

APRIL 17, 2020

# SUSD SUPPORT SERVICES NEWSLETTER



Scottsdale *Unified*  
SCHOOL DISTRICT

## WHAT SUPPORT DO YOU NEED?

Please take a moment to complete a short survey--one for parents/guardians and one for 4th-12th grade students. Your support team is here to assist you during this time. Please let us know how we can best meet your family's needs during school closures.

[English caregiver survey.](#)

[Spanish caregiver survey.](#)

[Student survey.](#)

## THE RESULTS ARE IN!

**THANK YOU** to each student and parent/caregiver that has taken the time to take the SUSD Needs Survey so far. We appreciate your comments and concerns and hope to continue to support you during these uncertain times.

Currently, the top three needs of students and parent/caregivers that were identified are:

1. **Tips to stay focused on online school**
2. **Ideas and tips to stay active during isolation**
3. **Tips to better manage anxiety and stress**

To review past newsletters for tips and tricks to manage anxiety and stress, resources, and community events go to <https://www.susd.org/eLearning> and look in the bottom right of the page.

# TIPS TO STAY FOCUSED ON SCHOOL



1. **Put in place daily routines.** This should include at a minimum 1) what time kids are expected to get up in the morning; 2) what time the work of the day will begin; and 3) some expectation about how much time will be spent on schoolwork or how much work will be done over the course of the day. This will differ for kids of different ages. We know that the sleep patterns of teens shift and that school start times are often not well-suited to the teen's biology and circadian rhythms. So for teens, it may make sense to start the day later than for younger children, who tend to be more alert early in the morning.
2. **Schedule frequent work breaks.** With elementary aged children, lessons or activities should take no more than 15-20 minutes, with a 10-minute break between activities. While this can be seen as a general recommendation for children and pre-teens, your child may need an adjustment—especially if your child has any kind of learning or attention problem, since for these kids, learning requires more effort and energy.
3. **Create a daily schedule for kids to follow**—or, with older students—ask them to create a schedule (with guidelines or parameters). Parents and kids respond to varying levels of structure when it comes to schedules.
4. **Use the opportunity to find non-school ways to support executive skills.** This might mean working on planning by having kids plan how they will spend their time once the school work for the day is behind them, or working on organization by having kids design and maintain their work space. They can work on time management by learning to estimate how long it takes to complete tasks and perhaps keeping a log. [www.toggl.com](http://www.toggl.com) offers a free on-line timer where students can log the task or activity they're working on, start the timer when they begin the activity and turn it off when they're done. The website maintains the log, so they can track how much time they're spending on a variety of tasks.



# TIPS ON STAYING ACTIVE!



**Feeling stressed or anxious?** Exercise is a natural and effective anti-anxiety treatment. It relieves tension and stress, boosts physical and mental energy, and enhances well-being through the release of endorphins.

Regular exercise can have a profoundly positive impact on depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood. And you don't have to be a fitness fanatic to reap the benefits. Research indicates that modest amounts of exercise can make a difference. No matter your age or fitness level, you can learn to use exercise as a powerful tool to feel better.

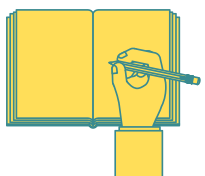
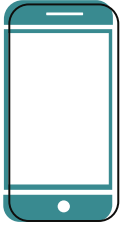
**Beginning an exercise plan doesn't have to be difficult. Walking for as little as 30 minutes, 3 times a week, have been found to be beneficial.**



**CHECK OUT THESE WEBSITES FOR FREE WORKOUTS, MEDITATIONS, AND ACTIVITIES**

- [HASfit.com](https://www.hasfit.com): free workouts for all levels
- [Popsugar Fitness](https://www.popsugar.com/fitness): free workouts
- [Headspace](https://www.headspace.com): guided meditations
- [Fitness Blender](https://www.fitnessblender.com): free workouts all levels
- [Barefoot Story](https://www.barefootstory.com) and activities
- [Sesame Street: Belly Breathing](https://www.sesamestreet.org)
- [Cosmic Kids Yoga](https://www.cosmickidsyoga.com)
- [Dance Workout Videos](https://www.danceworkout.com)
- [P.E. with Joe: kid friendly workouts](https://www.pewee.com)
- [Guided meditations for kids](https://www.guidedmeditations.com)
- [PBS Kids Games](https://www.pbskids.org/games)





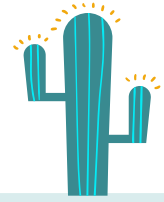
# 10 Strategies for Managing Mental Health in Isolation

By Jessica Harvey, Licensed Marriage and Family Therapist in Portland, OR

- **Monitor your news intake.** Choose a few trusted sources and thoughtfully select (I recommend no more than 2-3) what times of day you will check them. *Then leave it alone!*
- **Create a “safe” folder of apps.** Things you can engage in that are not news or social media related. Could be music, meditation apps, games, books
- **Start and end the day with a short meditation**, it is a great way to set the tone and also wrap up the day during these unprecedented times.
- **Create a physical list of specific activities you can participate in at home to keep your mind stimulated and focused on something else besides the current pandemic.** *Books to read, shows to watch, crafts to make, podcasts to check out, workouts from home, recipes to try, etc.*
- **Go outside for a walk every day if possible**. It is one of the few options currently available to us, and moving your body is good for everyone.
- **Connect with friends, family and loved ones by video chat as much as possible.**
- For those of us lucky enough to be **working from home, remember to set intentional limits and boundaries.** *Take breaks and stand up frequently! And no skipping lunch hour!*
- **Gratitude journaling**. This experience has been challenging in different ways for almost all of us. Focusing some attention each day on acknowledging what we are grateful for and what we do have can create some balance with all of the fear and uncertainty.
- **Find ways you can help!** Can you sew masks? Can you donate? Shelter an animal? Contributing always feels good, but especially right now.
- **Stay safe!** Follow the health and safety guidelines and stay away from others! Be mindful when doing your grocery shopping- the place that we are mostly likely to encounter others. Take care of yourselves and your community.



# CALMING THE CHAOTIC MIND



## The Benefits of Practicing Mindfulness

### Response versus Reaction...Using your Breath as your Anchor

First, watch this video of kids explaining how they control their anger and other emotions through deep breathing. [Click Here "Just Breathe" by Julie Bayer Salzman & Josh Salzman](#)  
Then try this technique out: Recall a time when someone made you angry (e.g. an argument or disagreement with a friend/parent/significant other) and imagine your typical reaction (e.g. yelling)

Now back up & imagine the situation again but from the point **BEFORE** you react. Identify where you feel the anger in your body, notice the thoughts associated with this anger. Then choose to take a breath to anchor yourself in the moment before you respond.

#### Mindful Action:

\*If a situation arises this week that triggers anger or upset, practice the mindfulness technique of creating the space between the situation and the reaction by using your breath as an anchor to pause so you can choose to respond rather than react.

\*Notice how you're feeling during the situation and what changes in you as you practice this technique (body sensations, thoughts and feelings) and the outcome. Use your journal to reflect on your experience.

## DIY Paper Puppets

Activity to do as a Family



**Supplies** – colored paper, scissors, Popsicle sticks, markers/crayons, glue and anything else you want

**Directions** –Kids often need just a little inspiration to jump-start their brains. Brainstorm what type of play they want to put on, its setting and what characters will be involved. Will it take place on a farm? In a castle? Underwater? Once your theme is set, create a list of characters.**Time to create!** Kids can simply draw their characters on the construction paper. They can also create people, animals or things with different colored pieces that they cut out and glue. Glue each character to a popsicle stick. Children can now use the characters to perform a play. Depending upon their age, they can write a script or freestyle the lines. They can also create characters from their favorite book, movie or comic book. Add in music and lighting to their performance to make it even more dramatic.





# 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

**notMYkid: Prescription Drug Misuse.** Tips on recognizing and addressing teen prescription misuse. **Tuesday April 21st.**

Join Zoom Meeting:

[https://zoom.us/j/428127710?](https://zoom.us/j/428127710?pwd=MFFzbXpmaGNMNFFzejlkM1l6MjgzUT09M)

[pwd=MFFzbXpmaGNMNFFzejlkM1l6MjgzUT09M](https://zoom.us/j/428127710?pwd=MFFzbXpmaGNMNFFzejlkM1l6MjgzUT09M)

ID: 428 127 710 Password: 026421

**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

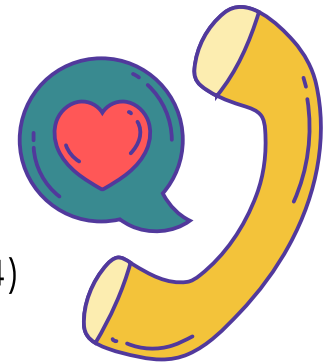




# CRISIS HOTLINES AND RESOURCES

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](http://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**

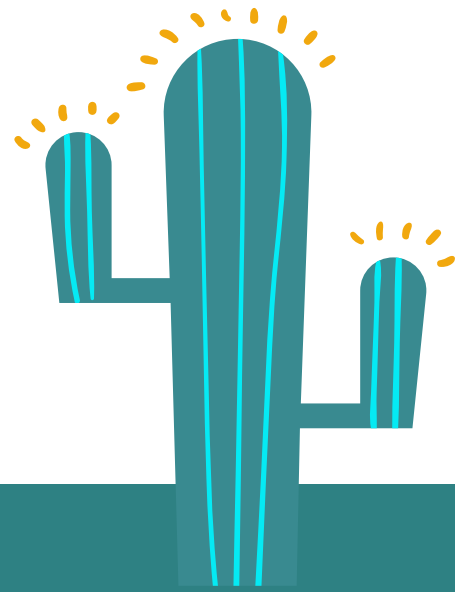
Prevention Coach:  
Paige Phelps, pphelps@susd.org

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@sfusd.org  
Donna Wittwer, dwittwer@susd.org





# Middle School Guidance Counselors

---

## **Echo Canyon**

Cathy Lewkowicz, 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

