

Support Services Newsletter

MAY 2022



Scottsdale *Unified*
SCHOOL DISTRICT



Your
Mind Matters



DID YOU KNOW?

May is

Mental Health Awareness Month

1 in 4 people will suffer from some form of mental illness in any given year

Break the Silence
Break the Stigma

Not all pain is physical and not all wounds are visible

Out of the Ashes / FB

YOU ARE
NOT
ALONE

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.

2022 STATE OF MENTAL HEALTH IN AMERICA



NEARLY 50 M

OR 19.86% OF AMERICAN ADULTS EXPERIENCED A MENTAL ILLNESS IN 2019.

4.58%

OF ADULTS REPORT HAVING SERIOUS THOUGHTS OF SUICIDE. THIS HAS INCREASED EVERY YEAR SINCE 2011-2012.

15.08%

OF YOUTH EXPERIENCED A MAJOR DEPRESSIVE EPISODE IN THE PAST YEAR.

24.7%

OF ADULTS WITH A MENTAL ILLNESS REPORT AN UNMET NEED FOR TREATMENT. THIS NUMBER HAS NOT DECLINED SINCE 2011.

OVER 60%

OF YOUTH WITH MAJOR DEPRESSION DO NOT RECEIVE ANY MENTAL HEALTH TREATMENT.

EVEN IN STATES WITH THE GREATEST ACCESS,

NEARLY 1 IN 3

ARE GOING WITHOUT TREATMENT.

MORE THAN HALF

OF ADULTS WITH A MENTAL ILLNESS DO NOT RECEIVE TREATMENT, TOTALING OVER 27 MILLION U.S. ADULTS.

10.6%

OR OVER 2.5 MILLION YOUTH IN THE U.S. HAVE SEVERE MAJOR DEPRESSION. THIS RATE WAS HIGHEST AMONG YOUTH WHO IDENTIFY AS MORE THAN ONE RACE, AT

14.5%

EVEN AMONG YOUTH WITH SEVERE DEPRESSION WHO RECEIVE SOME TREATMENT,

ONLY 27%

RECEIVE CONSISTENT CARE. IN STATES WITH THE LEAST ACCESS, ONLY

12%

RECEIVE CONSISTENT CARE.

11.1%

OF AMERICANS WITH A MENTAL ILLNESS ARE UNINSURED, THE SECOND YEAR IN A ROW THAT THIS INDICATOR INCREASED SINCE THE PASSAGE OF THE AFFORDABLE CARE ACT (ACA).

8.1%

OF CHILDREN HAD PRIVATE INSURANCE THAT DID NOT COVER MENTAL HEALTH SERVICES, TOTALING 950,000 YOUTH.

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



 MIND 24-7

SUSD MENTAL HEALTH RESOURCE
PARTNERS

Upcoming Community Presentations

Join us for a Virtual Screening of...



About The Film.

No Letting Go is a dramatic, independent feature film based on the real-life story of producer and co-writer Randi Silverman and her family.

Determined to give voice to the millions of families who suffer alone and in silence, Randi used her own very personal experiences raising a young child who was diagnosed with a mental health disorder to create true to life characters, scenes, and dialogue that honestly reflect the struggles so many families face.

No Letting Go was made to shine a light on the devastating impacts of untreated childhood mental health disorders in an effort to create community conversations, end the silence caused by blame and shame, build awareness and understanding, and let families know they are not alone.

The Youth Mental Health Project, a nonprofit 501(C)(3) organization, whose mission is to educate, empower, and support families and communities to better understand and care for the mental health of our youth.

Date: THURSDAY, MAY 19TH

Time: 6-8pm

Where: VIRTUAL (ZOOM)

[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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A Place to Fill Up

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v.01|2022

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.

HEALING TRAUMA

MONDAY • 5/2 • 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 • 5/3 • 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 on 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. In a world where technology continues to advance. Class has a \$10 book fee.

PARENTING ON THE SAME PAGE

THURSDAY • 5/5 • 6 p.m. to 8 p.m.

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 further support your children grow into healthy adults.

SNAPCHAT AS A DRUG DEALING TREND

THURSDAY • 5/12 • 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.

WATER SAFETY

THURSDAY • 5/26 • 6 p.m. to 8 p.m.

Water safety is important for all ages, but especially for toddlers. Drowning is the leading cause of death in children 1-4 years old. Young children can drown in as little as an inch or two of water, and it can happen quickly and silently. Join our class and learn how to create layers of protection to keep your family safe and reduce drowning risks.

IN PERSON CLASSES: SCOTTSDALE FAMILY RESOURCE CENTER 6535 E. Osborn Rd. Bldg 7 Scottsdale, AZ 85251

KINDERGARTEN READINESS

TUESDAY • 5/24 • 10 a.m. to 12 p.m.

This workshop focuses on how to help children make the transition from preschool into kindergarten.

Pre-Register online at:

register.communitypass.net/ChildCrisisArizona

January 2022 - May 2022

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

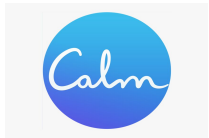
[VIRTUAL CLASSES AND WORKSHOPS](#)

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

[CURSOS DE ONTOÑO](#)



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



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

Elementary Schools

TBD
TBD
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Middle Schools

Cocopah
Desert Canyon
Ingleside
Mohave
Mountainside

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TBD

K-8 Schools

Cheyenne
Copper Ridge
Echo Canyon
Tonalea
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Saguaro

District Office

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