

# Support Services Newsletter

NOVEMBER 2023





## Health Benefits of Quitting Smoking Over Time

Within minutes of smoking your last cigarette, your body begins to recover:

20 minutes



Your heart rate and blood pressure drop.

A few days



The carbon monoxide level in your blood drops to normal.

2 weeks to  
3 months



Your circulation improves, and your lung function increases.

1-12  
months



Coughing and shortness of breath decrease. Tiny hair-like structures that move mucus out of the lungs (called cilia) start to regain normal function, increasing their ability to handle mucus, clean the lungs, and reduce the risk of infection.

1-2 years



Your risk of heart attack drops dramatically.

5-10 years



Your risk of cancers of the mouth, throat, and voice box (larynx) is cut in half. Your stroke risk decreases.

10 years



Your risk of lung cancer is about half that of a person who is still smoking (after 10-15 years). Your risk of cancer of the bladder, esophagus, and kidney decreases.

15 years



Your risk of coronary heart disease is close to that of a nonsmoker.



# the 101 on ^ e-Cigarettes



American  
Heart  
Association.

Vaping is becoming an increasing epidemic among teens. In 2018, e-cigarette use nearly doubled in high school students.

## What is vaping?

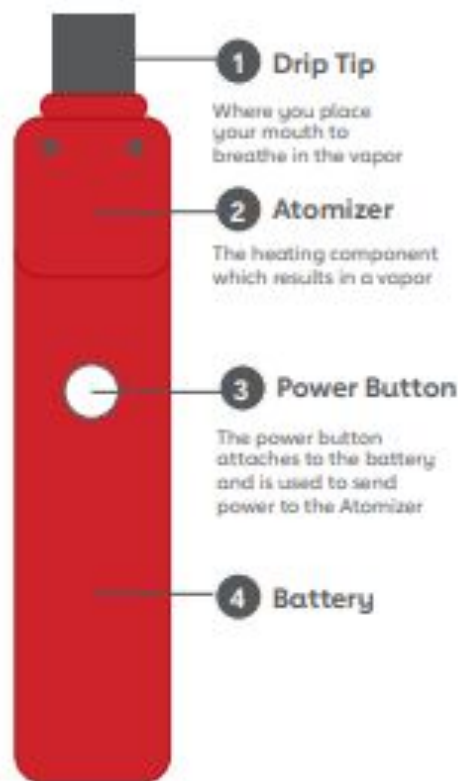
Vaping is the **act of inhaling and exhaling the aerosol, often referred to as vapor**, which is produced by an e-cigarette or similar device. The term is used because e-cigarettes do not produce tobacco smoke, but rather an aerosol, **often mistaken for water vapor, that actually consists of fine particles**. Many of these particles contain varying amounts of toxic chemicals, which have been linked to heart and respiratory diseases and cancer.

## What is an e-cigarette?

Electronic cigarettes (e-cigarettes) are **battery-powered devices that can deliver nicotine and flavorings to the user in the form of an aerosol**. Most have a battery, a heating element, and a place to hold a liquid or nicotine salts. Flavors that make e-cigarettes so appealing can have toxic effects themselves, although they are GRAS (generally regarded as safe) when ingested in food or drinks.

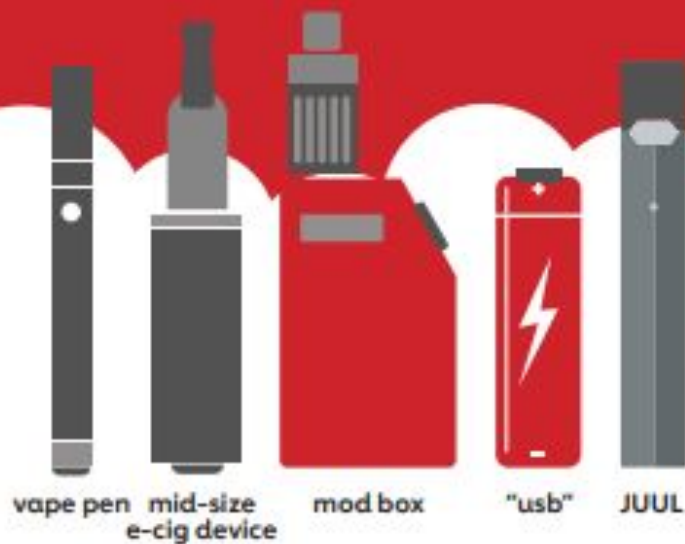
## Why are e-cigarettes unsafe for kids, teens and young adults?

- Nicotine can harm the developing adolescent brain
- e-cigarettes contain nicotine
- Nicotine addiction that occurs with e-cigarette use may lead to transition to use of combustible tobacco products
- Addiction itself, whether to nicotine or other drugs, can drive undesirable behaviors





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## What do e-cigarettes look like?

E-cigarettes come in a wide variety of shapes and sizes; **mini** (often called cig-a-like), **mid-size**, **vape pens**, **vape pod systems** like JUUL, **e-hookahs**, **e-cigars**, **advanced personal vaporizers or mods**; even ones shaped to look like pens and usb drives.

## What Is JUUL?

JUUL is a rapidly growing type of e-cigarette that became available in the US in 2015. It now accounts for about 72 percent of the market share of vaping products in the United States.

- JUUL is particularly appealing to adolescents and young adults because it has a slim design **shaped like a USB flash drive** (which makes it easier to hide).
- It comes in different colors, and a wide variety of flavors, including many that appeal to kids.
- **JUUL does not emit large smoke clouds**, making it optimal for discreet use.
- Not only is nicotine high in JUUL pods, it is present in a **benzoic acid salt** rather than a free base which **increases the rate of nicotine delivery** and decreases the harsh sensation in the mouth and throat.



The JUUL nicotine refill ("pods") contain **as much nicotine as a pack of 20 regular cigarettes**. Average pod length varies but can last up to 200 puffs.

Noting this unprecedented spike in e-cigarette use in youth, in December 2018, the US Surgeon General issued an advisory for parents, teachers and health professionals about the negative health consequences of e-cigarettes in kids.

## What can parents do?

- Do not use any tobacco products
- Talk with your kids about the dangers of smoking and the importance of avoiding any tobacco use (conventional cigarettes or e-cigarettes)
- Educate your kids that **e-cigarettes contain nicotine, a HIGHLY addictive substance**
- Advocate for comprehensive tobacco prevention policies (that include e-cigarettes)



# Introducción a los ^ cigarrillos electrónicos



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Vaporear se ha convertido en una epidemia entre los adolescentes. En el 2018, el uso de cigarrillos electrónicos casi se duplicó entre los estudiantes de secundaria.

## ¿En qué consiste vaporear?

Vaporear es el acto de inhalar y exhalar el aerosol, a menudo llamado "vapor", producido por un cigarrillo electrónico o dispositivo similar. El uso de este término se debe a que los cigarrillos electrónicos no generan humo de tabaco, sino un aerosol que, aunque suele confundirse con vapor de agua, en realidad se compone de partículas finas. Muchas de estas partículas contienen sustancias químicas tóxicas en distintas cantidades que se asocian al cáncer y a enfermedades respiratorias y cardíacas.



## ¿Qué es un cigarrillo electrónico?

Los cigarrillos electrónicos son dispositivos alimentados por batería que, a través de un aerosol, suministran nicotina y sabores al usuario. La mayoría tiene una batería, un elemento calentador y un compartimento que almacena un líquido o sales de nicotina. A pesar de que generalmente se consideran seguros (GRAS, por sus siglas en inglés), los sabores que hacen que los cigarrillos electrónicos sean tan atractivos pueden tener efectos tóxicos cuando se ingieren en comidas o bebidas.

## ¿Por qué los cigarrillos electrónicos no son seguros para niños, adolescentes y adultos jóvenes?

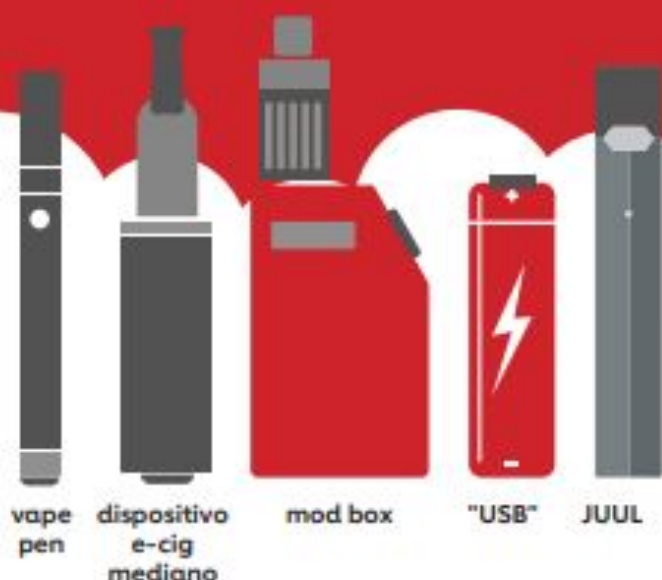
- La nicotina puede dañar el cerebro adolescente en desarrollo.
- Los cigarrillos electrónicos contienen nicotina.
- La adicción a la nicotina que provoca el uso de cigarrillos electrónicos puede derivar en el consumo de productos de tabaco combustible.
- La adicción en sí, a la nicotina o a otra sustancia, puede derivar en comportamientos no deseados.







American  
Heart  
Association.



vape  
pen

dispositivo  
e-cig  
mediano

mod box

"USB"

JUUL

## ¿Qué aspecto tienen los cigarrillos electrónicos?

Los cigarrillos electrónicos se presentan en una gran variedad de formas y tamaños: **mini** (a menudo llamados cig-a-like), **medianos**, **vape pens**, **sistemas vape pod**, como **JUUL**, **e-hookahs**, **e-cigars**, **vaporizadores avanzados personalizados o mods** e incluso algunos con diseños que imitan bolígrafos o memorias USB.

## ¿En qué consiste JUUL?

JUUL es un tipo de cigarrillo electrónico que, desde su aparición en EE. UU. en el 2015, ha experimentado un rápido crecimiento. En la actualidad representa el 72% de la cuota de mercado de los productos de vapeo en Estados Unidos.

- JUUL resulta especialmente atractivo para los adolescentes y los adultos jóvenes gracias a su reducido tamaño **con forma de memoria USB** (permite ocultarlo con mayor facilidad).
- Está disponible en distintos colores y ofrece una gran variedad de sabores, muchos de los cuales resultan atractivos para los niños.
- **JUUL no emite grandes nubes de humo** y, por tanto, resulta idóneo para quienes prefieren un uso discreto.
- Además del alto contenido en nicotina de los pods JUUL, esta se presenta en una **sal de ácido benzoico** en lugar de una base libre, **lo que aumenta la proporción de nicotina suministrada** y reduce la sensación de aspereza en la boca y la garganta.



Las recargas de nicotina JUUL (llamadas "pods") contienen la misma cantidad de nicotina que un paquete estándar de 20 cigarrillos. La duración media de un pod es variable, pero puede llegar a las 200 caladas.

Debido al aumento sin precedentes del uso de cigarrillos electrónicos entre los jóvenes, en diciembre del 2018, el director general de Sanidad de los Estados Unidos emitió un aviso dirigido a padres, profesores y profesionales de la salud sobre las consecuencias negativas para la salud derivadas del uso de cigarrillos electrónicos en niños.

## ¿Qué pueden hacer los padres?

- No utilizar productos derivados del tabaco.
- **Hablar con sus hijos sobre los peligros de fumar y la importancia de evitar cualquier consumo de tabaco** (cigarrillos convencionales o electrónicos).
- Enseñar a sus hijos que **los cigarrillos electrónicos contienen nicotina, una sustancia ALTAMENTE adictiva**.
- **Apoyar las políticas integrales de prevención del tabaco** (que incluyen los cigarrillos electrónicos).



## E-CIGARETTE USE AMONG YOUTH ACCORDING TO THE 2020 NATIONAL YOUTH TOBACCO SURVEY

### Middle School Students



### High School Students



## STUDENTS WHO VAPE ARE AT INCREASED RISK FOR:

**Addiction and  
impulse control  
issues**



**Problems with  
sleeping and  
concentrating**

**Smoking  
cigarettes in the  
future (4X more  
likely than  
non-users)**



## REASONS WHY STUDENTS VAPE:

- They don't think it's bad for their health
- Peer pressure
- A friend or family member uses
- They see it in entertainment
- Curiosity
- Availability of flavors
- Easier to get than other tobacco products
- Easier to get away with using unlike combustible tobacco products



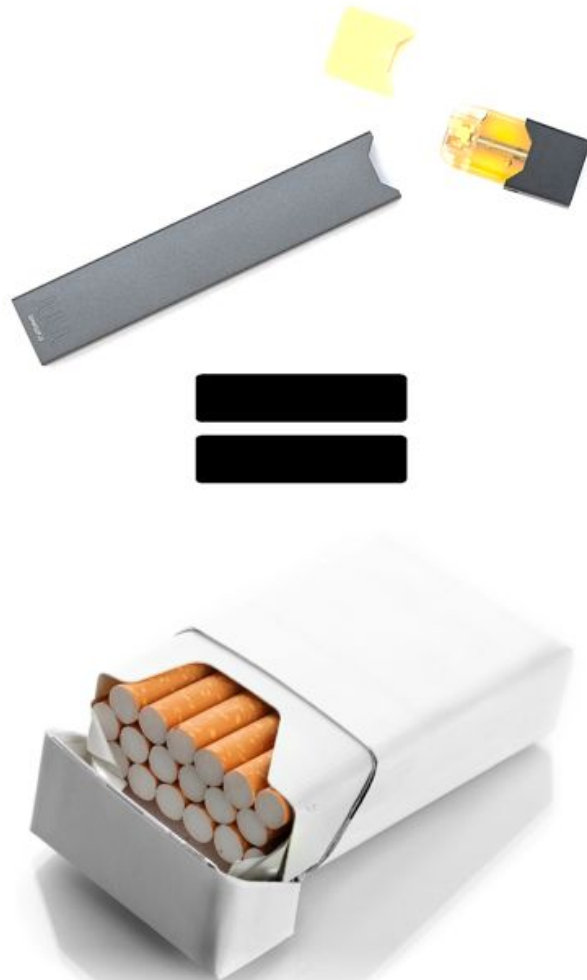
## Want to quit?



According to the CDC, more than half (**54.5%**) of middle and high school students who use e-cigarettes reported seriously considering quitting.

Almost as many youth (**52.9%**) reported that they actually attempted to quit in the past year.

## Get help!



# JUUL

**A SINGLE  
JUUL POD  
CAN CONTAIN  
AS MUCH  
NICOTINE AS  
**A PACK OF 20**  
REGULAR  
CIGARETTES  
OR MORE**



# READY TO QUIT VAPING?

*Try This Is Quitting, a free, text-to-quit program.*

## CONFIDENTIAL HELP.

Your quitting journey stays between you and TIQ.

## ADVICE FROM REAL PEOPLE.

You'll receive tips and motivation from TIQ's built-in support system of successful quitters.

## 24/7 SUPPORT.

TIQ is there whenever you need help with stress, slips, or cravings — no matter the time of day.

## FREE OF CHARGE.

TIQ is completely free, so you can focus on quitting, not costs.

YOU ARE  
WORTH IT

TEXT **DITCHVAPE** TO **88709** TO JOIN THE GROWING WAVE OF  
YOUNG PEOPLE GETTING HELP FROM THIS IS QUITTING.





Get informed. Be prepared. Take action.



## SAMHSA's "Talk. They Hear You."® Campaign Launches New Mobile App for Parents



The Substance Abuse and Mental Health Services Administration's (SAMHSA) new **"Talk. They Hear You."® campaign mobile app** helps parents and caregivers prepare for some of the most important conversations they may ever have with their kids. The app shows parents how to turn everyday situations into opportunities to **talk with their kids about alcohol and other drugs**. It also equips them with the necessary **skills, confidence, and knowledge** to start and continue these conversations as their kids get older.

### Features of the new app include:

- Sample conversation starters
- Ways to keep the conversation going
- An interactive practice simulation section
- The opportunity to earn badges for practicing and having real-life conversations
- A resources section with informative and useful videos, fact sheets, brochures, infographics, guides/toolkits, and more



### Download the App Today!

Parents and caregivers can **download the app today** to see how easy it can be to talk with their kids about underage drinking and other drug use. The app is **available for free** on the App Store, Google Play, and the Microsoft Store.

Scan the QR code or visit <https://www.samhsa.gov/talk-they-hear-you/mobile-application> to:

- Watch the app's promo video.
- Learn more about the app and see how it works.
- Find out how to download the app.



**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

[talktheyhearyou.samhsa.gov](https://talktheyhearyou.samhsa.gov)





# Classes & Workshops

The Family Education Program offers workshops, classes, support groups, legal clinics, and family-friendly activities.

All of these programs center around teaching positive parenting skills that build strong families.

Child Crisis Arizona is one of the only educational providers in the area that offers classes specific to a father's unique role in parenting, as well as grandparents or other kin raising children related to them. Our program also provides education for those divorcing to develop a plan to co-parent. Certain services are also offered in Spanish.

Please see our current class offerings:

**[2023 Virtual September & October Class Schedule](#)**

**[2023 In-person September & October Class Schedule](#)**

**[2023 Cursos de español](#)**

**Pre-Register online at:**

**[register.communitypass.net/ChildCrisisArizona](https://register.communitypass.net/ChildCrisisArizona)**

# New Ways November 2023

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6 Try out a new way of being physically active

7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

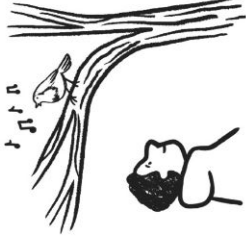
26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together



# Noviembre Nuevas Formas 2023

LUNES



MARTES



MIÉRCOLES

1 Haz una lista de cosas nuevas que quieras hacer este mes

JUEVES

2 Responde a una situación difícil de una manera diferente

VIERNES

3 Sal al exterior y observa los cambios en la naturaleza que te rodea

SÁBADO

4 Apúntate a un nuevo curso, actividad o comunidad online

DOMINGO

5 Hoy, cambia tu rutina habitual y nota cómo te sientes

6 Prueba una nueva forma de hacer actividad física

7 Sé creativo/a: cocina, dibuja, escribe, pinta, haz o inspira

8 Planifica una nueva actividad o idea que quieras probar esta semana

9 Cuando sientas que no puedes hacer algo, añade la palabra "todavía"

10 Sé curioso/a: aprende sobre un tema nuevo o sobre una idea inspiradora

11 Elige una ruta diferente y observa lo que notas en el camino

12 Descubre algo nuevo sobre alguien que te importa

13 Haz algo lúdico al aire libre: camina, corre, explora, relájate

14 Encuentra una nueva forma de ayudar o apoyar una causa que te importa

15 Construye nuevas ideas pensando: "Sí, y qué pasaría si..."

16 Mira la vida a través de los ojos de otra persona y observa su punto de vista

17 Prueba una nueva forma de practicar el cuidado personal y se amable contigo mismo/a

18 Conecta con alguien de otra generación

19 Amplia tu perspectiva: lee un periódico, una revista o una página web diferente

20 Haz una comida con una receta o un ingrediente que no hayas probado antes

21 Aprende una nueva habilidad de un amigo/a o comparte una de las tuyas con él/ella

22 Encuentra una nueva forma de decirle a alguien que le aprecias

23 Reserva un tiempo fijo para realizar una actividad que te guste

24 Comparte con un amigo/a algo útil que hayas aprendido recientemente

25 Utiliza uno de tus puntos fuertes de una forma nueva o creativa

26 Prueba una emisora de radio diferente o un nuevo programa de televisión

27 Practica con un amigo su afición y descubre por qué le gusta tanto

28 Descubre tu lado artístico: idiseña tus propias tarjetas de felicitación!

29 Hoy, disfruta de una música nueva. Juega, canta, baila o escucha

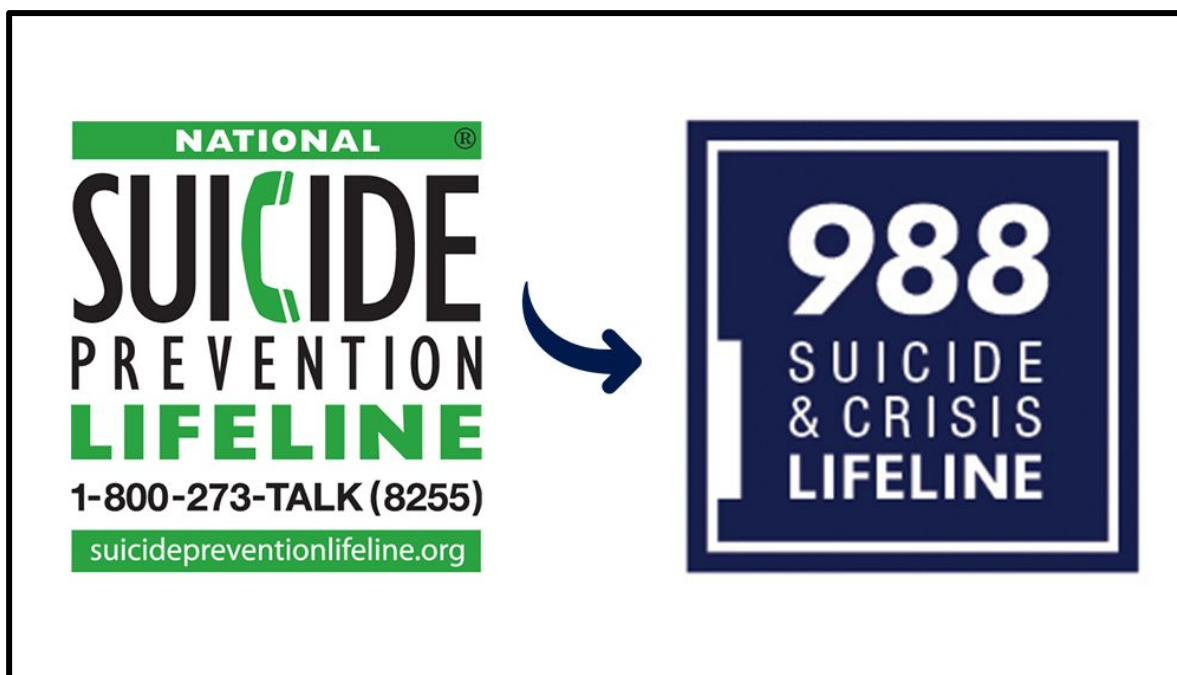
30 Busca nuevas razones para tener esperanza, incluso en tiempos difíciles



ACTION FOR HAPPINESS

Más felices · Más amables · Juntos

**MENTAL HEALTH RESOURCES:**  
**Click on the following images for links to these resources.**



July 16th, 2022 marked the launch of 988, the new number for the 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline). Much like how we already use 911 for emergencies, 988 will be used for mental health crises.

The new 988 dialing code will help people get assistance earlier in a crisis before it escalates. With proper education and awareness, everyone in the country will have an immediate, accessible mental health resource and those in crisis won't need to call 911 for mental health emergencies.

**SUSD MENTAL HEALTH**  
**RESOURCE PARTNERS**





**The Well**  
A Place to Fill Up

# the parents group by notMYkid™

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.

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## 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.

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**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**  
A Place to Fill Up

5310 East Shea Blvd | Scottsdale, AZ 85254  
602.652.0163 | [notmykid.org](http://notmykid.org)

# notMYkid<sup>®</sup> 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

WEEKLY  
REGISTRATION  
REQUIRED



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

notMYkid<sup>®</sup>



**The Well**  
A Place to Fill Up

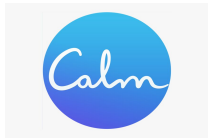
5310 East Shea Blvd | Scottsdale, AZ 85254 | 602.652.0163 | notmykid.org

v.01|2022





## 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



## Elementary Schools

Anasazi	TBD		
Cherokee	Alicia Ward	x48778	<a href="mailto:award@susd.org">award@susd.org</a>
Cochise	Sydney Borchman	x41144	<a href="mailto:sborchman@susd.org">sborchman@susd.org</a>
Desert Canyon	Lauren Loiacono	x41641	<a href="mailto:lloiacono@susd.org">lloiacono@susd.org</a>
Hohokam	Holly Leffhalm	x41836	<a href="mailto:hleffhalm@susd.org">hleffhalm@susd.org</a>
Hopi	Gordana Vincic	x42073	<a href="mailto:gvincic@susd.org">gvincic@susd.org</a>
Kiva	Glenda Henman	x42214	<a href="mailto:gghenman@susd.org">gghenman@susd.org</a>
Laguna	TBD	x42419	
Navajo	Ali Ulrich	x42658	<a href="mailto:aulrich@susd.org">aulrich@susd.org</a>
Pima	Cam Flitton	x42800	<a href="mailto:camalaflitton@susd.org">camalaflitton@susd.org</a>
Pueblo	Ellen Parrott	x43036	<a href="mailto:eparrott@susd.org">eparrott@susd.org</a>
Redfield	Tonya Heermans	x44016	
Sequoia	Andrea Ference	x43267	<a href="mailto:aference@susd.org">aference@susd.org</a>
Tavan	TBD	x43507	
Yavapai	Julie Jimenez	x43850	<a href="mailto:jjimenez@susd.org">jjimenez@susd.org</a>

## Middle Schools

Cocopah	Laura Pederson	x44405	<a href="mailto:lpederson@susd.org">lpederson@susd.org</a>
Desert Canyon	Michelle Renaud	x44505	<a href="mailto:mrenaud@susd.org">mrenaud@susd.org</a>
Ingleside	Erin Stocking	x44945	<a href="mailto:estocking@susd.org">estocking@susd.org</a>
Mohave & SOL	Kim Meyer	x45226	<a href="mailto:kfowlston@susd.org">kfowlston@susd.org</a>
Mountainside	Laura Pederson		<a href="mailto:lpederson@susd.org">lpederson@susd.org</a>
Tonalea	Vanessa Diaz	x45823	<a href="mailto:vanessadiaz@susd.org">vanessadiaz@susd.org</a>

## K-8 Schools

Cheyenne	TBD		
Copper Ridge	Sharon James	x41406	<a href="mailto:sjames@susd.org">sjames@susd.org</a>
Echo Canyon	TBD	x47548	<a href="mailto:sjames@susd.org">@susd.org</a>

## High Schools

Arcadia	Tara Romeo-Wexler	x46411	<a href="mailto:tromeowexler@susd.org">tromeowexler@susd.org</a>
Chaparral	Madison Rice	x46589	<a href="mailto:mrice@susd.org">mrice@susd.org</a>
Coronado	Nicole Tarter	x46818	<a href="mailto:ntarter@susd.org">ntarter@susd.org</a>
Desert Mountain	Taylor Fosha	x47000	<a href="mailto:tfosha@susd.org">tfosha@susd.org</a>
Saguaro	Karen Beatty	x47133	<a href="mailto:kbeatty@susd.org">kbeatty@susd.org</a>

## District Office

Director of Support Services	Shannon Cronn	x45094	<a href="mailto:scronn@susd.org">scronn@susd.org</a>
Clinical Services Coordinator	Matthew Lins	x45025	<a href="mailto:matthewlins@susd.org">matthewlins@susd.org</a>
MTSS Secondary Coordinator	Dale Merrill	x46175	<a href="mailto:dmerrill@susd.org">dmerrill@susd.org</a>
Prevention Specialist	Lauren Pilato	x46175	<a href="mailto:lpilato@susd.org">lpilato@susd.org</a>
Behavior Intervention Specialist	Susan Wertheim	x46175	<a href="mailto:swertheim@susd.org">swertheim@susd.org</a>
Behavior Intervention Specialist	Rhonda Witherspoon	x46175	<a href="mailto:rwitherspoon@susd.org">rwitherspoon@susd.org</a>
Mckinney Vento	Melissa Medvin	x45831&45125	<a href="mailto:mmedvin@susd.org">mmedvin@susd.org</a>