

MAY 22, 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.

## Summer School Update

We are excited to inform SUSD families that online high school summer school this year is free of charge to all currently enrolled high school SUSD students, pending space in online courses. Due to concern for the safety of our students and staff during the Covid-19 pandemic, **all summer school classes will occur online for June and July.**

We are exploring the possibility of offering class support lab hours at Coronado High School during the July session. More information will be provided towards the end of June, as we explore this option. Students enrolled in on campus classes will automatically be transferred to an online course.

If you paid for your student to attend either on campus classes or online classes for the month of June or July, please complete the refund form below.

[Summer School Refund Link](#)

Stay safe and healthy.

## 18 SUMMER IDEAS TO DO WITH YOUR FAMILY

1. Bike, scooter, or Ripstick in the driveway: You can set up an obstacle course or try new tricks.
2. Build a Fairy House - [here are instructions for building one from the official Fairy Houses website](#)
3. Star gaze: Learn and find constellations
4. Climb a tree
5. Enjoy the classics: Play hopscotch, 4-square Mother May I, or jump rope.
6. Get artsy with chalk, water soluble paint, or MUD
7. [Hunt for worms](#)
8. Let rain inspire art
9. Perk up your plants
10. Play flashlight tag
11. Collect leaves and press them to [make place mats](#)
12. Create a nature journal and record what you see
13. Hang a bird feeder and count the birds
14. Catalog the birds in your neighborhood by listening to their sounds and songs
15. Make luminarias and light up your driveway
16. Make a rock garden for your yard
17. Go on a bike ride
18. After a walk or bike ride, create a map of your neighborhood - ["Cat in the Hat Can Map This and That" tool](#)

**For More Summer Ideas Check out  
these websites below**

[100 Fun Summer Ideas for Kids and Parents: Verywell Family.](#)

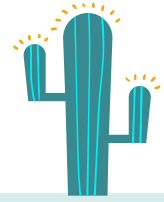
[Phoenix: Top 20 places to take kids](#)

[30 Affordable Activities in Phoenix this Summer](#)

[Free Activities in Phoenix](#)



# CALMING THE CHAOTIC MIND



## The Benefits of Practicing Mindfulness

### Choose an Attitude of Gratitude

When things are difficult, **one of the best ways to uplift our minds and spirits is to find sources of gratitude.** There may be things in our lives that make us angry, frustrated or sad, however if we focus on those things, we will only notice more of those things. The same is true **if we focus on positive, joyful, happy things, we will see and create more of these experiences and feelings.** *You cannot feel grumpy and grateful at the same time so why not choose to feel grateful!*

#### Practice Gratitude...

\*settle into your mindful posture and gently close your eyes. Take a few deep, cleansing breaths and **bring to mind 3 people or things you're grateful for** (maybe it's someone in your family, friend, pet, a significant item or situation) and connect with what it is about the person, pet, item or situation you're grateful for.

\***Notice how it makes you feel thinking about being grateful** for the person, pet, item or situation and just breath that feeling inside of you.

\*If you're having a difficult time thinking of someone or something to feel grateful for just imagine all the little things that might make us happy if we just focused our attention on them (a smile, your breath, favorite food, color, sunshine, a cool breeze, etc..)

## Gratitude Journal

### Activities to do as a Family

Find at least 3 things each day you feel grateful for and write them down in your journal and notice how it makes you feel.

\*Optional...create a gratitude box! Find a box and put things that make you feel happy such as, pictures of family, friends, places you've been, magazine pics of places you want to experience, special momentum, poem, favorite quotes, etc..





# 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



**Upcoming FREE Virtual Parent Education Series**

**Virtual Support Groups for Teens**

### Arizona Attorney General's Office Webinars

- 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.

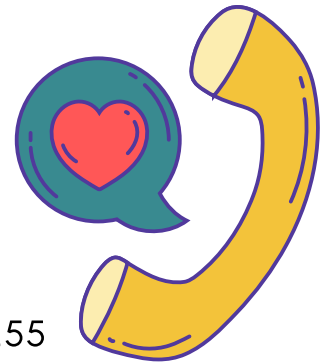


- **MoodPath:** helps teens to detect symptoms of depression. Three times a day, users receive a question about their emotional well-being. After two weeks, users will receive a professional assessment. They can then share that assessment with their healthcare professional.

# 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](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

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## **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**

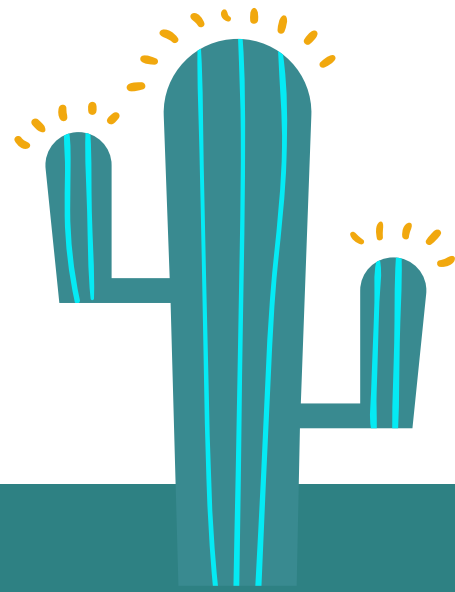
Prevention Coach:  
Paige Phelps, pphelps@susd.org

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

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## **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

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## **Social Worker:**

Karey Trusler, ktrusler@susd.org

Google Classroom code: 7yftwa2

## **Clinical Support Coordinator:**

Shannon Cronn, scronn@susd.org

