

MAY 8, 2020

SUSD SUPPORT SERVICES NEWSLETTER



Scottsdale *Unified*
SCHOOL DISTRICT

Free Meals Program for Children Extended Through June 24

Beginning May 20, families will now be able to receive seven days of breakfasts and lunches for every child, up from five days' worth. Families in need will be able to receive free meals for children ages 1–18 through Wednesday, June 24. The Scottsdale Unified School District (SUSD) Nutrition Services Department is expanding its service to both extend the program for five weeks after the last day of school and to expand the amount of food provided at each weekly distribution.

Resource Highlight: **notMYkid** INSPIRING POSITIVE LIFE CHOICES

notMYkid is a nonprofit organization that provides children and families with truly lifesaving programs, support, resources, and education. Their mission the past two decades has been to empower and educate youth, families, and communities with the knowledge and courage to identify and prevent negative youth behavior.

Available until May 21st, notMYkid is providing SUSD with a link to their Vaping and Other Substances Virtual Parent Education Presentation!

Link: https://us02web.zoom.us/rec/share/x-ptF-qo-UdOU6vq6VncVr4gOKXLX6a8hyMf_FfzEY2fyM91JjLLqdeXx5MAgL

Lastly, check out their **Win This Year Podcast** which shares information and strategies to parents and educators on the **topics of substance use, suicide, bullying, internet safety, social media, body image, relationships, anxiety, self-injury, depression, and more.**



Helping Children Cope with Changes Resulting from Covid-19



Just a few weeks ago, talking to your kids about difficult subjects felt abstract—even optional. Today, of course, that's all changed. **None of this is easy, but it helps to stay focused on what is possible in order to reinforce a sense of control and to reassure children that they are okay, and that the situation will get better.**

It is very important to remember that children look to adults for guidance on how to react to stressful events. This is a tremendous opportunity for adults to model for children problem-solving, flexibility, and compassion as we all work through adjusting daily schedules, balancing work and other activities, getting creative about how we spend time, processing new information from authorities, and connecting and supporting friends and family members in new ways.

Though discussing things like school shootings, suicide, or a global pandemic can be scary, **it's actually comforting for kids to hear the tough stuff directly from you.** *The key is framing the issues for your kid's age, developmental phase, and temperament, while addressing their specific concerns.* Most tweens can handle some grim news—and they can tell when you're sugarcoating things. Focus on creating an environment where kids feel safe to express their emotions, share what they've heard, and unburden themselves. You don't need to "fix" things for kids this age, but instead, you can put things in perspective, ask open-ended questions, and really listen.

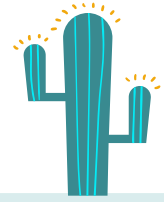
Should I feel guilty about all the screen time my kid is getting? Guilt is unproductive—and, according to the latest research on the impact of screen time on kids, unnecessary. In fact, screen quality—which games they play, which shows they watch, what kinds of interactions they have—matters a lot more. **As long as you're making an effort to find high-quality, age-appropriate content, they'll be fine, and they may even learn something!** In fact, the time at home with kids presents an opportunity to bond, even over media. There's a ton of good stuff out there—let your kids use it, use it with them, and don't guilt yourself over something that can still be part of a healthy, balanced childhood—especially during these times of heightened stress.

For more information and to access several helpful tips on this topic please click on the link below:

[National Association of School Psychologists](#)
[Common Sense Media](#)



CALMING THE CHAOTIC MIND



The Benefits of Practicing Mindfulness

Mindful Heart = Ripple of Happiness

Take a moment to settle in to your mindfulness posture or seat, close your eyes and take a deep breath.

Think of a person you love or care about. It may be someone you live with, a friend, a teacher or even a pet.

Imagine this person doing the things that make them smile. Simply take the first image that comes to mind. Maybe it's cooking, taking a walk, playing video games, etc..

As you imagine this person, notice how you're feeling in your heart. Now we're going to send wishes to your person. What do you most wish for this person and silently recite that to yourself. Maybe it's "I wish for you to be healthy, I wish for you to be happy, I wish for you to be peaceful, I wish for you to be joyful"

Imagine the person is feeling your wishes. Imagine your wishes are like texts able to reach your person instantly and they begin to get happier and happier.

Gently let the image of the person fall away and bring your attention back to your breath and gently open your eyes.

Practice this mindfulness technique with yourself this week - what wishes would you send to yourself and notice how it feels and rate your happiness level from 1 (lowest) to 10 (highest).

10 Things to Do With Kids Inside

Activities to do as a Family

- 1) Play indoor hide and seek
- 2) Throw a family dance party—make decorations, create a playlist and then dance!
- 3) Bake together. Make a new recipe. Cookies are always fun!
- 4) Go camping in the living room
- 5) Play board games or create your own board game as a family
- 6) Design and go on an indoor treasure hunt
- 7) Plan a family garden
- 8) Make friendship bracelets
- 9) Have an indoor picnic
- 10) Listen to an audiobook or podcast as a family





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. Many therapists have sliding scale fees to make it more affordable.

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](#)

Resource Highlight: Aurora

Using Telehealth, Aurora provides group therapy for mental health and addiction treatment using secure HIPPA-compliant platforms to individuals 13 years and older. These sessions are facilitated directly from our licensed clinical staff members from the comfort of your home and is covered by most insurance companies.



Upcoming FREE Virtual Parent Education Series

Virtual Support Groups for Teens

Arizona Attorney General's Office Webinars

- 5/20: Internet Safety for Parents
- 5/21: Human Trafficking
- 5/22: E-Cigarette Awareness
- 5/27: Anti-Bullying for Parents
- 5/28: Opioid Awareness and Prevention

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.

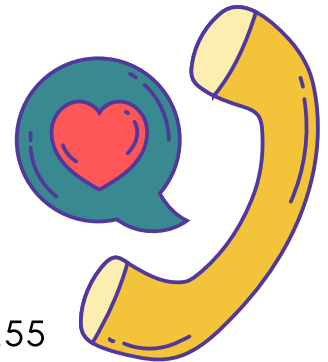


- **MoodPath:** helps teens to detect symptoms of depression. Three times a day, users receive a question about their emotional well-being. After two weeks, users will receive a professional assessment. They can then share that assessment with their healthcare professional.

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**: 480-784-1500 or 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

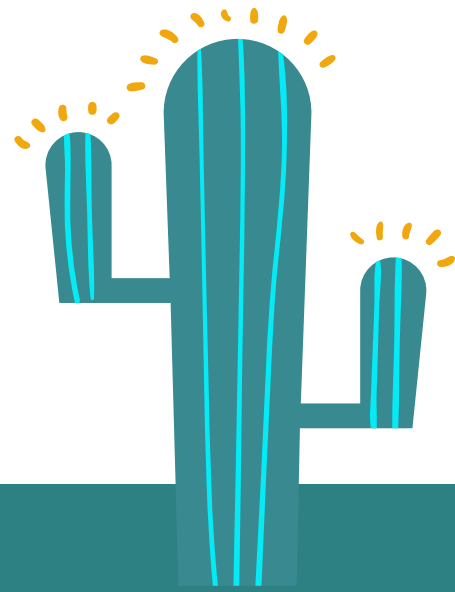
Prevention Coach:
Paige Phelps, pphelps@susd.org

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

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Cocopah

Toni Rantala, trantala@susd.org

June Solod, jsolod@susd.org

Copper Ridge

Deborah Philips, dphilips@susd.org

Mohave

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Todd Kemmerer, tkemmerer@susd.org

Desert Canyon Middle School

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Jill Weller, jweller@susd.org

Mountainside

Dale Merrill, dmerrill@susd.org

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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

