

Support Services Newsletter

OCTOBER 2023



Scottsdale *Unified*
SCHOOL DISTRICT



BE KIND TO YOUR mind!



Live Drug Free.™

RED RIBBON WEEK® OCT. 23-31 • WWW.REDRIBBON.ORG

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RED RIBBON WEEK DRUG AWARENESS PRESENTATION

WEDNESDAY, OCTOBER 25, 2023

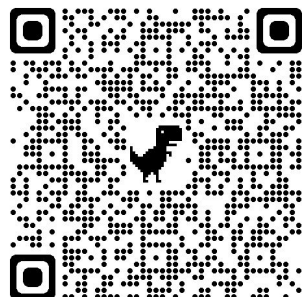
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MOHAVE DISTRICT ANNEX (MDA): ROOM B
8500 E Jackrabbit Rd, Scottsdale, AZ 85250



Drug overdose deaths are preventable. However, one person dies every 5 minutes in the US from one. Substance abuse has always been a growing concern starting in the 1980s when memorable sayings like "just say no" and "the war on drugs" were coined. This class will focus on those original low-potency drugs progressing into the synthetic, super strength drugs of today. Smoking is out and vaping is in, whether it is nicotine or chemicals of marijuana. Let's be honest... you can vape your fentanyl too. Fentanyl is considered the deadliest drug in the world with over 50.6 million pills seized in the US in 2022. This is enough doses to kill every American. Methamphetamine has a new recipe causing mental deterioration and marijuana can be cooked to look like crystals of meth. We are living in an ever-changing world of drugs that are impacting everyone. Drug overdose deaths tripled among the 10-14 year old population and accidental poisonings are on the rise with toddlers. Attend this seminar to learn and discuss this constant evolution. Walk away with information, resources, and connections.

REGISTER HERE



FEATURING PRESENTER:

Stephanie Siete

Information Officer
Community Bridges, Inc.

TEEN TECHNOLOGY USE AND MISUSE

WEDNESDAY, NOVEMBER 1, 2023

6:30 PM

VIRTUAL PRESENTATION

Registration Details to Follow

This presentation will cover an overview of cyberbullying, including issues parents, educators, and teens need to know about how youth use and misuse technology to cause harm to their peers. The presentation will define and provide examples of cyberbullying and discuss the role of parents in preventing and responding to inappropriate online behaviors. It will also describe many of the online environments popular among adolescents today and strategies to use to make sure they are used safely and responsibly.



**Justin W. Patchin,
Ph.D.**

University of
Wisconsin-Eau Claire
Cyberbullying Research
Center

Dr. Justin Patchin is a professor of criminal justice at the University of Wisconsin-Eau Claire. He received his Ph.D. from Michigan State University. Since 2002 he has been exploring the intersection of teens and technology, with particular focus on cyberbullying and social networking. He travels around the United States and abroad training educators, counselors, law enforcement officers, parents, and youth on how to prevent and address the consequences of cyberbullying. Dr. Patchin is Co-Director of the Cyberbullying Research Center (www.cyberbullying.org) and has written eight books and numerous articles on adolescent behaviors online. His book: *Bullying Beyond the Schoolyard: Preventing and Responding to Cyberbullying* was named Educator Book of the Year by ForeWord reviews. The third edition was released in the summer of 2023. His book *Words Wound: Delete Cyberbullying and Make Kindness Go Viral*, was written to help teens tackle online cruelty. He has presented at the White House and the FBI Academy, and has appeared on CNN, NPR, and in the New York Times to discuss issues related to teens use and misuse of technology.

RED RIBBON WEEK IS OCTOBER 23 - OCTOBER 31

HOW IT ALL BEGAN



**CLICK HERE FOR A
VIDEO OF THE
HISTORY OF RED
RIBBON WEEK**

GRASSROOTS BEGINNINGS

Enrique "Kiki" Camarena was a Drug Enforcement Administration Agent who was tortured and killed in Mexico in 1985. In honor of Kiki's memory and his battle against illegal drugs, friends and neighbors began to wear red badges of satin. Parents then began to form coalitions using Camarena as their model while embracing his belief that one person can make a difference. These coalitions adopted the symbol of Camarena's memory, the Red Ribbon. Today, the Red Ribbon serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities.

Why You Should Talk With Your Child About Alcohol and Other Drugs

Parents Have a Significant Influence in Their Children's Decisions to Experiment With Alcohol and Other Drugs

One of the most influential factors during a child's adolescence is maintaining a strong, open relationship with a parent. When parents create supportive and nurturing environments, children make better decisions. Though it may not always seem like it, children really hear their parents' concerns, which is why it's important that parents discuss the risks of using alcohol and other drugs.

It's Better to Talk Before Children Are Exposed to Alcohol and Other Drugs

If you talk to your kids directly and honestly, they are more likely to respect your rules and advice about alcohol and drug use. When parents talk with their children early and often about alcohol and other drugs, they can protect their children from many of the high-risk behaviors associated with using these drugs.

Some Children May Try Alcohol or Other Drugs at a Very Young Age

It is never too early to talk to your children about alcohol and other drugs. Children as young as nine years old already start viewing alcohol in a more positive way, and approximately 3,300 kids as young as 12 try marijuana each day. Additionally, about five in 10 kids as young as 12 obtain prescription pain relievers for nonmedical purposes. The earlier you start talking, the better.

The Older Kids Get, the More Likely They'll Try Alcohol or Other Drugs

About 10 percent of 12-year-olds say they have tried alcohol, but by age 15, that number jumps to 50 percent. Additionally, by the time they are seniors, almost 70 percent of high school students will have tried alcohol, half will have taken an illegal drug, and more than 20 percent will have used a prescription drug for a nonmedical purpose. The sooner you talk to your children about alcohol and other drugs, the greater chance you have of influencing their decisions about drinking and substance use.

Not Talking About Alcohol and Other Drugs Still Sends Kids a Message




Kids don't always have all the facts when it comes to alcohol and other drugs. If parents don't talk about the risks of underage drinking and substance use, their kids might not see any harm in trying alcohol and other substances. Having a conversation allows parents to set clear rules about what they expect from their kids when it comes to alcohol and other drugs.





I Support Red Ribbon Week®

I Pledge To Grow Up Safe, Healthy & Drug Free By:

-  Understanding the dangers of drug use and abuse.
-  Respecting myself and being drug free.
-  Spreading the word to family and friends about the importance of being healthy and drug free.

Name _____ School _____




Download tips for fun Red Ribbon activities at www.redribbon.org

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Yo Apoyo la Red Ribbon Week®

Me comprometo a crecer fuerte, sano y libre del consumo de alcohol y las drogas:

-  Comprender los peligros del consumo y abuso de las drogas.
-  Respetarme a mi mismo y permanecer libre del uso de drogas.
-  Compartir con familiares y amigos acerca de la importancia de permanecer saludable y libre del consumo del alcohol y las drogas.

Nombre _____ Escuela _____





Download tips for fun Red Ribbon activities at www.redribbon.org

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I Support Red Ribbon Week®

I Pledge To Help Kids Grow Up Safe, Healthy & Drug Free By:

-  Talking to my kids about the dangers of drug use and abuse and setting clear rules about not using drugs.
-  Working together with the parents of my children's friends to set common boundaries and monitor behavior so that our rules are respected and reinforced.
-  Setting a good example for our children by not using illegal drugs or medicine without a prescription.
-  Visiting www.redribbon.org to learn more and spread the message to family and friends.





Name _____ School _____

Download tips for fun Red Ribbon activities at www.redribbon.org



Yo Apoyo la Red Ribbon Week®














Me comprometo a ayudar a los niños a crecer fuertes, sanos y libres del consumo de alcohol y drogas:

-  Hablar con mis hijos sobre el consumo del alcohol y las drogas. Establecer reglas claras para evitar el consumo de estas.
-  Trabajar junto con los padres de los amigos de mis hijos para establecer limites comunes. Supervisar el comportamiento de nuestros hijos para reforzar las reglas y que estas se respeten.
-  Ser un buen ejemplo para nuestros hijos al no utilizar drogas ilegales o medicinas sin receta.
-  Visitar www.redribbon.org para aprender más y difundir el mensaje a familiares y amigos.

Nombre _____ Escuela _____

Download tips for fun Red Ribbon activities at www.redribbon.org

DRUG GUIDE FOR PARENTS: LEARN THE FACTS TO KEEP YOUR TEEN SAFE

Street Names / Commercial	Alcohol	Cocaine/Crack	Cough Medicine/DXM	Ecstasy/MDMA	Heroin	Inhalants	Marijuana	Methamphetamine	Prescription Pain Relievers	Prescription Sedatives and/or Tranquilizers	Prescription Stimulants	Steroids	Tobacco
													
Looks Like	Liquid (types include beer, wine, liquor)	White crystalline powder, chips, chunks or white rocks	Liquid, pills, powder, gel caps	Branded tablets (Playboy bunnies, Nike swoosh)	White to dark brown powder or tar-like substance	Paint thinners, glues, nail polish remover, whipped cream aerosol, air conditioner fluid (Freon) and more	A green or gray mixture of dried, shredded flowers and leaves of the hemp plant	White or slightly yellow crystal-like powder, large rock-like chunks	Tablets and capsules	Multi-colored tablets and capsules; some can be in liquid form	Tablets, liquid or skin application	Brown, cut up leaves	
How It's Used/Abused	Alcohol is drunk	Cocaine can be snorted or injected; crack can be smoked	Swallowed	Swallowed	Injected, smoked, beebared or snorted	Inhaled through nose or mouth	Smoked, brewed into tea or mixed into foods	Swallowed, injected, snorted or smoked	Swallowed or injected	Swallowed or injected	Swallowed, applied to skin or injected	Will guarantee a spot on the starting lineup	Smoked or chewed
What Teens Have Heard	Makes a boring night fun	Keeps youamped up; you'll be the life of the party	Causes a trippy high with various pleasures	Enhances the senses and you'll love everyone	Full-on euphoria, but super risky	A cheap, 20-minute high	Relaxing, not dangerous and often easier to get than alcohol	Can keep you going for days	A free high, straight from the medicine cabinet	A great release of tension	Keeps you attentive and focused		An oral fixation and appetite suppressant
Dangerous Because	Impairs reasoning, clouds judgement. Long-term heavy drinking can lead to alcoholism and liver and heart disease	Can cause heart attacks, strokes and seizures. In rare cases, sudden death on the first use	Can cause abdominal pain, extreme nausea, liver damage	Can cause severe dehydration, liver and heart failure and even death	Chronic heroin users risk death by overdose	Chronic exposure can produce significant damage to the heart, lungs, liver and kidneys. Can induce death	Can cause memory and learning problems, hallucinations, delusions and depersonalization	Chronic long-term use, or high dosages, can cause psychotic behavior (including severe respiratory depression that can lead to death)	A large single dose can cause severe respiratory depression that can lead to death	Slows down the brain's activity and when a user stops taking them, there can be a rebound effect, possibly leading to seizures and other harmful consequences	Taking high doses may result in dangerously high body temperatures and an irregular heartbeat. Potential for heart attacks or lethal seizures	Boys can develop breasts, girls can develop facial hair and a deepened voice. Can cause heart attacks and strokes	Cigarette smoking harms every organ in the body and the lungs are the most common cause of cancer
Teen Usage (Grades 9-12)	1 in 2 teens drank alcohol in the last year	1 in 10 teens has abused cocaine or crack in their lifetime	1 in 7 teens has abused cough medicine in their lifetime	1 in 8 teens has abused Ecstasy in their lifetime	1 in 20 teens has abused heroin in their lifetime	1 in 6 teens has abused inhalants in their lifetime	Nearly 1 in 2 teens has abused marijuana in their lifetime	1 in 12 teens has abused methamphetamine in their lifetime	1 in 7 teens has abused prescription pain relievers in their lifetime	1 in 13 12th graders has abused sedatives and/or tranquilizers in their lifetime	1 in 8 teens has abused Ritalin or Adderall in their lifetime	1 in 15 teens has abused steroids in their lifetime	1 in 5 teens smoked cigarettes in the last 30 days
Signs of Abuse	Slurred speech, lack of coordination, nausea, vomiting, hangovers	Nervous behavior, restlessness, bloody noses, high energy	Slurred speech, loss of coordination, disorientation, vomiting	Teeth clenching, chills, sweating, dehydration, anxiety, unusual displays of affection	Track marks on arms, slowed speech, slurred speech, vomiting	Missing household products, a drunk, dazed or dizzy appearance	Slowed thinking and reaction time, impaired coordination, paranoia	Nervous physical activity, aches and open sores, decreased appetite, inability to sleep	Medicine bottles present without illness, Rx bottles missing, disrupted eating and sleeping patterns	Slurred speech, shallow breathing, sluggishness, disorientation, lack of coordination	Lack of appetite, increased alertness, attention span and energy	Rapid growth of muscles, appetite, sex characteristics and fingers that hold cigarettes	Slurred speech, lack of coordination, nausea, vomiting, hangovers
Important to Know	Being a child of an alcoholic places children at greater risk for developing alcohol problems	Cocaine is one of the most powerfully addictive drugs	The "high" from cough medicine is caused by ingesting a large amount of doxylamine (DXM), a common active ingredient	Can be addictive. A popular club drug because of its stimulant properties which allow users to dance for long periods of time	Heroin overdose is a particular risk on the street, where the purity of the drug cannot be accurately known	More than 1000 common products are potential inhalants that can kill on the first use or any time thereafter	Contrary to popular belief, marijuana can be addictive	Meth has a high potential for abuse and addiction, putting children at risk, increasing crime and causing environmental harm	Abusing prescription painkillers is just as dangerous, as addictive and deadly as using heroin	Using prescription sedatives and tranquilizers with alcohol can slow both the heart and respiration and possibly lead to death	Many teens abuse this prescribed medication to help them cram for exams or suppress their appetite	Teens who abuse steroids before the typical adolescent growth spurt risk staying short and never reaching their full adult height	Secondhand smoke contributes to more than 35,000 deaths related to cardiovascular disease

Find more tools and tips at www.drugfree.org.

OCTOBER IS

NATIONAL BULLYING PREVENTION MONTH

This is a great time for communities to raise awareness about bullying and the role we all play in making a difference. Research indicates that increasing awareness and building a safe and supportive home environment contributes to positive academic, social, emotional and behavioral outcomes.

PREVENTION AND INTERVENTION STRATEGIES FOR PARENTS AND CAREGIVERS

Parents and caregivers should pay attention to their child's use of technology, keeping an eye out for signs of cyberbullying involvement. Some behaviors that may warrant attention include changes in emotion after online use, attempts to hide online activities from adults, or a tendency to be insensitive or callous toward peers. There are several preventive measures parents can take against cyberbullying:

- Talk with children early and often about online safety and how to be respectful and responsible in online settings.
- Set clear expectations related to technology use.
- Model safe and responsible online behavior.
- Monitor technology and social media use.

A particular challenge related to cyberbullying is its low report rate—children often hide cyberbullying from their parents for fear of having their devices taken away, among other reasons. Parents should aim to be proactive in supervising their children's technology use. Parents and other adults who discover a child is involved in cyberbullying should:

- Provide nonjudgmental support.
- Document incidents of cyberbullying (e.g., save screenshots of harmful posts and text messages).
- Report cyberbullying incidents to the child's school.
- Contact law enforcement in cases of illegal activity or physical threats.



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



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



Child Crisis Arizona
Safe kids. Strong families.

PARENT SUPPORT GROUP

WEDNESDAY • 10/4 • 6 p.m. to 7:30 p.m.

WEDNESDAY • 10/18 • 12 to 1:30 p.m.

Join us for a virtual meeting to find support in parenting. Connect with other parents/guardians to share your struggles and successes. Our Child Crisis Arizona Child and Family Education Specialist will send out a weekly topic via email including things such as maintaining structure and routines, creating boundaries, self-care for parents, and many more

UNDERSTANDING TEMPERAMENT

WEDNESDAY • 10/11 • 10 a.m. to 12 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.

SNAPCHAT AS A DRUG DEALING TREND

THURSDAY • 10/12 • 10 a.m. to 11:30 a.m.

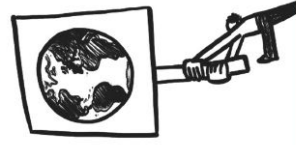
Social Media has become part of our children's life which can include some risks and dangers. In this course you will be learning about the risks of using Snapchat, how it may be used to access substances, and what you can do to protect your children from the risks.

THE RISE OF FENTANYL

WEDNESDAY • 10/30 • 6 to 7:30 p.m.

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.

Optimistic October 2023



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

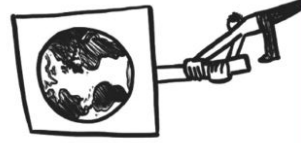
31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier • Kinder • Together

Octubre Optimista 2023



DOMINGO

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

SÁBADO



1

Escribe tres cosas que te hagan ilusión este mes

2

Encuentra algo sobre lo que ser optimista, incluso si estás en un momento difícil

8

Avanza en un proyecto o tarea que has estado evitando

9

Comparte un objetivo importante con una persona de tu confianza

15

Agradécete a ti mismo/a por conseguir las cosas que a menudo das por sentadas

16

Deja de lado tu lista de tareas y haz algo divertido o que te anime

22

Comparte una cita, una foto o un video esperanzador con un amigo o colega

23

Sé consciente de que puedes elegir tus prioridades

29

Planifica una actividad divertida o interesante que te apetezca mucho

30

Piensa en tres cosas que te dan esperanza de cara al futuro

3

Da un pequeño paso hacia un objetivo que realmente te importe

10

Dedica un tiempo a reflexionar sobre lo que has logrado recientemente

17

Da un pequeño paso hacia un cambio positivo que quieras ver en la sociedad

4

Empieza el día con lo más importante de tu lista de tareas

11

Trata de no culparte a ti mismo/a o a los demás. Busca una forma más útil de avanzar

18

Ponte metas esperanzadoras pero realistas para los próximos días

5

Sé un optimista realista. Ve la vida como es, pero céntrate en lo que está bien

12

Hoy, busca noticias positivas y razones para estar contento/a

19

Date cuenta de una de tus cualidades positivas que te será útil en el futuro

26

Encuentra una nueva manera de ver un problema al que te enfrentas

6

Recuérdate a ti mismo/a que las cosas pueden cambiar a mejor

13

Pide ayuda para superar un obstáculo al que te enfrentas

20

Siente la alegría de finalizar una tarea que has pospuesto durante algún tiempo

27

Sé amable contigo mismo/a. Recuerda que las mejoras necesitan tiempo

7

Hoy, busca las buenas intenciones en la gente que te rodea

14

Haz algo constructivo para mejorar una situación difícil

21

Pon a un lado las expectativas de los demás y céntrate en lo que te importa

28

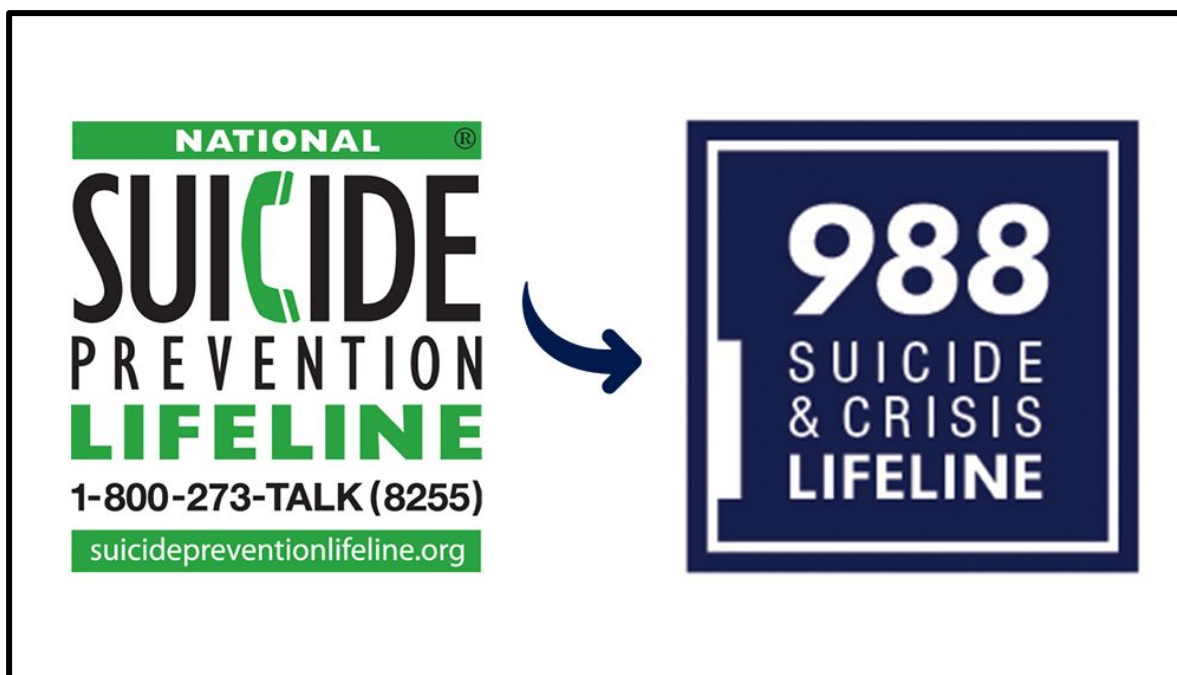
Hazte la pregunta: ¿tendrá importancia esto dentro de un año?



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.

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
A Place to Fill Up

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

WEEKLY
REGISTRATION
REQUIRED



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

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

Cocopah Desert Canyon Ingleside Mohave & SOL Mountainside Tonalea	Laura Pederson Michelle Renaud Erin Stocking Kim Meyer Laura Pederson Vanessa Diaz	x44405 x44505 x44945 x45226 x45823	lpederson@susd.org mrenaud@susd.org estocking@susd.org kfowlston@susd.org lpederson@susd.org vanessadiaz@susd.org
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K-8 Schools

Cheyenne Copper Ridge Echo Canyon	TBD Sharon James TBD	x41406 x47548	sjames@susd.org @susd.org
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High Schools

Arcadia Chaparral Coronado Desert Mountain Saguaro	Tara Romeo-Wexler Madison Rice Nicole Tarter Taylor Fosha Karen Beatty	x46411 x46589 x46818 x47000 x47133	tromeowexler@susd.org mrice@susd.org ntarter@susd.org tfosha@susd.org kbeatty@susd.org
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District Office

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