

Support Services Newsletter

FEBRUARY 2021



Scottsdale *Unified*
SCHOOL DISTRICT



DID YOU KNOW?

**February 13-19, 2022
is Random Acts of Kindness
Week**



HOW CAN YOU SHOW KINDNESS TO OTHERS?



BE CONFIDENT use a reusable grocery bag **HANG CLOTHES TO DRY**
 read a **BOOK** **LAUGH OFTEN** bake cookies for a friend
bike instead of drive *plant a tree* send a nice text to an unknown number
STAND UP FOR A FRIEND take some time for yourself **CLEAN YOUR ROOM**
 switch to paperless mail **SEND A POSTCARD** **SMILE**
carpool to work **exercise** donate your old clothes to charity
 bring toys to a children's hospital call your grandparents share a recipe
 text an old friend **high five a stranger** *babysit for free*
tell someone you love them use a travel mug **ADOPT A SHELTER PET**
 make a bucket list (no start it!) **LOVE YOURSELF** *thank a teacher*
 put a bird feeder in your yard write a review for a local business
 tie scarves around trees **Volunteer** hug a loved one
 HIDE A SURPRISE IN YOUR FAVORITE LIBRARY BOOK congratulate a friend
PRACTICE PATIENCE give socks to a homeless person **DO THE DISHES**
 start a community garden walk a dog bring soup to a sick friend
 compliment someone **OFFER TO HELP WITH YARD WORK** **THANK YOUR BUS DRIVER**
 deliver flowers to a well-deserving mother **WRITE TO A PENPAL** **BELIEVE IN YOURSELF**
PICK UP GARBAGE ON THE STREET VISIT A NURSING HOME fund an online campaign
 give a stranger a lottery ticket **DON'T EAT MEAT FOR A DAY** *be kind to every kind*



RANDOM ACTS OF KINDNESS
FOUNDATION

randomactsofkindness.org



Upcoming Community Presentations

notMYkid™
INSPIRING POSITIVE LIFE CHOICES

SCREEN AGERS

GROWING UP IN THE DIGITAL AGE

"SCREENAGERS"
PROMPTS PARENTS &
TEENS TO TALK ABOUT
SMARTPHONE USAGE

PART 1

Date: WEDNESDAY, FEBRUARY 16TH

Time: 6-7pm

**Where: Desert Mountain High School
(will also be a virtual option)**

[CLICK HERE TO REGISTER](#)

Are you watching kids scroll through life, with their rapid-fire thumbs and a six-second attention span? Physician and filmmaker Delaney Ruston saw that with her own kids and learned that the average kid spends 6.5 hours a day looking at screens. She wondered about the impact of all this time and about the friction occurring in homes and schools around negotiating screen time—friction she knew all too well.

SCREEN AGERS NEXT CHAPTER

UNCOVERING SKILLS FOR STRESS RESILIENCE

PART 2

Date: WEDNESDAY, FEBRUARY 23RD

Time: 6-7pm

**Where: Desert Mountain High School
(will also be a virtual option)**

[CLICK HERE TO REGISTER](#)

Filmmaker and physician Delaney Ruston uses a personal lens and professional eye to help us all flip the script on stress, anxiety, and depression. We follow Delaney as she finds herself at a loss on how to help her own teens as they struggle with their emotional wellbeing. Ruston sets out to understand these challenges in our current screen-filled society, and how we as parents and schools empower teens to overcome mental health challenges and build emotional agility, communication savvy, and stress resilience.



The Well
A Place to Fill Up

the parents group by notMYkid™

Teens are facing more challenges than ever, and parents need a place to go for answers, support, and resources. The Parents Group, by notMYkid, is a recurring meeting **Monday night at 6PM** open to parents of teens.

The Parents Group will focus on issues related to mental health, substance use, and overall obstacles facing teens today.

THE PARENTS GROUP PRIMARY GOALS:

- **To provide education** about current issues that are affecting our kids and how to best communicate and protect them.
- **To provide support** in a safe space without judgement.
- **To provide access to available resources** and help give parents the tools necessary to prevent substance use and better support our kids.

We simply want to provide space for open and honest communication!



Meetings are free and participants are asked to keep group discussions confidential for the safety of all families and kids.

PLEASE SCAN THE QR CODE TO REGISTER OR TO BE KEPT INFORMED OF FUTURE MEETING TIMES AND SCHEDULES.

The Parents Group, hosted by notMYkid, will be facilitated by behavioral health staff to continue serving the company's mission. notMYkid is a non-profit organization that has been meeting the unique needs facing youth and their families in the community for over 20 years.



The Well
A Place to Fill Up

5310 East Shea Blvd | Scottsdale, AZ 85254
602.652.0163 | notmykid.org

notMYkid[®] tutoring plus

MONDAYS
GRADES 6-8

WEDNESDAYS
GRADES 9-12

4PM - 6PM

- Structured environment for homework help
- Study Group with experienced tutor lead
- One-on-one instruction
- Multi-subject expertise
- Grades 6-12 welcome

WEEKLY
REGISTRATION
REQUIRED



IN PARTNERSHIP WITH
DIGNITY HEALTH, BHHS, LEGACY FOUNDATION AND GOVERN'S OFFICE FOR YOUTH, FAITH AND FAMILY!

notMYkid[®]



The Well
A Place to Fill Up

5310 East Shea Blvd | Scottsdale, AZ 85254 | 602.652.0163 | notmykid.org

v.01|2022



VIRTUAL CLASSES

PARENT SUPPORT GROUP

EVERY WEDNESDAY • 12 pm to 1:30 pm

Join us for a virtual meeting to find support in parenting. The group, led by a Child Crisis Arizona Child and Family Education Specialist and a Therapist, will meet weekly to discuss topics such as maintaining structure and routines, creating boundaries, anything causing you stress or anxiety as a parent.

DRUG TRENDS

WEDNESDAY • 2/9 • 10 am to 12 pm

Parents and caregivers will learn drug use and underage drinking prevention tools.

PARENTING ON THE SAME PAGE

WEDNESDAY • 2/16 • 10 am to 12 pm

Information and strategies for co-parenting children whether you're in the same or separate households. Explore your parenting style and motivation to create a foundation to approach parenting and to further support your children growing into healthy adults.

CONSCIOUS DISCIPLINE

THURSDAYS • 2/10 & 2/17 • 6 pm to 8 pm

Conscious Discipline is an evidence-based, trauma-informed approach to parenting. Learn ways to manage your emotions while helping your child manage their emotions, leading to a stronger parent-child relationship. Learn ways to problem solve during difficult behaviors and use effective consequences as a parent. This program will focus on your child's social and emotional learning.

Pre-Register online at:

register.communitypass.net/ChildCrisisArizona

January 2022 - April 2022

Click on the links below to view full schedules and descriptions.

[VIRTUAL CLASSES AND WORKSHOPS](#)

[IN PERSON COMMUNITY-BASED CLASSES & WORKSHOPS](#)

[CURSOS DE ONTOÑO](#)

Helpful Apps to Boost Mental Health



Headspace: provides a WIDE variety of meditations, sleep, and movement exercises to help you out, however you are feeling. Helps reduce anxiety and stress and improve attention and awareness. Free content.



Calm: includes free meditations for stress, sleep, AND has meditations for kids.



Breathe2Relax: free, designed by the National Center for Telehealth and Technology to teach breathing techniques to manage stress.



Happify: provides science-based activities and games that are meant to reduce stress, build resilience, and overcome negative thoughts.



MoodPath: personalized mental health companion that “learns” from your responses and generates insights and provides resources most relevant to your emotional health.



MoodTools: a self-help app targeting depression. Provides psychoeducation about risk factors, a thought diary, a suicide safety plan, and videos.



PTSD Coach: self-help app from the National Center for PTSD provides education, assesses PTSD, and offers easy to understand tips to manage common PTSD symptoms, and offers additional treatment resources.



Quit That!: free app that helps users beat their habits or addictions. A recovery tool to track and monitor your progress.



Medisafe: a medication reminder app

Shine: a self-care app with research-based strategies to help you reduce stress, boost self compassion, helps with focus and battle burnout.



SUSD SOCIAL WORKERS



Anasazi
Cherokee
Cochise
Desert Canyon
Hohokam
Hopi
Kiva
Laguna
Navajo
Pima
Pueblo
Redfield
Sequoia
Tavan

Elementary Schools

TBD
TBD
Madison Gilbreath madisongilbreath@susd.org
Barbara Cronkhite bcronkhite@susd.org
Holly Leffhalm hleffhalm@susd.org
Sierra Rose sierrarose2@susd.org
Glenda Henman gghenman@susd.org
Virginia Mohammed vmohammed@susd.org
Alexa Barajas Castaneda abarajascastaneda@susd.org
James Tucker jtucker@susd.org
Mayra Nunez mayranunez@susd.org
Haley Passarella hpassarella@susd.org
Andrea Ference aference@susd.org
Kim Meyer kfowlston@susd.org

Middle Schools

Cocopah
Desert Canyon
Ingleside
Mohave
Mountainside

TBD
Mark Weissfeld mweissfeld@susd.org
Erin Stocking estocking@susd.org
Nicole Hall nhall@susd.org
TBD

K-8 Schools

Cheyenne
Copper Ridge
Echo Canyon
Tonalea
Mckinney Vento

Alexandria Fischetti afischetti@susd.org
Sharon James sjames@susd.org
Brenna Fairweather bfairweather@susd.org
Sherena Small ssmall@susd.org
Melissa Medvin mmedvin@susd.org

High Schools

Arcadia
Chaparral
Coronado
Desert Mountain

Saguaro

Whitney Hess whess@susd.org
Leah Stegman lstegman@susd.org
Amanda Turner aturner@susd.org
Karey Trusler/ ktrusler@susd.org
Vanessa Diaz vanessadiaz@susd.org
Mindy Hickman mhickman@susd.org

District Office

Director of Support Services
Clinical Services Coordinator
Prevention Coach
Prevention Coach

Shannon Cronn scronn@susd.org
Matthew Lins matthewlins@susd.org
Dale Merrill dmerrill@susd.org
Lauren Pilato lpilato@susd.org