

# Support Services Newsletter

SUMMER 2023





## SUGGESTIONS

### Places to visit/explore:

- Arizona Museum of Natural History, Mesa
- Arizona Science Center, Phoenix
- Children's Museum of Phoenix (FREE for families on the first Friday of every month!)
- Legoland Discovery Center, Tempe
- Ripley's Believe It or Not, Scottsdale
- Laser & Mirror Maze, Scottsdale
- Surprise Your Eyes, Scottsdale
- Pangaea: Land of the Dinosaurs, Scottsdale
- Octane Raceway, Scottsdale
- Desert Botanical Garden, Phoenix (explore at night on Saturday evenings!)
- Crayola Experience, Chandler
- Rachel's Young at Art Studio, Scottsdale (offer summer "camp" as well!)
- Harkins Movie Theater, Scottsdale (\$1 selected movies each week of the summer!)
- USA Skateland, Mesa
- Bam Kazam, Scottsdale
- Mavrix Bowling, Scottsdale
- KTR Indoor Action Sports Playground, Scottsdale
- The IDEA Museum, Mesa
- The Cerreta Candy Factory, Glendale
- As You Wish Pottery, Mesa

### Visit some animals or marine life:

## **SUMMER SUGGESTIONS CONTINUED**

- Phoenix Zoo
- OdySea Aquarium, Scottsdale
- Wildlife World Zoo, Aquarium & Safari Park, Litchfield Park

### Soak up some sun & cool off:

- Cactus Aquatic & Fitness Center, Scottsdale
- Chaparral Aquatic Center, Scottsdale
- Eldorado Aquatic & Fitness Center, Scottsdale
- McDowell Mountain Ranch Aquatic & Fitness Center, Scottsdale
- Hamilton Aquatic Center, Chandler (Tues. 6pm-8pm FREE, Thurs. 6pm-8pm Family Night \$1)
- Six Flags Hurricane Harbor, Phoenix
- Golfland Sunsplash, Mesa
- Great Wolf Lodge, Scottsdale
- Oasis Water Park, Phoenix
- Salt River Tubing, Mesa



### Theme Parks:

- Castles & Coasters, Phoenix
- Enchanted Island Amusement Park, Phoenix
- The Rush Fun Park, Phoenix

### Free Events/Activities:

- Scottsdale Library: <https://scottsdale.libnet.info/events>
- Home Depot Workshops:  
<https://www.homedepot.com/c/kid#projectsandactivities>
- Today at Apple (Technology) Workshops: <https://www.apple.com/today/>
- Michaels Craft Workshops: <https://www.michaels.com/campcreatology>
- Lowe's Workshops:  
<https://www.lowes.com/events/register/score-a-hole-in-one-kids-workshop>



**10<sup>th</sup>** ANNIVERSARY  
A Decade of Youth Substance Use Prevention

**June is quickly approaching. As your communities celebrate the end of another school year and the start of summer, make sure to take advantage of this time by having conversations with youth about underage drinking and other drug use.**

***Read the following tips from SAMHSA's "Talk. They Hear You." Campaign***

## **Talking with Teens About Alcohol and Other Drugs: 5 Conversation Goals**

It's never too late to start talking with your teen about the risks of underage drinking and other substance use. As teens get older, they make more decisions on their own, and also face more temptation and peer pressure. Though it may not seem like it, teens really do hear your concerns. It's important you show that you care and continue having conversations with them about the dangers of alcohol and other drugs, and why they shouldn't use them.

### **1. Show you disapprove of underage drinking and other drug misuse.**

Over 80 percent of young people ages 10–18 say their parents are the leading influence on their decision whether to drink or not. Don't assume they know how you feel about drinking and substance use. Send a clear and strong message that you disapprove of underage drinking and use or misuse of other drugs.

### **2. Show you care about your teen's health, wellness, and success.**

Young people are more likely to listen when they know you're on their side. Reinforce why you don't want your child to drink or use other drugs—because you want them to be happy and safe. The conversation will go a lot better if you're open and show your concern for their well-being.

### 3. Show you're a good source of information about alcohol and other drugs.

**You want your teen to make informed decisions about alcohol and other drugs with reliable information about its dangers. You don't want him or her to learn about alcohol and other drugs from unreliable sources. Establish yourself as a trustworthy source of information.**

#### 4. Show you're paying attention and you will discourage risky behaviors.

**Young people are more likely to drink or use other drugs if they think no one will notice. Show that you're aware of what your teen is up to, but do this in a subtle way and try not to pry. Ask about friends and plans because you care, not because you're judging—you are more likely to have an open conversation.**

**5. Build your teen's skills and strategies for avoiding drinking and drug use.**

**Even if you don't think your child wants to drink or try other drugs, peer pressure is a powerful thing. Having a plan to avoid alcohol and drug use can help children make better choices. Talk with your children about what they would do if faced with a difficult decision about alcohol and drugs. Practice saying "no thanks" with them in a safe environment and keep it low-key. Don't worry, you don't have to get everything across in one talk. Plan to check in frequently with quick chats and keep the lines of communication open.**



**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration



# 20 THINGS TO DO WITH YOUR KIDS DURING SUMMER BREAK



Summer has arrived at last! As part of *Ask, Listen, Learn*'s 20<sup>th</sup> anniversary celebration, we want to challenge you to [#Take20withKids](#) while school is out! To help with that, here are 20 fun summer activities to do that are also great opportunities to start conversations around healthy decision making and empowering kids to say “YES” to a healthy lifestyle and “NO” to underage drinking!

20 things to do with your kids during summer break:

1. Play some catch and take 20 minutes to talk about planning and making strategies for success.
2. I scream, you scream, we all scream for ice cream!!! There is no better summer dessert, so head out to your local ice cream shop for a quick treat or try making it at home. If you get brain freeze, this is a great conversation starter to talk about the effects of alcohol and cannabis on the developing brain.
3. Splash around in your local swimming pool—or with the garden hose!
4. Volunteer in your neighborhood by picking up trash or helping at your local animal shelter.
5. Go for a hike along your local hiking trails or in your neighborhood, or even up and down the street.
6. Take your kids to your local museum. If they have a human body exhibit, you can use this as an opportunity to talk about how alcohol affects the development of their brain.
7. Nature spotting outdoors. How many different animals and bugs can you find?
8. Make a meal together and use this as an opportunity to talk to your kids about making healthy choices.
9. Go on a scavenger hunt around your community. Can you find 20 different things?
10. Backyard star gazing. Can you find and name any constellations?
11. Summer backyard sleepover. It's still camping even if you can go home anytime, right?
12. Go fishing! Even if you don't catch anything.
13. Have a mini golf night. Go find a course or even DIY your own backyard mini golf course.
14. Family game night. Can someone say charades? This is a great chance to model good decision making and encourage creativity.
15. Take 20 seconds to write a letter to a loved one together to tell them about making healthy choices.
16. Get your heart pumping by going for a family bike ride. See how much distance you can cover. Can you make it to 20 miles?
17. Take a trip to your local library, bonus challenge- can your family read 20 books this summer?
18. Stretch and relax with 20 minutes of yoga.
19. Take 20 minutes to sit outside and enjoy the sunshine!
20. Finally, [#Take20withKids](#) and tell us about it by posting on social media and tagging *Ask, Listen, Learn* using the hashtag [#Take20withKids](#).

These activities are opportunities to start conversations around healthy decision making and reflect on both individual and family values. We hope that you are inspired by this list—what would you add? Tell us about it on social media by tagging *Ask, Listen, Learn* and using the hashtag [#Take20withKids](#).

Have a fun summer!

-The *Ask, Listen, Learn* Team



Get informed. Be prepared. Take action.



## SAMHSA's "Talk. They Hear You."® Campaign Launches New Mobile App for Parents



The Substance Abuse and Mental Health Services Administration's (SAMHSA) new **"Talk. They Hear You."® campaign mobile app** helps parents and caregivers prepare for some of the most important conversations they may ever have with their kids. The app shows parents how to turn everyday situations into opportunities to **talk with their kids about alcohol and other drugs**. It also equips them with the necessary **skills, confidence, and knowledge** to start and continue these conversations as their kids get older.

### Features of the new app include:

- Sample conversation starters
- Ways to keep the conversation going
- An interactive practice simulation section
- The opportunity to earn badges for practicing and having real-life conversations
- A resources section with informative and useful videos, fact sheets, brochures, infographics, guides/toolkits, and more



### Download the App Today!

Parents and caregivers can **download the app today** to see how easy it can be to talk with their kids about underage drinking and other drug use. The app is **available for free** on the App Store, Google Play, and the Microsoft Store.

Scan the QR code or visit <https://www.samhsa.gov/talk-they-hear-you/mobile-application> to:

- Watch the app's promo video.
- Learn more about the app and see how it works.
- Find out how to download the app.



**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

[talktheyhearyou.samhsa.gov](https://talktheyhearyou.samhsa.gov)



# Classes & Workshops

The Family Education Program offers workshops, classes, support groups, legal clinics, and family-friendly activities.

All of these programs center around teaching positive parenting skills that build strong families.

Child Crisis Arizona is one of the only educational providers in the area that offers classes specific to a father's unique role in parenting, as well as grandparents or other kin raising children related to them. Our program also provides education for those divorcing to develop a plan to co-parent. Certain services are also offered in Spanish.

Please see our current class offerings:

**2023 Virtual Summer Class Schedule**

**2023 In-person Summer Class Schedule**

**2023 Cursos de español**

**Pre-Register online at:**

**[register.communitypass.net/ChildCrisisArizona](https://register.communitypass.net/ChildCrisisArizona)**



# Joyful June 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



5 Think of 3 things you're grateful for and write them down

6 Get out into green space and feel the joy that nature brings

7 Do something healthy which makes you feel good

8 Find joy in music: sing, play, dance, listen or share

9 Ask a friend what made them happy recently

10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others

26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy

28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)

31

32



ACTION FOR HAPPINESS

Happier · Kinder · Together

# Junio Alegre de 2023



LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

SÁBADO

DOMINGO



5 Piensa en 3 cosas por las que estás agradecido/a y escríbelas

6 Sal a un espacio verde y siente la alegría que aporta la naturaleza

7 Haz algo saludable que te haga sentir bien

8 Encuentra la alegría en la música: canta, toca, baila, escucha o comparte

9 Pregunta a un/a amigo/a qué le ha hecho feliz recientemente

10 Lleva la alegría a los demás haciendo algo amable por ellos/as

11 Come una buena comida, que te haga feliz, y saboreala de verdad

12 Escribe una carta de agradecimiento para dar las gracias a alguien

13 Mira las cosas de manera desenfadada. Elige ver el lado divertido de las cosas

14 Comparte un recuerdo feliz con alguien que significa mucho para ti

15 Busca algo por lo que estar agradecido/a, donde menos lo esperas

16 Habla a los demás de forma cálida y amistosa

17 Tómate un tiempo para fijarte en cosas que encuentras hermosas

18 Busca algo bueno en una situación difícil

19 Salir al exterior y encuentra la alegría de estar activo/a

20 Redescubre y disfruta de una actividad divertida de la infancia

21 Envía una nota positiva a un amigo/a que necesite ánimos

22 Mira algo divertido y disfruta de lo que se siente al reírse

23 Haz una lista de reproducción de canciones que al escucharlas levanten el ánimo

24 Trae a tu mente un recuerdo favorito por el que te sientas agradecido/a

25 Muestra tu agradecimiento a las personas que ayudan a los demás

26 Saca tiempo para hacer algo lúdico, solo por el placer de hacerlo

27 Sé amable contigo mismo/a. Haz algo que te aporte alegría

28 Observa cómo las emociones positivas se contagian entre las personas

29 Comparte una sonrisa amistosa con las personas que veas hoy

30 Haz una lista de las alegrías de tu vida. Y continúa añadiendo más

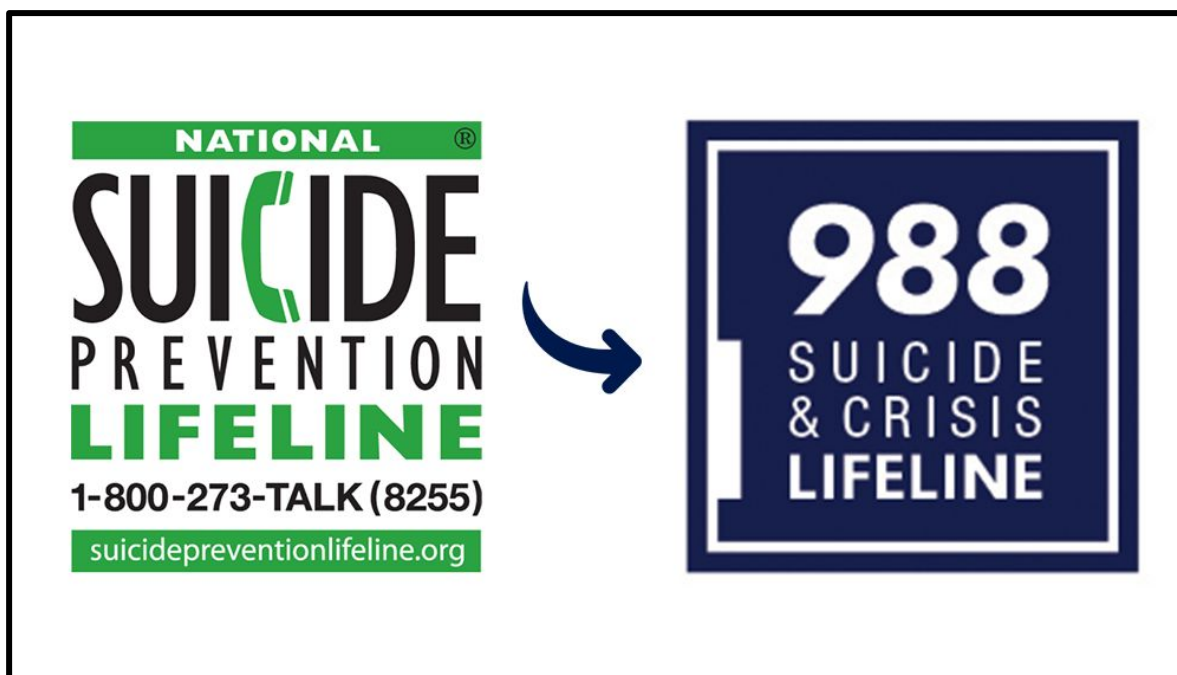


ACTION FOR HAPPINESS

Más felices · Más amables · Juntos



**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.

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## 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.

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**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](http://notmykid.org)



# notMYkid<sup>®</sup> 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<sup>®</sup>



**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	<a href="mailto:nhall@susd.org">nhall@susd.org</a> <a href="mailto:madisongilbreath@susd.org">madisongilbreath@susd.org</a> <a href="mailto:lloiacono@susd.org">lloiacono@susd.org</a> <a href="mailto:hleffhalm@susd.org">hleffhalm@susd.org</a> <a href="mailto:sierrarose2@susd.org">sierrarose2@susd.org</a> <a href="mailto:gghenman@susd.org">gghenman@susd.org</a> <a href="mailto:vmohammed@susd.org">vmohammed@susd.org</a> <a href="mailto:abarajascastaneda@susd.org">abarajascastaneda@susd.org</a>  <a href="mailto:mayranunez@susd.org">mayranunez@susd.org</a> <a href="mailto:hpassarella@susd.org">hpassarella@susd.org</a> <a href="mailto:afERENCE@susd.org">afERENCE@susd.org</a> <a href="mailto:kfowlston@susd.org">kfowlston@susd.org</a>
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## Middle Schools

Cocopah Desert Canyon Ingleside Mohave Mountainside Tonalea	Laura Pederson Cynthia O'Brien Erin Stocking Julie Jimenez Laura Pederson Vanessa Diaz	x44405 x44505 x44945 x45226	<a href="mailto:lpederson@susd.org">lpederson@susd.org</a> <a href="mailto:cobrien@susd.org">cobrien@susd.org</a> <a href="mailto:estocking@susd.org">estocking@susd.org</a> <a href="mailto:jjimenez@susd.org">jjimenez@susd.org</a> <a href="mailto:lpederson@susd.org">lpederson@susd.org</a> <a href="mailto:vanessadiaz@susd.org">vanessadiaz@susd.org</a>
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## K-8 Schools

Cheyenne Copper Ridge Echo Canyon	TBD Sharon James Brenna Fairweather	x41406 x47548	<a href="mailto:sjames@susd.org">sjames@susd.org</a> <a href="mailto:bfairweather@susd.org">bfairweather@susd.org</a>
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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	<a href="mailto:whess@susd.org">whess@susd.org</a> <a href="mailto:lstegman@susd.org">lstegman@susd.org</a> <a href="mailto:ntarter@susd.org">ntarter@susd.org</a>  <a href="mailto:kbeatty@susd.org">kbeatty@susd.org</a>
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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&45125	<a href="mailto:scronn@susd.org">scronn@susd.org</a> <a href="mailto:matthewlins@susd.org">matthewlins@susd.org</a> <a href="mailto:dmerrill@susd.org">dmerrill@susd.org</a> <a href="mailto:lpilato@susd.org">lpilato@susd.org</a> <a href="mailto:swertheim@susd.org">swertheim@susd.org</a> <a href="mailto:rwitherspoon@susd.org">rwitherspoon@susd.org</a> <a href="mailto:mmedvin@susd.org">mmedvin@susd.org</a>
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