Support Services Newsletter

FEBRUARY 2021







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 NANG CLOTHES TO SRY LAUGH OFTEN bake cookies for a friend read a Book 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 SMY F carpool to work exercise donate your old clothes to charity bring toys to a children's hospital call Your grandparents Shake a Recipe text an old friend high five a stranger babyoit for free tell sameane you lave them use a travel mug ADOPT A SHELTER PET make a bucket list (* start it!) LOVE YOURSELF thank a teacher put a bird feeder in your yard (write a review for a local business Lie scarves around Lirees Voluntur the 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 tring soup to a sick friend compliment someone OFFER TO HELP WITH YARD WORK FRANK YOUR BUS DRIVER deliver flowers to a well-deserving mother WRITE TO A PENPAL BELIEVE IN YOURSELF PICK UP GARBAGE ON THE STREET VISIT O NURSING HOME fund an online campaign give a stranger a lottery ticket DON'T EAT MEAT FOR A DAY & be kind to every kind



Upcoming Community Presentations



notmykid MINSPIRING POSITIVE LIFE CHOICES

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.

SCREENNEXT CHAPTER

UNCOVERING SKILLS FOR STRESS RESILIENCE

PART 2

Date: WEDNESDAY, FEBRUARY 23RD

Time: 6-7pm

Where: Desert Mountain High School

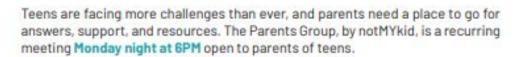
(will also be a virtual option)

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 agilitu. communication savvy, and stress resilience.







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.

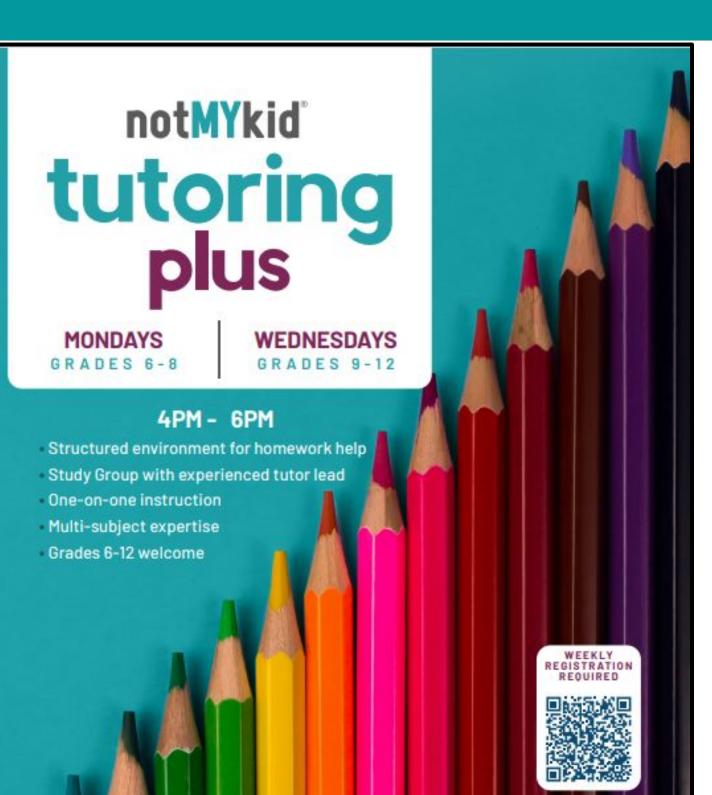
PLEASE SCAN THE OR CODE TO REGISTER OR TO BE KEPT INFORMED OF FUTURE MEETING TIMES AND SCHEDULES.

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.



ARE





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







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



<u>Headspace:</u> 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.



<u>Calm:</u> includes free meditations for stress, sleep, AND has meditations for kids.



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



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



<u>MoodPath:</u> personalized mental health companion that "learns" from your responses and generates insights and provides resources most relevant to your emotional health.





<u>PTSD Coach</u>: 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



<u>Shine</u>: 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

Elementary Schools

Anasazi Cherokee Cochise

Desert Canyon

Hohokam Hopi

Kiva

Laguna Navajo **Pima**

Pueblo Redfield

Cocopah

Ingleside

Mohave

Desert Canyon

Mountainside

Sequoya **Tavan**

Madison Gilbreath Barbara Cronkhite

Holly Leffhalm Sierra Rose

TBD

TBD

Glenda Henman Virginia Mohammed

Alexa Barajas Castaneda

James Tucker Mayra Nunez Haley Passarella

Andrea Ference Kim Meyer

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Middle Schools

TBD

Mark Weissfeld **Erin Stocking Nicole Hall**

TBD

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afischetti@susd.org

bfairweather@susd.org

sjames@susd.org

ssmall@susd.org

mmedvin@susd.org

K-8 Schools

Cheyenne **Copper Ridge Sharon James**

Echo Canyon

Tonalea

Arcadia

Chaparral

Coronado

Mckinney Vento

Alexandria Fischetti

Brenna Fairweather

Sherena Small Melissa Medvin

High Schools

Whitney Hess Leah Stegman Amanda Turner Karey Trusler/

Mindy Hickman

Vanessa Diaz

District Office

Director of Support Services Shannon Cronn Dale Merrill Lauren Pilato

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Desert Mountain

Saguaro

Clinical Services Coordinator Matthew Lins Prevention Coach Prevention Coach