td>Mayra Nunez</td>
<td><a href="mailto:mayranunez@susd.org">mayranunez@susd.org</a></td>
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<tr>
<td>Redfield</td>
<td>Haley Passarella</td>
<td><a href="mailto:hpassarella@susd.org">hpassarella@susd.org</a></td>
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<tr>
<td>Sequoaya</td>
<td>Andrea Ference</td>
<td><a href="mailto:aference@susd.org">aference@susd.org</a></td>
</tr>
<tr>
<td>Tavan</td>
<td>Kim Meyer</td>
<td><a href="mailto:kfowlston@susd.org">kfowlston@susd.org</a></td>
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### Middle Schools

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<tr>
<td>Desert Canyon</td>
<td>Mark Weissfeld</td>
<td><a href="mailto:mweissfeld@susd.org">mweissfeld@susd.org</a></td>
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<tr>
<td>Ingleside</td>
<td>Erin Stocking</td>
<td><a href="mailto:estocking@susd.org">estocking@susd.org</a></td>
</tr>
<tr>
<td>Mohave</td>
<td>Nicole Hall</td>
<td><a href="mailto:nhall@susd.org">nhall@susd.org</a></td>
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<td>Mountainside</td>
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### K-8 Schools

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<tbody>
<tr>
<td>Cheyenne</td>
<td>Alexandria Fischetti</td>
<td><a href="mailto:afischetti@susd.org">afischetti@susd.org</a></td>
</tr>
<tr>
<td>Copper Ridge</td>
<td>Sharon James</td>
<td><a href="mailto:sjames@susd.org">sjames@susd.org</a></td>
</tr>
<tr>
<td>Echo Canyon</td>
<td>Brenna Fairweather</td>
<td><a href="mailto:bfairweather@susd.org">bfairweather@susd.org</a></td>
</tr>
<tr>
<td>Tonalea</td>
<td>Sherena Small</td>
<td><a href="mailto:ssmall@susd.org">ssmall@susd.org</a></td>
</tr>
<tr>
<td>Mckinney Vento</td>
<td>Melissa Medvin</td>
<td><a href="mailto:mmedvin@susd.org">mmedvin@susd.org</a></td>
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### High Schools

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<th>School</th>
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<tr>
<td>Arcadia</td>
<td>Whitney Hess</td>
<td><a href="mailto:whess@susd.org">whess@susd.org</a></td>
</tr>
<tr>
<td>Chaparral</td>
<td>Leah Stegman</td>
<td><a href="mailto:lstegman@susd.org">lstegman@susd.org</a></td>
</tr>
<tr>
<td>Coronado</td>
<td>Amanda Turner</td>
<td><a href="mailto:aturner@susd.org">aturner@susd.org</a></td>
</tr>
<tr>
<td>Desert Mountain</td>
<td>Karey Trusler/Vanessa Diaz</td>
<td><a href="mailto:ktrusler@susd.org">ktrusler@susd.org</a></td>
</tr>
<tr>
<td>Saguaro</td>
<td>Mindy Hickman</td>
<td><a href="mailto:mhickman@susd.org">mhickman@susd.org</a></td>
</tr>
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### District Office

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Email</th>
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<tr>
<td>Director of Support Services</td>
<td>Shannon Cronn</td>
<td><a href="mailto:scronn@susd.org">scronn@susd.org</a></td>
</tr>
<tr>
<td>Clinical Services Coordinator</td>
<td>Matthew Lins</td>
<td><a href="mailto:matthewlins@susd.org">matthewlins@susd.org</a></td>
</tr>
<tr>
<td>Prevention Coach</td>
<td>Dale Merrill</td>
<td><a href="mailto:dmerrill@susd.org">dmerrill@susd.org</a></td>
</tr>
<tr>
<td>Prevention Coach</td>
<td>Lauren Pilato</td>
<td><a href="mailto:lpilato@susd.org">lpilato@susd.org</a></td>
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