

MAY 1, 2020

SUSD SUPPORT SERVICES NEWSLETTER



Upcoming Virtual Parent Presentations

- **May 6 at 6pm**
notMYkid virtual
parent (only)
presentation on
**The Truth About
Vaping.**

Click the link to
register:

<https://bit.ly/SUSD6May2020>

Resource Highlight

Governor Doug Ducey and the Arizona Department of Economic Security (DES) announced that the USDA Food and Nutrition Service (FNS) authorized DES to **provide Arizona Pandemic School Meal Replacement Benefits to households with children who are eligible for free or reduced-price school meals.**

For families whose children participated in the free or reduced-price school lunch program, but have not received notification, DES will create a web application for them to submit their information to the Department for processing.

To apply for Nutrition Assistance, visit healthearizonaplus.gov or call 1-855-432-7587, 7am-6pm Monday through Friday.

Eligible families will receive \$69 for March, \$126 for April, and \$120 for May, for each child. Families that have been accessing meals from schools during the closure are still eligible for these benefits.

For more information visit azgovernor.gov



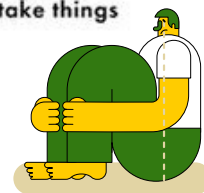
COVID-19 may be impacting how your grief feels & looks. Are you finding it harder to concentrate, feeling more physical symptoms, feeling anxious or extra stressed, feeling hopeless, depressed, angry or shocked? **These are normal responses in grief & in reaction to a global health crisis like we are experiencing.** Take it easy on yourself & allow all the feelings to arise, sit with them, breathe & let them flow through you without judgement.

This great graphic is from www.exploringtherapy.com. Find them on Instagram @exploringtherapy

What COVID-19 Grief Can Look Like:

- Difficulty concentrating
- Preoccupation with the news
- Physical symptoms: stomachaches, headaches, muscle tension
- Shock/Denial: "this isn't happening" "this doesn't feel real"
- Anger: "I'm so upset with people/the media/the government right now!"
- Bargaining: "Why is this happening to me?" "Can't they just let me _____?"
- Depression: "I'm afraid I won't be able to get out of this" "I'm feeling hopeless right now" "My life will never be the same"
- Acceptance: "this really sucks... but I'm going to focus on what I can control" "I'm going to take things one day at a time"

@EXPLORING.THERAPY



6 Tips to Build Resilience During COVID-19

Manage expectations. Just because you may have more time on your hands, doesn't mean you have to be super productive. If you don't meet goals you've set that are unrealistic, you begin to get hard on yourself.

Be Optimistic. To help foster a positive attitude write down one thing a day that gives you joy. At the end of the week, you'll have seven. Share them with a group of friends or family members who also share one of their moments of joy.

Establish a routine that works for you. You don't necessarily need to have a 9-to-5 day anymore with a midday hour blocked out for lunch. Maybe your new routine could be to take a lunch-hour walk.

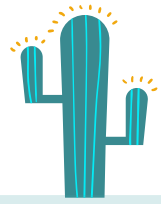
Be compassionate with yourself and others. When people are stressed, they tend to snap at others/ be short. And, because everyone's at home, that means loved ones will bear the brunt of that.

Maintain connections. Call your family. Keep in touch with friends.

Being mindful helps manage uncertainty. No one knows what the future holds, but what you do know for certain is what's happening this very moment.



CALMING THE CHAOTIC MIND



The Benefits of Practicing Mindfulness

Mindful Responding using the **STOP** Method



S = Stop: Stop what you're doing; put things down for a minute.

T = Take: Take a few deep breaths. Breathe normally and naturally and follow your breath coming in and out of your nose.

O = Observe: Observe your experience just as it is—including thoughts, feelings, and emotions. You can reflect about what is on your mind and *notice that thoughts are not facts, and they are not permanent*. Notice any emotions present and how they're being expressed in the body. Research shows that just naming your emotions can turn the volume down on the fear circuit in the brain and have a calming effect. Then notice your body. Are you standing or sitting? How is your posture? Any aches or pains?

P = Proceed: Proceed with something that will support you in the moment: talk to a friend, rub your shoulders, have a cup of tea.

Treat this whole exercise as an experiment: Get curious about where there are opportunities in the day for you to just STOP

Go on a Virtual Safari

Activity to do as a Family

[Explore.org](https://www.explore.org) has loads of wildlife webcams. (Watch giraffes eating, a family of elephants drinking, and fish swimming in a coral reef at an aquarium.) The site also offers videos about various animals when the animals aren't in front of the cameras. Zoos such as the [San Diego Zoo](https://www.sandiegozoo.org) and [Memphis Zoo](https://www.memphiszoo.org) also have live webcams, and the [Cincinnati Zoo](https://www.cincinnati-oh.gov/cincinnati-zoo/) is now offering a series of Home Safari Facebook Live sessions at 3 p.m. ET on weekdays





SUSD Telementalhealth Resource Guide

If you or your loved one are struggling right now, Psychology Today is a great resource to help you learn more about specific therapists and their specialties. Not every therapist may be the right fit for your needs, but this will allow you to have CONTROL over who you choose. You can filter through what area you live in and what insurance you have (or don't have). Many therapists have sliding scale fees to make it more affordable to you and your family.

Help is out there, you are not alone.

Teletherapy providers listed on Psychology Today:

Click [Here](#) for Scottsdale

Click [Here](#) for Phoenix Click [Here](#) for Tempe

Teletherapy providers that accept Medicaid (aka should accept AHCCCS)

Click [Here](#) for Scottsdale

Click [Here](#) for Phoenix Click [Here](#) for Tempe



Upcoming FREE Virtual Parent Education Series

Virtual Support Groups for Teens

Understanding the Influence The Truth About Vaping



A virtual presentation
for SUSD parents and
guardians

May 6, 2020

6:00 pm – 7:00 pm



<https://bit.ly/SUSD6May2020>

For adults only.
Content not suitable for children.

Join notMYkid for a candid conversation about fast moving substance abuse trends facing our pre-teens and teens. We will address all things related to vaping and e-cigarettes, as well as other gateway drugs. Every parent will be provided with free prevention tools that address health concerns, warning signs of use, conversation starters and practical tips on how to implement an effective family prevention plan.

notMYkid
INSPIRING POSITIVE LIFE CHOICES



Monday: Bloom 365 Peer 2 Peer Drop-in
Support Group at 1pm text @bloom365PS to
81010 to join

Tuesday: notMYkid and Amplifi: 'Teen Talk' at
4pm DM @amplifimyvoice to join

Thursday: Bloom365 LGBTQ + Peer 2 Peer
Support at 4:30pm text @365LBBTQ to 81010
to join

SUSD APP RECOMMENDATIONS TO HELP YOU "SURVIVE" COVID-19

In this digital age, phones provide a supplemental resource to get help. Here are five apps that help teens (and adults) with mental health by helping them cope with anxiety, depression, and other concerns.



- **Calm:** helps users with mindfulness and meditation. The app aims to bring more clarity, joy and peace to your daily life. The app includes guided meditations, Sleep Stories, breathing programs and relaxing music.



- **Sanvello:** helps teens break the cycle of ongoing negative thoughts. It does this by using tools that target stress, anxiety, and depression. The app consists of psychologist-designed tools based on Cognitive Behavioral Therapy, mindfulness meditation, relaxation and mood/health tracking.



- **Calm Harm:** provides tasks to help users resist or manage the urge to self-harm. The app contains five categories to help you fight the urge to self-harm. Each category includes five to 15 minute activities. These activities turn users' attention to healthier ways to handle emotions and impulses.



- **My3** is a crisis support app for people who have suicidal thoughts. The app features a contact list to call in case of emergencies. The list includes three of the user's trusted contacts, 911 and the National Suicide Hotline. My3 also includes a safety plan which lists coping strategies and distractions. It's one of the best apps that help teens with mental health struggles that include suicidal ideation.

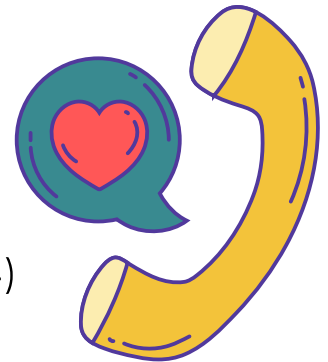


- **MoodPath** helps teens to detect symptoms of depression. Three times a day, users receive a question about their emotional well-being. After two weeks, users will receive a professional assessment. They can then share that assessment with their healthcare professional.

CRISIS HOTLINES AND RESOURCES

If you or someone you know is struggling, **you are NOT alone**, reach out to a number below. Remember, you do not need to have a "crisis" to text or call a hotline and ask for support.

- [Teen Lifeline](#) Call 24/7 or Text (602-248-8336) *also available to parents and other adults who are in need of resources for their children
- [Crisis Text Line](#) Text "Home" to 741741 to connect with a Crisis Counselor
- [LGBT National Hotline](#): 888-843-4564
- [Bloom365](#): Call or text: 1-888-606-4673
- [National Suicide Prevention Hotline](#): 1-800-273-8255
- [National Domestic Violence Hotline](#): 1-800-799-7233 or text "LOVEIS" to 22522
- [Crisis Response Network](#) (602-222-9444 or 1-800-631-1314)
- [Empact 24 Hour Crisis Line](#) (1-800-273-8255)
- [Scottsdale Police Crisis Team](#) (480-312-5055)
- [The Disaster Distress Helpline](#) (1-800-985-5990) or text TalkWithUs to 66746 to connect with a trained crisis counselor.
- [Arizona Food Bank Network](#): Find nearby emergency food for yourself or someone you know struggling with hunger www.azfoodbanks.org
- [Find Help Phoenix](#): Find health and social services for Maricopa County residents.
- [My Undocumented Life](#): an online resource focused on helping undocumented and mixed families
- [Doorways Arizona](#): provides 100% remote counseling services/telehealth, visit online or call 602-997-2880
- [Catholic Charities](#): 602-749-4405 Provides remote counseling services based on a sliding scale for individuals paying by credit card or are covered by the Arizona Health Care Cost Containment System.



Still Struggling?

Reach out to your Support Services Team

Arcadia High School

Prevention Coach/Social Worker:
Whitney Hess, whess@susd.org
Google Classroom code: xqtm3li

Guidance Counselors:
Kelley Ender, kender@susd.org
Ruth Hart, rhart@susd.org
Sonya Kim, skim@susd.org
Patricia LaCorte, placorte@susd.org

Chaparral High School

Prevention Coach/Social Worker:
Leah Stegman, lstegman@susd.org
Google Classroom code: qycwy3l

Guidance Counselors:
Keri Board, kboard@susd.org
Leslie Rold, lrold@susd.org
Katie Kunitzer, kkunitzer@susd.org
Janine Welch, janinewelch@susd.org
Megan Mayer, mmayer@susd.org

Coronado High School

Prevention Coach/Social Worker:
Mandy Turner, aturner@susd.org

Guidance Counselors:
Anna Huerta, ahuerta@susd.org
Robert Liebman, rliebman@susd.org
Julie Stephan, jstephan@susd.org

Desert Mountain

High School

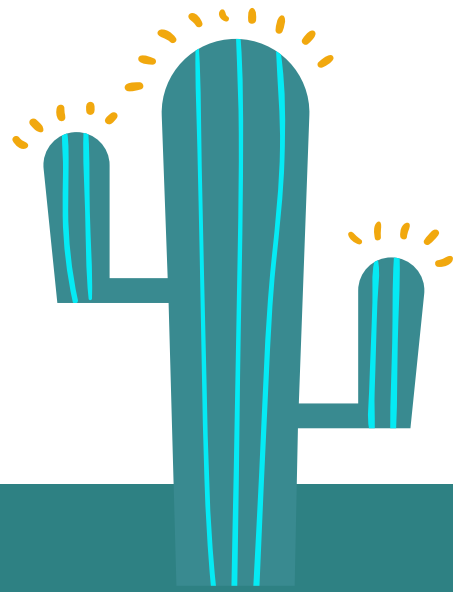
Prevention Coach:
Paige Phelps, pphelps@susd.org

Guidance Counselors:
Alesha Davis, adavis@susd.org
Megan Reddell, mreddell@susd.org
Michelle Okun, mokun@susd.org
Veva Pacheco, vpacheco@susd.org
Jennifer Cooper, jcooper@susd.org

Saguaro High School

Social Worker:
Mindy Hickman, mhickman@susd.org
Google Classroom code: gwrhk5y

Guidance Counselors:
LeAnne Carter, lcarter1@susd.org
Leanne DeFay, ldefay@susd.org
Katy Gerken, kgerken@susd.org
Donna Wittwer, dwittwer@susd.org



Middle School Guidance Counselors

Echo Canyon

Cathy Lewkowitz, clewkowitz@susd.org

Ingleside

Cheryl Guthrie, cguthrie@susd.org

Aria Ham, aham@susd.org

Dana Molnar, dmolnar@susd.org

Cocopah

Toni Rantala, trantala@susd.org

June Solod, jsolod@susd.org

Copper Ridge

Deborah Philips, dphilips@susd.org

Mohave

Lisa Balthazor, lbalthazor@susd.org

Todd Kemmerer, tkemmerer@susd.org

Desert Canyon Middle School

Nicholas Pasco, npasco@susd.org

Jill Weller, jweller@susd.org

Mountainside

Dale Merrill, dmerrill@susd.org

Robin Stieglitz, rstieglitz@susd.org

Cheyenne

Frances Lax, flax@susd.org

Tonalea K-8

Social Worker:

Sherena Small, ssmall@susd.org

Guidance Counselors:

Gail Tronzo, gtronzo@susd.org

Tammy Clow-Kennedy,
tclowkennedy@susd.org

District Support K-12

Social Worker:

Karey Trusler, ktrusler@susd.org

Google Classroom code: 7yftwa2

Clinical Support Coordinator:

Shannon Cronn, scronn@susd.org

