

Support Services Newsletter

APRIL 2022



DID YOU KNOW?

APRIL IS...

STRESS AWARENESS MONTH



The #1 Thing

Kids Want When They're Stressed Out

Brought to you by **GoZen!** Anxiety Relief Programs for Kids



What stresses kids out?

What stresses kids out?

(According to Kids!)



Grades

36%



Homework



School



32%

Family



21%

Friends, peers, gossip, and teasing



How do kids cope with stress?

(According to Kids!)



Play or do something active

52%



Try to work things out

28%



Listen to music

44%



Eat something

26%



Watch TV or play a video game

42%



Loss their temper

23%



Talk to a friend

30%



Talk to a parent

22%



Try not to think about it

29%



Cry

11%

What's the #1 thing kids want when they're stressed?

(According to Kids!)

75%



of kids said they want help from their **PARENTS!**

According to kids, they want their parents to talk to them, to help them problem-solve, to cheer them up, or to just spend some quality time with them.



About the Documentary

Childhood 2.0 is required viewing for anyone who wants to better understand the world their children are navigating as they grow up in the digital age. Featuring actual parents and kids as well as industry-leading experts in child safety and development, this documentary dives into the real-life issues facing kids today — including cyberbullying, online predators, suicidal ideation, and more.

[View Documentary Here](#)

Upcoming Community Presentations

Battle Against the Opioids



notMYkid is partnering with SUSD to deliver “Battle Against the Opioids,” a discussion about the opioid epidemic in our community. The event will start with a 45-minute presentation on opioids, fentanyl, and counterfeit pills. The presentation will cover recent trends, signs of substance use among teens, and how to start a healthy conversation with your child surrounding the dangers of prescription medication. The presentation will follow up with a panel discussion with representatives from the community to speak on their experiences or knowledge about the opioid crisis in Arizona.

Date: WEDNESDAY, APRIL 27TH

Time: 6-8pm

Where: Mohave District Annex (MDA)

[CLICK HERE TO REGISTER](#)



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[®]



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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.

A GUIDE TO HEALTHY TEEN DATING

TUESDAY • 4/5 • 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.

FENTANYL IN ARIZONA AND OUR CHILDREN

WEDNESDAY • 4/6 • 10 to 11:30 a.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.

CHILD DEVELOPMENT

TUESDAY • 4/12 • 6 to 8 p.m.

An overview of developmentally appropriate physical, cognitive, social and emotional milestones from birth to 11-years. Learn how to help address key features within each developmental stage.

DRUG TRENDS

THURSDAY • 4/14 • 5 to 7 p.m.

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

CONSCIOUS DISCIPLINE

TUESDAY & THURSDAY • 4/26 & 4/28 • 10 to 11:30 a.m.

Conscious Discipline is an evidence-based, traumainformed 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

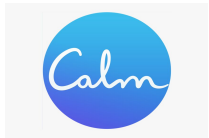
Click on the links below to view full schedules and descriptions.

[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



Elementary Schools

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

TBD
TBD
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Andrea Ference aference@susd.org
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Middle Schools

Cocopah
Desert Canyon
Ingleside
Mohave
Mountainside

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

K-8 Schools

Cheyenne
Copper Ridge
Echo Canyon
Tonalea
Mckinney Vento

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Sharon James sjames@susd.org
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Sherena Small ssmall@susd.org
Melissa Medvin mmedvin@susd.org

High Schools

Arcadia
Chaparral
Coronado
Desert Mountain

Saguaro

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District Office

Director of Support Services
Clinical Services Coordinator
Prevention Coach
Prevention Coach

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