

Support Services Newsletter

SEPTEMBER 2023



Scottsdale *Unified*
SCHOOL DISTRICT





WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:

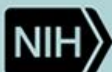


- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

988 Suicide & Crisis Lifeline
Call or text 988
Chat at 988lifeline.org

Crisis Text Line
Text "HELLO" to 741741



National Institute
of Mental Health

nimh.nih.gov/suicideprevention

It's Okay to Talk About **SUICIDE**

Thoughts of suicide can be frightening. But by reaching out for help or checking in with friends and family, we can avoid devastating outcomes.

Suicide is a leading cause of death in the U.S.:



Among those who die by suicide:



HIGH RISK POPULATIONS

79% of all people who die by suicide are male



4x Lesbian, gay and bisexual youth are four times more likely to attempt suicide than straight youth

Transgender people are 9 times more likely to attempt suicide at some point in their lifetime than the general population.

9x



If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org to reach the 988 Suicide & Crisis Lifeline.

Suicide is **NOT** the answer.

If you start thinking about suicide, seek help. Call or text a crisis line or a trusted friend.



Make an appointment with a health care professional to talk about what you're thinking or how you're feeling.



Suicidal thoughts are a symptom, just like any other — they can be treated, and they can improve over time.



Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/nhidata.

 **NAMI Helpline**
800-950-NAMI (6264)

 **NAMI**

 **NAMICommunicate**

 **NAMICommunicate**

 www.nami.org

 **nami**
National Alliance on Mental Illness

SAVE THE NUMBER SAVE A LIFE CALL OR TEXT 988

Add this number to your phone now.
It could save a life later.



NIH National Institute
of Mental Health

nimh.nih.gov/suicideprevention

5 Action Steps for Helping Someone in Emotional Pain



ASK

"Are you
thinking
about killing
yourself?"



KEEP THEM SAFE

Reduce access to
lethal items or
places.



BE THERE

Listen carefully
and acknowledge
their feelings.



HELP THEM CONNECT

Call or text the
988 Suicide &
Crisis Lifeline
number (988).



STAY CONNECTED

Follow up and
stay in touch
after a crisis.



NIH National Institute
of Mental Health

nimh.nih.gov/suicideprevention

Upcoming Community Presentations

Date and Location to be determined soon.

MY ASCENSION

STAY TUNED FOR DETAILS!



Emma Benoit became extremely passionate about suicide prevention after surviving a suicide attempt in 2017, the summer before her senior year in high school. At the time, she was a popular varsity cheerleader with a supportive family and lots of friends, but on the inside, she was filled with depression and anxiety, and had never told a soul about it. Her attempt resulted in a spinal cord injury that left her paralyzed but helped her find faith and purpose; and propelled her on a mission to use her painful experience and miraculous recovery to help others.



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.

BULLYING: SIGNS, SYMPTOMS, & SOLUTIONS

MONDAY • 9/11 • 10 a.m. to 12 p.m.

A bully is defined as an individual who seeks out others that are viewed as vulnerable, with intent to cause harm. Bullying is a reality for our youth, and it's important to know signs and strategies to support those who are bullying and being bullied.

SNAPCHAT AS A DRUG DEALING TREND

WEDNESDAY • 9/13 • 6 to 7:30 p.m.

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.

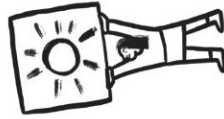
THE RISE OF FENTANYL

WEDNESDAY • 9/20 • 10 to 11:30 a.m.

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.

Self-Care September 2023



MONDAY



4 Plan a fun or relaxing activity and make time for it

TUESDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

WEDNESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

THURSDAY



7 Give yourself permission to say 'no'

FRIDAY

1 Find time for self-care. It's not selfish, it's essential

SATURDAY

2 Notice the things you do well, however small

SUNDAY

3 Let go of self-criticism and speak to yourself kindly

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 No plans day. Make time to slow down and be kind to yourself

18 Ask a trusted friend to tell you what strengths they see in you

19 Notice what you are feeling, without any judgement

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Avoid saying "I should" and make time to do nothing

26 Find a new way to use one of your strengths or talents

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

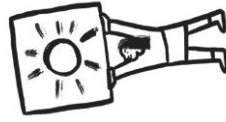
30 Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

Happier · Kinder · Together

Septiembre Autocuidado 2023



ACTION FOR HAPPINESS

LUNES



4 Planifica una actividad divertida o relajante y saca tiempo para ella

MARTES



5 Perdónate cuando las cosas vayan mal. Todo el mundo comete errores

MIÉRCOLES



6 Céntrate en lo básico: come bien, haz ejercicio y acuéstate temprano

JUEVES



7 Date permiso para decir "no"

VIERNES

1 Encuentra tiempo para cuidarte: no es ser egoísta, sino algo fundamental

8 Está dispuesto/a a compartir cómo te sientes y a pedir ayuda cuando la necesites

11 Saca tiempo para hacer algo que realmente te guste

12 Haz actividades al aire libre que den un impulso natural a tu cuerpo y a tu mente

13 Sé tan amable contigo mismo/a, como lo serías con un ser querido

14 Si estás bastante ocupado/a, permítete hacer una pausa y tomarte un descanso

15 Encuentra una frase amable y tranquilizadora para decirte a ti mismo/a cuando te sientas mal

16 Deja mensajes positivos donde los puedas ver con frecuencia

17 Día sin planes: dedica tiempo a hacer las cosas despacio y a ser amable contigo mismo/a

18 Pide a un amigo de confianza que te diga qué puntos fuertes ve en ti

19 Observa lo que sientes, sin juzgarlo

20 Disfruta de las fotos de una época que te lleve recuerdos felices

21 No compares cómo te sientes por dentro con cómo se muestran los demás por fuera

22 Ve despacio. Busca tiempo para respirar y estar tranquilo/a

23 Deja a un lado las expectativas que otras personas tienen de ti

24 Acéptate a ti mismo/a y recuerda que eres digno/a de amor

25 Evita decir "debería" y dedica tiempo a no hacer nada

26 Encuentra una nueva forma de utilizar uno de tus puntos fuertes o talentos

27 Libera tiempo cancelando cualquier plan innecesario

28 Decide ver tus errores como pasos que te ayudan a aprender

29 Escribe tres cosas que aprecies de ti mismo/a

30 Recuerdate a ti mismo/a que eres valioso/a, tal como eres



SÁBADO

2 Fíjate en las cosas que haces bien, por pequeñas que sean

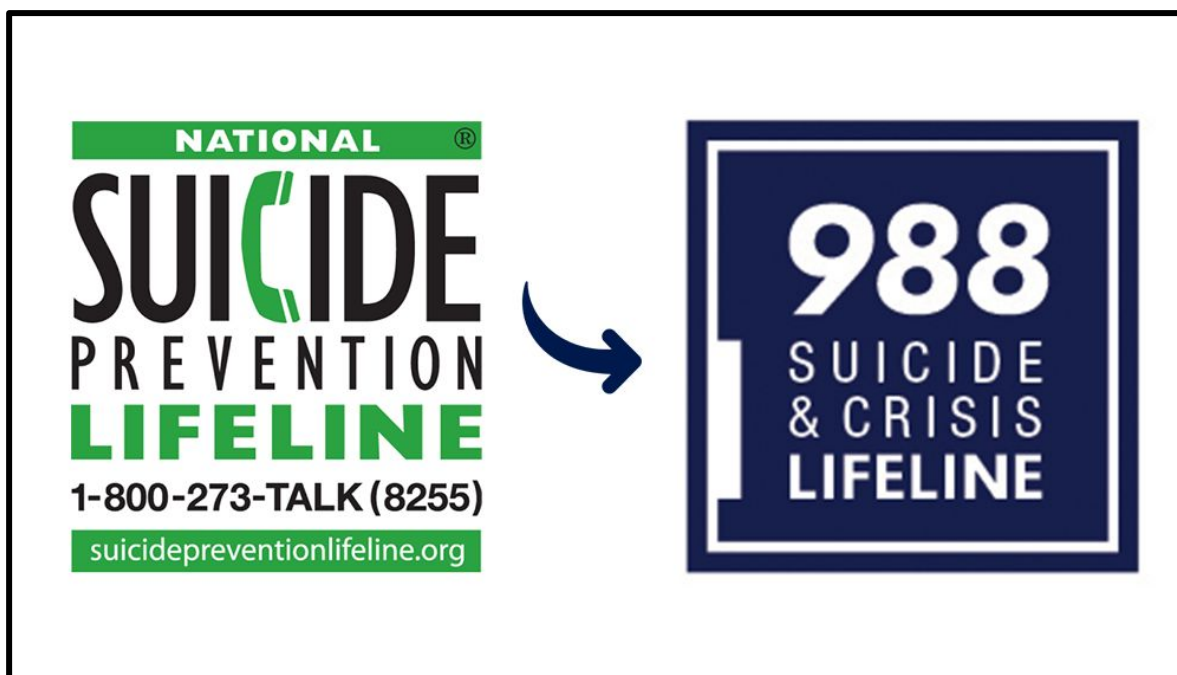
9 Proponte hacer las cosas bien, en lugar de hacerlas a la perfección

DOMINGO

3 Deja de lado la autocrítica y háblate con amabilidad

10 Cuando las cosas te resulten difíciles, recuerda que está bien no estar bien

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

ARE
YOU
OK?



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[®]



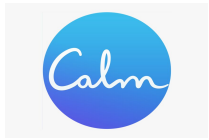
The Well
A Place to Fill Up

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

Middle Schools

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

K-8 Schools

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

High Schools

Arcadia	Tara Romeo-Wexler	x46411	tromeowexler@susd.org
Chaparral	Madison Rice	x46696	mrice@susd.org
Coronado	Nicole Tarter	x46818	ntarter@susd.org
Desert Mountain	Taylor Fosha	x47000	tfosha@susd.org
Saguaro	Karen Beatty	x47133	kbeatty@susd.org

District Office

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