

MAY 8, 2020

SUSD SUPPORT SERVICES NEWSLETTER



Scottsdale *Unified*
SCHOOL DISTRICT

Arizona Attorney General's Office Webinars

- 5/14: Consumer Scams- including COVID-19
- 5/15: Suicide Prevention for Parents
- 5/20: Internet Safety for Parents
- 5/21: Human Trafficking
- 5/22: E-Cigarette Awareness

Resource Highlight: Teen Lifeline

May is Mental Health Month, so this is a friendly reminder to pay attention to how you're feeling and to **take care of yourself**. As COVID-19 changed what we thought the end of the school year, finals, graduation, and summer break would look like, this month can be particularly stressful. Be sure to take plenty of breaks while studying, utilize your coping skills, and don't keep your emotions bottled up. If it all starts feeling like too much to handle, **know that you're not alone** and **our school community is here for you**. We want to remind you that due to school closures, Teen Lifeline's texting hours have been expanded. **Teen Lifeline is also available to parents and other adults who are in need of resources for their children**. The following are our new hotline hours.

Teen Lifeline: call/text 602-248-8336

- Calling remains available 24/7.
- Texting available 12pm-9pm on weekdays and 3pm-9pm on weekends.
- Peer counselors are still available from 3pm to 9pm every day.

Humor is Healthy!

It's no secret that laughing feels good. But did you know it can actually provide stress relief and other health benefits?

Laughter can help you:

- Sooth Tension and relieve pain**
- Improve your immune system.**
- Connect with people and deal with difficult situations.**
- Stimulate organs and increase endorphins.**
- Improve your mood.**
- Burn calories.**
- Increase blood flow.**

We challenge you to find humor in everyday situations Here are some ideas on how you can find ways to laugh more:

Laugh in your everyday situations. Life can be hard, but it can also be funny.

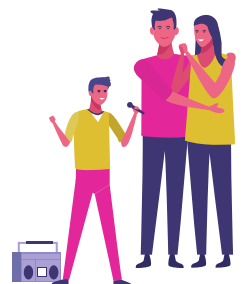
Share a laugh with friends or family. It's contagious! Laugh with each other. Tell jokes. Share funny stories. Laugh. And laugh more.

Watch funny YouTube videos, or stand up comedy routines.

Look up jokes online or in books. You can search for anything online, including good jokes.

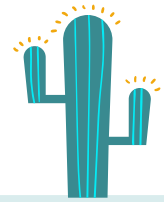
Be responsible with your laughter. Don't laugh at someone else's expense. It's about laughing with them—not at them.

Would you like to take the SUSD "Laughter Challenge"? Share some of the ways you've laughed more with your family on SUSD's Twitter page using the hashtag #SUSDlaughterchallenge





CALMING THE CHAOTIC MIND



The Benefits of Practicing Mindfulness

Using your Anchor Word to Stay Present

What? Have you ever noticed when you're talking with someone, your mind starts wandering and you can't even focus or remember what the person was saying? **Research indicates we have between 60,000 - 80,000 thoughts per day and 49% of them aren't even related to what we're doing!** So it's normal for us to get distracted however, it's not useful in establishing healthy relationships with others.

Now What? Whenever you notice your mind wandering and you start getting distracted by your thoughts, take a moment to take a breath and connect with your anchor word which will help bring you back to the present moment.

Mindful Action: During your mindfulness practice, choose an anchor word that you can use to bring you back to the present moment when you're in communication with someone and your mind starts wandering. Some examples may include, "breath," "silence," "present," "stop," etc... Notice how you feel when you're truly present with another person and how that strengthens your relationship.

Real Life Science Experiment—Bouncy Egg!

Activity to do as a Family

Supplies: Raw egg, white vinegar, clear glass jar

Directions: 1) Put the raw egg in the jar. 2) Fill the glass jar with white vinegar until it is covered. 3) Leave for 24 hours. 4) After 24 hours drain the old white vinegar and add new white vinegar, again covering the entire egg. 5) Repeat this process for the next three days. 6) After three days—gently, take the egg out of the jar and rinse with water. Your egg should be transparent! 6) Have your child softly “bounce” the egg from a small height—six inches or less. 7) Keep increasing the height at which the egg is “bounced”—keep track! 8) Have your child guess at what height the egg will break when “bounced”.

For more information on the science behind this experiment and questions to ask your child about the experiment visit: greatwolf.com



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

Arizona Attorney General's Office Webinars

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- 5/22: E-Cigarette Awareness

The Arizona Attorney General's Office is rising to meet the challenges of this pandemic and stands ready to assist your family during this difficult time. Access them here:

<https://www.azag.gov/outreach/webinars>

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.

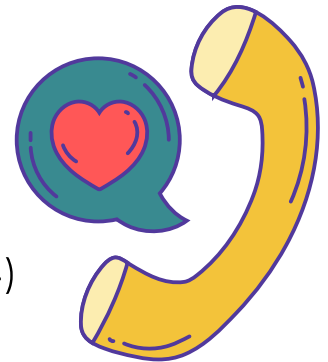


- **MoodPath** helps teens to detect symptoms of depression. Three times a day, users receive a question about their emotional well-being. After two weeks, users will receive a professional assessment. They can then share that assessment with their healthcare professional.

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

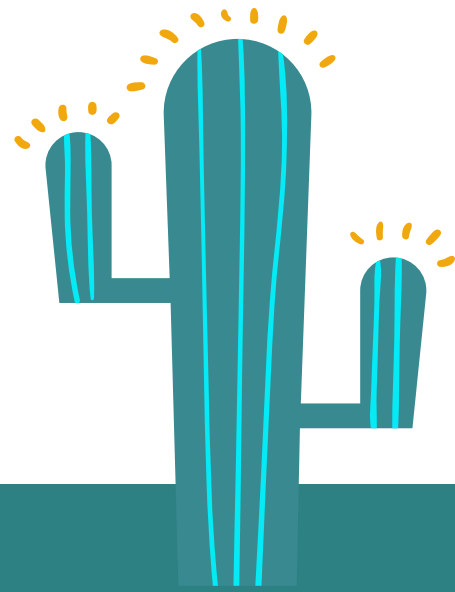
Prevention Coach:
Paige Phelps, pphelps@susd.org

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@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

