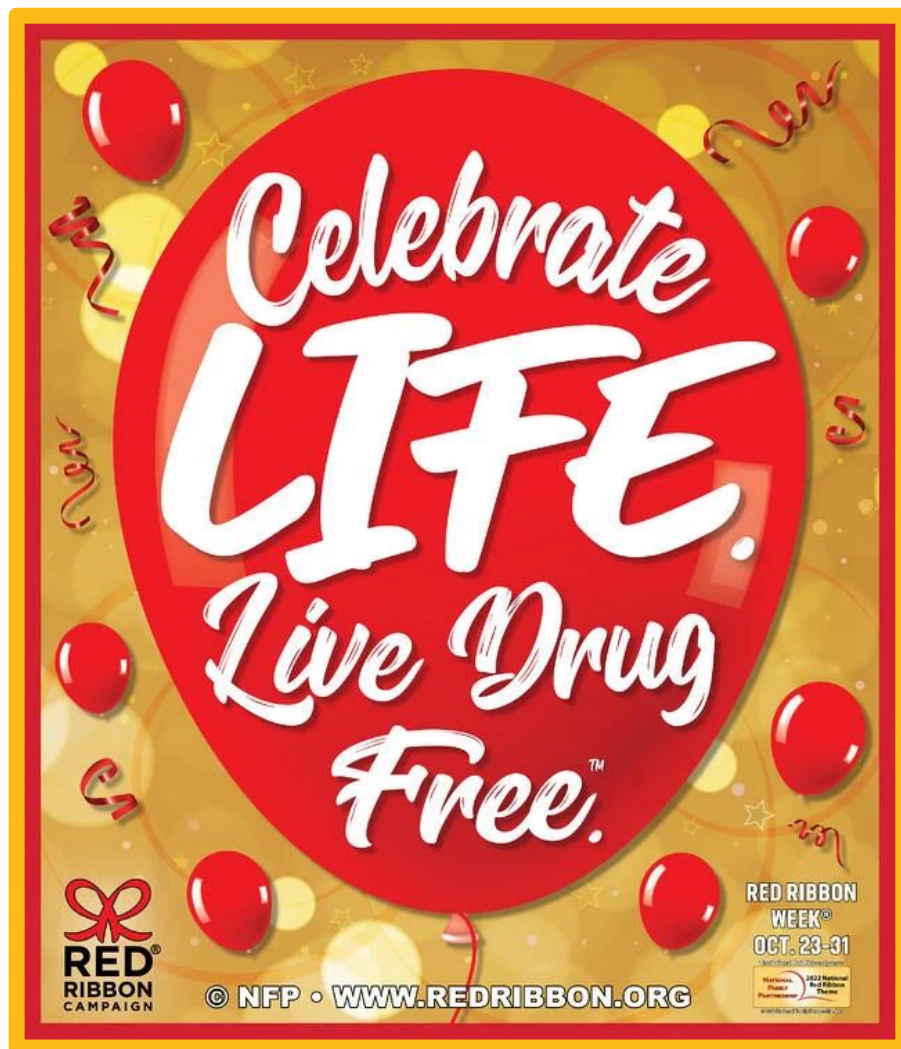


Support Services Newsletter

OCTOBER 2022



Scottsdale *Unified*
SCHOOL DISTRICT



DID YOU KNOW?

- Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't; yet, only a quarter of teens report having these conversations.
- Red Ribbon Week® (October 23-31), the oldest and largest drug prevention campaign in the nation, is your opportunity to get the ongoing conversation started.
- This year's theme is Celebrate Life. Live Drug Free.™ Visit www.redribbon.org to learn more about Red Ribbon Week® and get tips for talking to your kids about drugs. The life you save may be that of your own child or a dear friend.

Some Tips...

- Use Red Ribbon Week as an opportunity to continue talking to your kids about drugs. Let them know that alcohol and drug use will not be tolerated.
- Enter the Red Ribbon Photo Contest for a chance to win an iPad for you and your family - and \$1,000 for your child's school.
- Encourage your kids and other students to take a stab at creating the [2023 National Red Ribbon Theme](#). Gain national recognition and \$500 of Red Ribbon theme merchandise for your child's school. This year's theme was created by Marin Wurst, a 7th grader at Solon Middle School in Solon, Ohio.
- Use our **social media tips** to post Red Ribbon Week messages on your Facebook and Twitter accounts.
- Secure and take inventory of your medicine cabinet to prevent prescription drug abuse.
- Sign the **Red Ribbon Pledge**.
- Get to know the parents of your children's friends. Work together to set boundaries and monitor behavior.



Celebrate Being Drug Free

Print out the **Red Ribbon Theme sign**, add your name, hold it up and post a photo that shows us you're committed to living drug free. Use the hashtag #LivingDrugFree.

Facebook & Twitter: @RedRibbonWeek

Instagram: @RedRibbonCampaign



Upcoming Community Presentations














**Tuesday, October 25, 2022
at 6 - 7:15 PM**

RED RIBBON WEEK EXPERT PANEL

notMYkid and SUSD are partnering to provide a crucial discussion on the reality of opioids and fentanyl in our community, the impact it is having on youth and families, what we can do to prevent it, and how to help keep our youth safe. This panel-style event will feature professionals from SUSD, Scottsdale Fire, and notMYkid who will speak on this critical issue to inform parents and caregivers and answer any questions they may have.

Stay Tuned for more information about registration!

DRUG GUIDE FOR PARENTS: LEARN THE FACTS TO KEEP YOUR TEEN SAFE




Street Names / Commercial	Alcohol	Cocaine/Crack	Cough Medicine/DM	Ecstasy/MDMA	Heroin	Inhalants	Marijuana	Methamphetamine	Prescription Pain Relievers	Prescription Sedatives and/or Tranquilizers	Prescription Stimulants	Steroids	Tobacco
													
	Booze	Big C, Blow, Bump, Coke, Nose Candy, Rock, Snow	Dex, Red Devils, Robo, Triple C, Tusssin, Skittles, Syrup	Adam, Bean, E, Roll, X, XTC	Big H, Black Tar, Dope, Junk, Shunk, Snack	Whippets, Bagging, Huffing, Poppers, Snappers, Dusting	Blunt, Boom, Dope, Grass, Hash, Herb, Mary Jane, Pot, Reef, Skunk, Weed	Ice, Chalk, Crank, Crystal, Fire, Glass, Meth, Speed	Codine, OxyContin (Oxy, O.C.), Percocet (Percs), Vicodin (Vike, Vitamin V)	Mebaral, Quaaludes, Xanax, Valium	Adderall, Dextroline, Ritalin	Juice, Rhoide, Slackers, Pumpers, Gym Candy	Cancer Sticks, Chew, Cigarettes, Dip, Fags, Smokes
Looks Like	Liquid (types include beer, wine, liquor)	White crystalline powder, chips, chunks or white rocks	Liquid, pills, powder, gel caps	Branded tablets (Playboy bunnies, Nike swoosh)	White to dark brown powder or tar-like substance	Paint thinners, glues, nail polish remover, whipped cream aerosol, air conditioner fluid (Freon) and more	A green or gray mixture of dried, shredded flowers and leaves of the hemp plant	White or slightly yellow crystal-like powder, large rock-like chunks	Tablets and capsules	Multi-colored tablets and capsules; some can be in liquid form	Tablets and capsules	Tablet, liquid or skin application	Brown, cut up leaves
How It's Used/Abused	Alcohol is drunk	Cocaine can be injected, crack can be smoked	Swallowed	Swallowed	Injected, smoked, freebased or snorted	Inhaled through nose or mouth	Smoked, brewed into tea or mixed into foods	Swallowed, injected, snorted or smoked	Swallowed or injected	Swallowed or snorted	Keeps you attentive and focused	Will guarantee a spot on the starting lineup	Smoked or chewed
What Teens Have Heard	Makes a boring night fun	Keeps you amped up; you'll be the life of the party	Causes a trippy high with various plateaus	Enhances the senses and you'll love everyone	Full-on euphoria, but super risky	A cheap, 20-minute high	Relaxing, not dangerous and often easier to get than alcohol	Can keep you going for days	A free high, straight from the medicine cabinet	A great release of tension	Keeps you attentive and focused	Will guarantee a spot on the starting lineup	An oral fixation and appetite suppressant
Dangerous Because	Impairs reasoning, clouds judgement. Long-term heavy drinking can lead to alcoholism and liver and heart disease	Can cause heart attacks, strokes and seizures. In rare cases, sudden death on the first use	Can cause abdominal pain, extreme nausea, liver damage	Can cause severe dehydration, liver and heart failure and even death	Chronic heroin users risk death by overdose	Chronic exposure can produce significant damage to the heart, lungs, liver and kidneys. Can induce death	Can cause memory and learning problems, hallucinations, delusions and depersonalization	Chronic long-term use, or high dosages, can cause psychotic behavior (including severe respiratory depression that can lead to death and other harmful consequences)	A large single dose can cause severe respiratory depression that can lead to death	Slows down the brain's activity and when a user stops taking them, there can be a rebound effect, possibly leading to seizures and other harmful consequences	Taking high doses may result in dangerously high body temperatures and an irregular heartbeat. Potential for heart attacks or strokes	Boys can develop breasts, girls can develop facial hair and a deepened voice. Can cause heart attacks and strokes	Cigarette smoking harms every organ in the body and causes coronary heart disease, and stroke, as well as many forms of cancer
Teen Usage (Grades 9-12)	1 in 2 teens drank alcohol in the last year	1 in 10 teens has abused cocaine or crack in their lifetime	1 in 7 teens has abused cough medicine in their lifetime	1 in 8 teens has abused Ecstasy in their lifetime	1 in 20 teens has abused heroin in their lifetime	1 in 6 teens has abused inhalants in their lifetime	Nearly 1 in 2 teens has abused marijuana in their lifetime	1 in 12 teens has abused methamphetamine in their lifetime	1 in 7 teens has abused prescription pain relievers in their lifetime	1 in 13 12th graders has abused sedatives and/or tranquilizers in their lifetime	1 in 8 teens has abused Ritalin or Adderall in their lifetime	1 in 15 teens has abused steroids in their lifetime	1 in 5 teens smoked cigarettes in the last 30 days
Signs of Abuse	Slurred speech, lack of coordination, nausea, vomiting, hangovers	Nervous behavior, restlessness, bloody noses, high energy	Slurred speech, loss of coordination, disorientation, vomiting	Teeth clenching, chills, sweating, dehydration, anxiety, unusual displays of affection	Track marks on arms, slurred speech, vomiting	Missing household products, a drunk, dazed or dizzy appearance	Slowed thinking and reaction time, impaired coordination, paranoia	Nervous physical activity, scabs and open sores, decreased appetite, inability to sleep	Medicine bottles present without illness, Rx bottles missing, disrupted eating and sleeping patterns	Slurred speech, shallow breathing, sluggishness, disorientation, lack of coordination	Lack of appetite, increased alertness, attention span and energy	Rapid growth of muscles, opposite sex characteristics and extreme irritability	Smell on clothes and hair, yellowing of teeth and fingers that hold cigarettes
Important to Know	Being a child of an alcoholic places children at greater risk for developing alcohol problems	Cocaine is one of the most powerfully addictive drugs	The "high" from cough medicine is caused by ingesting a large amount of its stimulant properties which allow users to dance for long periods of time	Can be addictive. A popular club drug because of its stimulant properties which allow users to dance for long periods of time	Heroin overdose is a particular risk on the street, where the purity of the drug cannot be accurately known	More than 1000 common products are potential inhalants that can kill on the first use or any time thereafter	Contrary to popular belief, marijuana can be addictive	Meth has a high potential for abuse and addiction, putting children at risk, increasing crime and causing environmental harm	Abusing prescription painkillers is just as dangerous, addictive and deadly as using heroin	Using prescription sedatives and tranquilizers with alcohol can slow both the heart and respiration and possibly lead to death	Many teens abuse this prescribed medication to help them cram for exams or suppress their appetite	Teens who abuse steroids before the typical adolescent growth spurt risk staying short and never reaching their full adult height	Secondhand smoke contributes to more than 35,000 deaths related to cardiovascular disease

Find more tools and tips at www.drugfree.org.



I Support Red Ribbon Week®

I Pledge To Grow Up Safe, Healthy & Drug Free By:

-  Understanding the dangers of drug use and abuse.
-  Respecting myself and being drug free.
-  Spreading the word to family and friends about the importance of being healthy and drug free.




Name _____ School _____

Download tips for fun Red Ribbon activities at www.redribbon.org



Yo Apoyo la Red Ribbon Week®

Me comprometo a crecer fuerte, sano y libre del consumo de alcohol y las drogas:

-  Comprender los peligros del consumo y abuso de las drogas.
-  Respetarme a mi mismo y permanecer libre del uso de drogas.
-  Compartir con familiares y amigos acerca de la importancia de permanecer saludable y libre del consumo del alcohol y las drogas.

Nombre _____ Escuela _____

Download tips for fun Red Ribbon activities at www.redribbon.org



VIRTUAL CLASSES

FENTANYL IN ARIZONA AND OUR CHILDREN

WEDNESDAY • 10/5 • 6 p.m. to 7:30 p.m.

Fentanyl is a danger for our community and children. In this course learn about what fentanyl is, how big the problem is and what we can do as caregivers to keep our children safe from this dangerous substance.

SUICIDE AWARENESS & PREVENTION FOR PARENTS

TUESDAY • 10/11 • 10 a.m. to 11:30 A.m.

This presentation addresses the teen suicide epidemic at both statewide and national levels. We discuss what to do when someone talks about ending their life, tools that help alert us to the warning signs and learn about risk and protective factors for youth suicidality. We will also provide the helpful resources for further guidance.

POSITIVE DISCIPLINE AND GUIDANCE

THURSDAY • 10/13 • 10 a.m. to 12 p.m.

Positive discipline techniques promote behavior control, self-esteem, and self-worth. Learn how to pro-actively encourage the behavior you want to see with these positive parenting strategies.

HEALING TRAUMA

TUESDAY • 10/18 • 6 p.m. to 8 p.m.

Helping your child heal after they have experienced a traumatic event can be a long and difficult journey. Learn what some common behaviors are that you might see, how to effectively communicate about the trauma, and how you can support your child along the way

STEWARDS OF CHILDREN: SEXUAL ABUSE PREVENTION

TUESDAY • 10/18 • 10 a.m. to 12 p.m.

Child Sexual abuse is one of the most prevalent public health issues facing society today. One in 10 children will be the victim of sexual abuse before their 18th birthday. Stewards of Children teaches adults how to prevent, recognize, and react responsibly to child sexual abuse. Built off the foundation of "The 5 Steps to Protecting Children", this workshop will use real people and real stories to show you how to protect the children around you. This program has a \$10 book fee.

PARENT SUPPORT GROUP

EVERY WEDNESDAY • 12 p.m. to 1:30 p.m.

Join us for a virtual meeting to find support in parenting. Connect with other parents/guardians to share your struggles and successes. Our Child Crisis Arizona Child and Family Education Specialist will send out a weekly topic via email including things such as maintaining structure and routines, creating boundaries, self-care for parents, and many more.

There will be no meeting on 11/2

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](#)

Optimistic October 2022

SATURDAY

1 Write down three things you can look forward to this month

8 Make some progress on a project or task you have been avoiding

15 Thank yourself for achieving the things you often take for granted

22 Share a hopeful quote, picture or video with a friend or colleague

29 Plan a fun or exciting activity to look forward to

SUNDAY

2 Find something to be optimistic about (even if it's a difficult time)

9 Share an important goal with someone you trust

16 Put down your to-do list and do something fun or uplifting

23 Recognise that you have a choice about what to prioritise

30 Identify three things that give you hope for the future

MONDAY

3 Take a small step towards a goal that really matters to you

10 Take time to reflect on what you have accomplished recently

17 Take a small step towards a positive change you want to see in society

24 Write down three specific things that have gone well recently

31 Set a goal that brings a sense of purpose for the coming month

TUESDAY

4 Start your day with the most important thing on your to-do list

11 Avoid blaming yourself or others. Find a helpful way forward

18 Set hopeful but realistic goals for the days ahead

25 You can't do everything! What are your three priorities right now?

WEDNESDAY

5 Be a realistic optimist. See life as it is, but focus on what's good

12 Look out for positive news and reasons to be cheerful today

19 Identify one of your positive qualities that will be helpful in the future

26 Find a new perspective on a problem you face

THURSDAY

6 Remind yourself that things can change for the better

13 Ask for help to overcome an obstacle you are facing

20 Find joy in tackling a task you've put off for some time

27 Be kind to yourself today. Remember, progress takes time

FRIDAY

7 Look for the good in people around you today

14 Do something constructive to improve a difficult situation

21 Let go of the expectations of others and focus on what matters to you

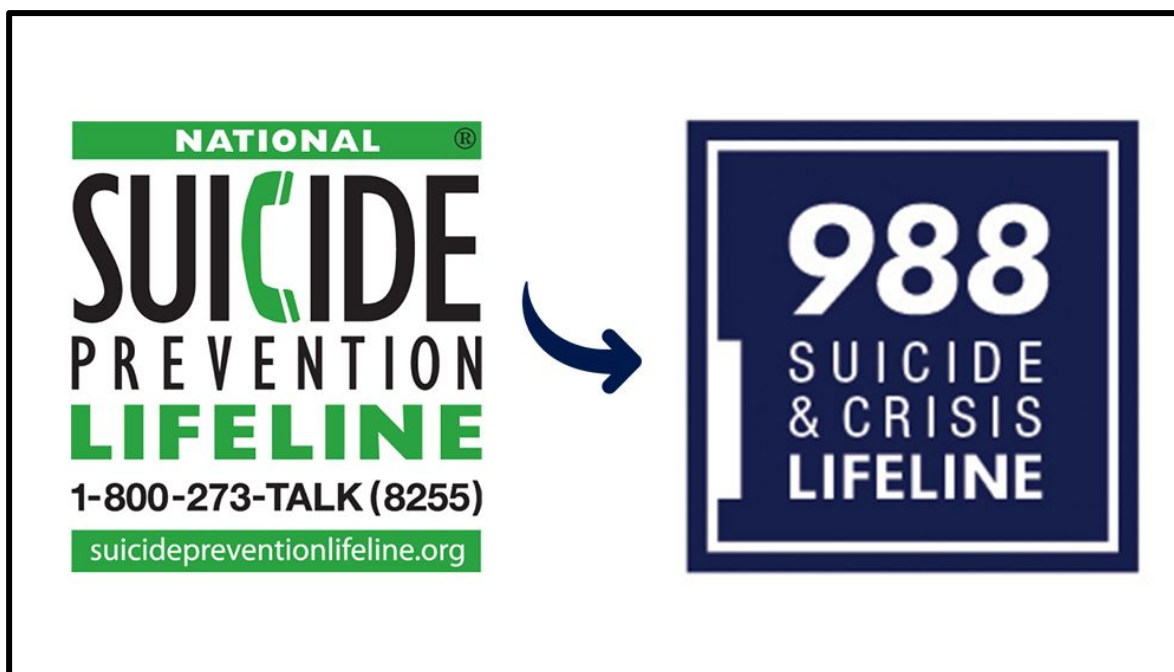
28 Ask yourself, will this still matter a year from now?



ACTION FOR HAPPINESS

Happier · Kinder · Together

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

ARE
YOU
OK?



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[®]



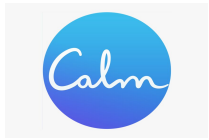
The Well
A Place to Fill Up

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

v.01|2022



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 Yavapai	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	x48778 x41144 x41641 x41836 x42073 x42214 x42419 x42658 x43036 x44016 x43267 x43507	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	Laura Pederson Cynthia O'Brien Erin Stocking Julie Jimenez Laura Pederson TBD	x44505 x44945	lpederson@susd.org cobrien@susd.org estocking@susd.org jjimenez@susd.org lpederson@susd.org
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K-8 Schools

Cheyenne Copper Ridge Echo Canyon	Alexandria Fischetti Sharon James Brenna Fairweather	x45670 x47548	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 TBD Karen Beatty	x46411 x46696 x46818 x47133	whess@susd.org lstegman@susd.org ntarter@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 Mckinney Vento	Shannon Cronn Matthew Lins Dale Merrill Lauren Pilato Susan Wertheim Rhonda Witherspoon Melissa Medvin	x45094 x45025 x46175 x46175 x46175 x46175 x45831	scronn@susd.org matthewlins@susd.org dmerrill@susd.org lpilato@susd.org swertheim@susd.org rwitherspoon@susd.org mmedvin@susd.org
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