

Support Services Newsletter

September 2022



Scottsdale *Unified*
SCHOOL DISTRICT





SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

September is National Suicide Prevention Month. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

National Suicide Prevention Week is **September 4 - September 10**. It is a time to share resources and stories, as well as promote suicide prevention awareness.

World Suicide Prevention Day is **September 10**. It is a time to remember those affected by suicide, to raise awareness and to focus efforts on directing treatment to those who need it most.

WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

988 Suicide & Crisis Lifeline
Call or text 988
Chat at 988lifeline.org

Crisis Text Line
Text "HELLO" to 741741



National Institute
of Mental Health

nimh.nih.gov/suicideprevention

2022 Statistics on Depression and Suicide in Teens

Studies examining depression and suicide among teens reveal the following troubling statistics:

- Studies examining depression and suicide among teens reveal the following troubling statistics. In the past 10 years, suicide rates among young people ages 10–17 have increased by **more than 70 percent**.
- Suicide is the **second leading cause of death** in the United States among ages 15–24.
- Every day in the United States, there are more than 3,000 suicide attempts by high school students, according to the Jason Foundation.
- Current teen suicidal stats from the National Alliance on Mental Illness show that 20 percent of high school students have seriously considered suicide, and 9 percent have made suicide attempts.
- Rates of suicide in youth are twice as high in Black teens as compared to their white peers, according to the American Academy of Adolescent Psychiatry. Among Black male teens, the suicide rate increased by 60 over the past two decades.
- Adolescent suicide rates **significantly increased** in a number of states during the pandemic.
- **Half of LGBTQ teens** considered suicide in the past year, and 18 percent made a suicide attempt.
- The number of teens admitted to children's hospitals as a result of suicidal thoughts or self-harm has **more than doubled** during the last decade.
- The United States faces a severe shortage of practicing child and adolescent psychiatrists, with over **85 percent** of doctor's offices reporting difficulty locating mental healthcare providers for their patients under 18.



Upcoming Community Presentations

Tuesday, September 13, 2022 AT 6 PM

TEEN MENTAL HEALTH

notMYkid's Teen Mental Health presentation teaches the definition of depression, common myths and misconceptions around depression/self-harm/suicide, signs and symptoms that occur when a person is experiencing depression, and how to identify and respond when someone is experiencing depression.

[**Click for more information and registration**](#)

Tuesday, September 27, 2022 at 6 PM

Rx MISUSE

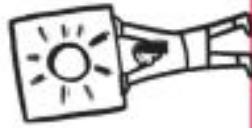
notMYkid's Rx Misuse presentation teaches parents and caregivers on the reality of the opioid epidemic in Arizona. This includes education on prescription medication misuse, fentanyl and counterfeit pills. The presentation teaches the signs of substance use, signs of fentanyl use and overdose, and what to do if someone is experiencing an overdose. Parents and caregivers will takeaway prevention strategies on how to start a conversation with their youth surrounding substance use and how to set clear rules about drugs and alcohol.

[**Click for more information and registration**](#)

Self-Care September 2022



MONDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

TUESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

WEDNESDAY



7 Give yourself permission to say 'no'

THURSDAY

1 Find time for self-care. It's not selfish, it's essential

FRIDAY

2 Notice the things you do well, however small

SATURDAY

3 Let go of self-criticism and speak to yourself kindly

SUNDAY



4 Plan a fun or relaxing activity and make time for it

10 When you find things hard, remember it's ok not to be ok

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 No plans day. Make time to slow down and be kind to yourself

18 Ask a trusted friend to tell you what strengths they see in you

19 Notice what you are feeling, without any judgement

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Avoid saying 'I should' and make time to do nothing

26 Find a new way to use one of your strengths or talents

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

Happier · Kinder · Together



VIRTUAL CLASSES

BULLYING; SIGNS, SYMPTOMS, AND SOLUTIONS

MONDAY • 9/12 • 10 a.m. to 12 p.m.

A bully is defined as an individual who seeks out others that are viewed as vulnerable, with intent to cause harm. Bullying is a reality for our youth, and it's important to know signs and strategies to support those who are bullying and being bullied.

ADVERSE CHILDHOOD EXPERIENCES

MONDAY • 9/12 • 5 p.m. to 7 p.m.

Childhood trauma affects behavior into adulthood. Learn about the behavioral impacts, and how to promote healthy behaviors to keep kids safe. Explore strategies to build emotionally healthy families by learning about the healing process.

OPIOID AWARENESS AND PREVENTION

WEDNESDAY • 9/14 • 10 a.m. to 11:30 a.m.

This presentation focuses on the opioid epidemic plaguing Arizona. We will discuss numerous topics relating to how opioids can negatively affect students. Placing heavy focus on prevalence, prevention, and support.

DRUG TRENDS

MONDAY • 9/19 • 10 a.m. to 11:30 a.m.

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

ADVERSE CHILDHOOD EXPERIENCES- EXTENDED 2 PART SERIES

TUESDAYS • 9/20 & 9/22 • 10 a.m. to 12:00 p.m.

This two part class series will provide: an overview of what ACEs mean, including the short and long term impact of ACEs; guidance on trauma and toxic stress's connection to development and behaviors; strategies to build resiliency and promote post traumatic growth.

A GUIDE TO HEALTHY TEEN DATING

THURSDAY • 9/22 • 10 a.m. to 12 p.m.

Walk away with a better understanding of how to influence your teen to have healthy teen dating relationships while also learning the signs of dating violence. This workshop is recommended for parents with children as young as 11-years.

SAFE AND SECURE ONLINE

MONDAY • 9/26 • 6 p.m. to 7:00 p.m.

Presented by The Center for Cyber Safety and Education (Center), this program aims to support cyber security education for parents including topics such as cyberbullying, online identity and image protection, scam identification, social networking safety, and computer safety.

SNAPCHAT AS A DRUG DEALING TREND

WEDNESDAY • 9/28 • 6 p.m. to 7:30 p.m.

Social Media has become part of our children's life which can include some risks and dangers. In this course you will be learning about the risks of using Snapchat, how it may be used to access substances, and what you can do to protect your children from the risks.

Pre-Register online at:

register.communitypass.net/ChildCrisisArizona

FALL 2022

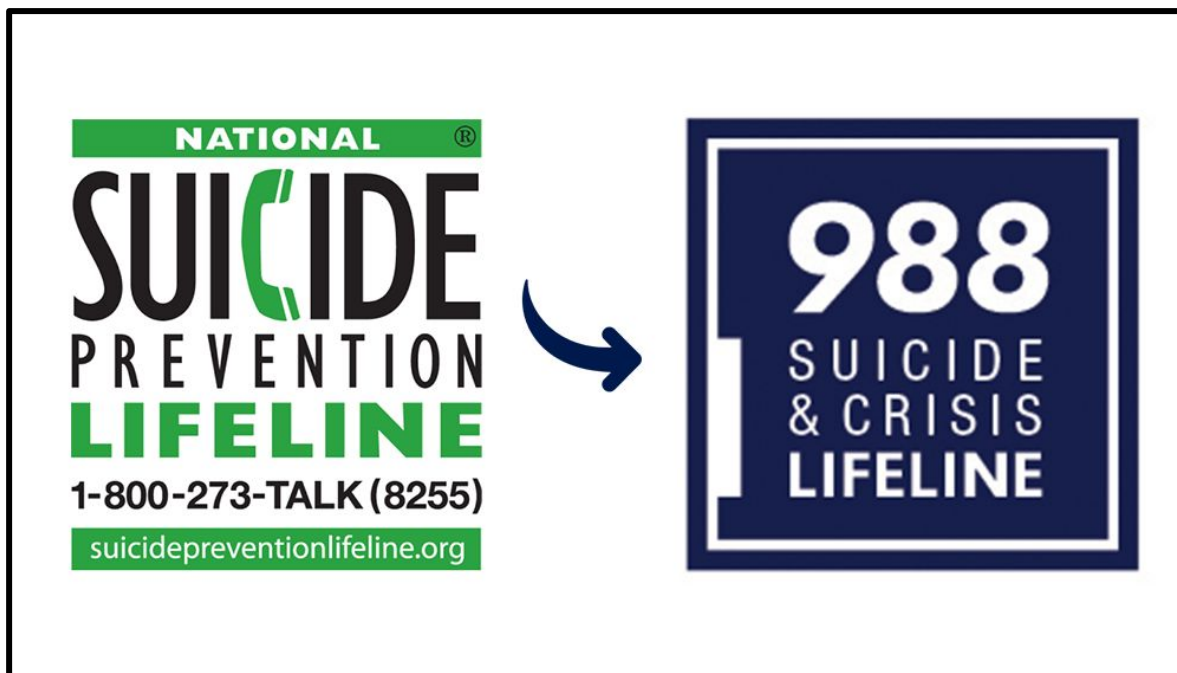
Click on the links below to view spring schedules and descriptions.

[VIRTUAL CLASSES AND WORKSHOPS](#)

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

[CURSOS DE ONTOÑO](#)

MENTAL HEALTH RESOURCES:
Click on the following images for links to these resources.



July 16th, 2022 marked the launch of 988, the new number for the 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline). Much like how we already use 911 for emergencies, 988 will be used for mental health crises.

The new 988 dialing code will help people get assistance earlier in a crisis before it escalates. With proper education and awareness, everyone in the country will have an immediate, accessible mental health resource and those in crisis won't need to call 911 for mental health emergencies.

SUSD MENTAL HEALTH
RESOURCE PARTNERS



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

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v.01|2022



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 battles burnout.



SUSD SOCIAL WORKERS



Elementary Schools

Anasazi Cherokee Cochise Desert Canyon Hohokam Hopi Kiva Laguna Navajo Pima Pueblo Redfield Sequoia Tavan Yavappai	TBD Nicole Hall Madison Gilbreath Lauren Loiacono Holly Leffhalm Sierra Rose Glenda Henman Virginia Mohammed Alexa Barajas Castaneda TBD Mayra Nunez Haley Passarella Andrea Ference Kim Meyer TBD	nhall@susd.org madisongilbreath@susd.org lloiacono@susd.org hleffhalm@susd.org sierrarose2@susd.org ghenman@susd.org vmohammed@susd.org abarajascastaneda@susd.org mayranunez@susd.org hpassarella@susd.org aference@susd.org kfowlston@susd.org
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Middle Schools

Cocopah Desert Canyon Ingleside Mohave Mountainside Tonalea Mckinney Vento	Laura Pederson Cynthia O'Brien Erin Stocking Julie Jimenez Laura Pederson Sherena Small Melissa Medvin	lpederson@susd.org cobrien@susd.org estocking@susd.org jjimenez@susd.org lpederson@susd.org ssmall@susd.org mmedvin@susd.org
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K-8 Schools

Cheyenne Copper Ridge Echo Canyon	Alexandria Fischetti Sharon James Brenna Fairweather	afischetti@susd.org sjames@susd.org bfairweather@susd.org
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High Schools

Arcadia Chaparral Coronado Desert Mountain Saguaro	Whitney Hess Leah Stegman Nicole Tarter Karey Trusler Karen Beatty	whess@susd.org lstegman@susd.org ntarter@susd.org ktrusler@susd.org kbeatty@susd.org
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District Office

Director of Support Services Clinical Services Coordinator MTSS Secondary Coordinator Prevention Specialist Behavior Intervention Specialist Behavior Intervention Specialist	Shannon Cronn Matthew Lins Dale Merrill Lauren Pilato Susan Wertheim Rhonda Witherspoon	scronn@susd.org matthewlins@susd.org dmerrill@susd.org lpilato@susd.org swertheim@susd.org rwitherspoon@susd.org
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