

Support Services Summer Newsletter (2021)



Let's Celebrate!

Your family just made it through one of the most challenging years of our time. This school year has been full of ups and downs, yet in still, you made it! So pat yourself on the back, give yourself a high five, and take time to relax and enjoy your family this summer. Here are some ideas to help you celebrate the newfound strength and resiliency you developed over this past year!

- **Camp in movie night:** get out your sleeping bags, blankets, and pillows! Get comfortable with your family and enjoy a night in while watching movies. Don't forget the snacks!
- **Have a water fight outside:** What better way to cool off then to have a fun water fight outside with your family?
- **Take a day trip:** Escape the heat and take a day trip to Flagstaff, Payson, or any of the cooler cities with your family.
- **Have a family photo shoot:** Make silly faces, use props, or whatever you need to have a fun family photo shoot (don't take it seriously, use your cell phones, and have fun!)

Tips to Prepare Your Family for Life After Covid-19

You've stayed strong and it's paid off. We are now at a point where we can begin to transition back into many of our normal routines. As exciting as this is, even positive transitions can cause family stress. Check out these tips to help ease the transition for you and your family.



- **Create a transition plan:** Spend some time determining what types of events and gatherings will be a priority for your family. Discuss and plan how your back-to-school and work life will look when things are back to normal. Don't be afraid to make multiple plans (Plan A, Plan B, etc.) for different scenarios that may come up for your family.
- **Hold onto some of the new things you love:** Talk to your family about what they've enjoyed doing together while staying at home (game nights, family dinners, etc.) and prioritize them as routines that your family will continue when things transition back to normal.
- **Ease back into activities:** Sudden transitions can wreak havoc on moods, stress and energy levels. Make reasonable family expectations and start slow. You and your children may not jump back into their old life right away.
- **Intentionally practice open communication:** Talk with the whole family about what's working, and what's not working or causing stress. Practice and maintain open communication with everyone about how they're feeling (stressed, overwhelmed, happy, etc.)

Article adapted from:

<https://www.parentspivot.com/blog-page/getting-back-to-normal-how-to-prepare-your-family-for-a-fter-covid-19>



FREE SUMMER MEAL PICK-UP

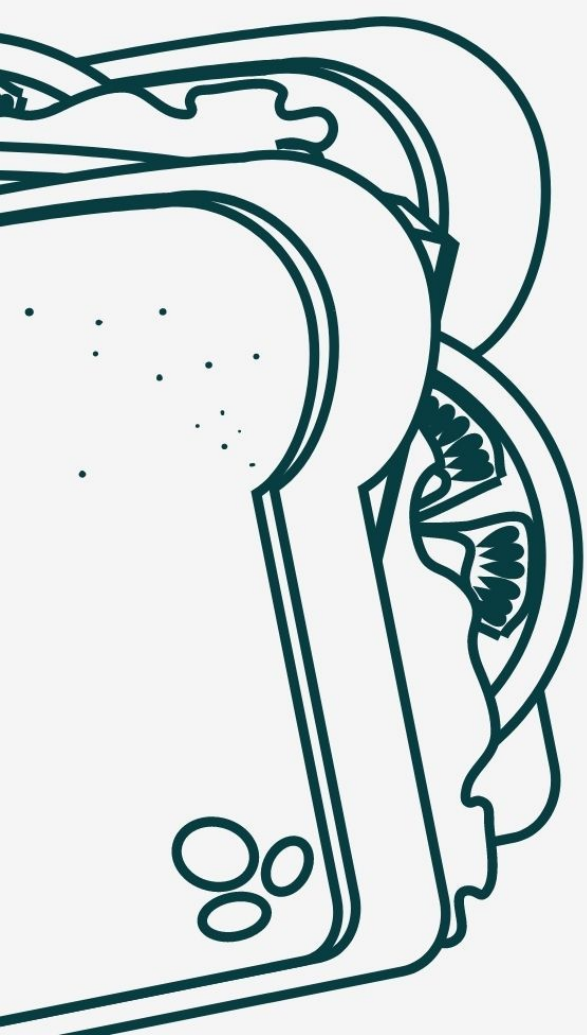
WHEN

EVERY WEDNESDAY
FROM 7:00 AM-9:30
AM

WHERE

Pima Traditional
School
8330 E. Osborn Road
Scottsdale, AZ 85251

Students will receive
7 days' worth of
breakfast and lunches
per weekly pick up.



FREE PARENTING CLASSES!

Child Crisis of Arizona is offering the following FREE, self-paced online parenting classes:

- Parenting on the Same Page
- Positive Discipline and Guidance
- Healing Trauma
- Child Development
- Managing Stress as a Parent
- Anger Management for Kids

For more information and to get started, visit: <https://childcrisisaz.org/courses/>



Looking for counseling and therapy providers?

Services can be in person, or virtual!

If you have AHCCCS, call [800-564-5465](tel:800-564-5465) to get connected with a provider.

Click [HERE](#) for other providers who may accept AHCCCS/Medicaid.

For other insurance carriers or self-pay options

Click [HERE](#) for Scottsdale

Click [HERE](#) for Phoenix

Click [HERE](#) for Tempe





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.



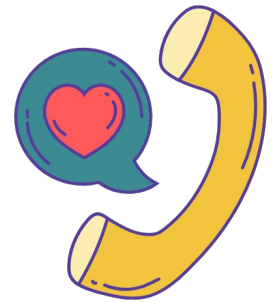
Medisafe: a medication reminder app

Shine: a self care app with research based strategies to help you reduce stress, boost self compassion, helps with focus and battles burnout.

Crisis Hotlines and Resources

If you or someone you know is struggling, **you are NOT alone**, reach out to a number below. Remember, you do NOT need to have a “crisis” to text or call for support. Hotlines are open to speak to anybody that may need extra support.

- ❑ **Teen Lifeline** Call 24/7 or Text (602-248-8336) *also available to parents and other adults who are in need of resources for their children.
- ❑ **Crisis Text Line** Text "Home" to 741741 to connect with a Crisis Counselor.
- ❑ **LGBT National Hotline**: 888-843-4564
- ❑ **National Suicide Prevention Hotline**: 1-800-273-8255
- ❑ **National Domestic Violence Hotline**: 1-800-799-7233 or text "LOVEIS" to 22522
- ❑ **Empact 24 Hour Crisis Line** (1-800-273-8255)
- ❑ **Scottsdale Police Crisis Team** (480-312-5055)
- ❑ **The Disaster Distress Helpline** (1-800-985-5990) or text TalkWithUs to 66746 to connect with a trained crisis counselor.
- ❑ **Arizona Food Bank Network**: Find nearby emergency food for yourself or someone you know struggling with hunger www.azfoodbanks.org.
- ❑ **Find Help Phoenix**: Find health and social services for Maricopa County residents.
- ❑ **Crisis Response Network** Call 602-222-9444 or 1-800-631-1314)
- ❑ **Catholic Charities**: 602-749-4405 Provides remote counseling services based on a sliding scale.
- ❑ **SAMHSA'S Treatment Referral Information**: 1-800-662-HELP
- ❑ **Covid Crisis Rental Assistance**: Maricopa County households experiencing financial hardship due to the COVID-19 Pandemic may be eligible for COVID Crisis Rental Assistance (CCRA).
- ❑ **Vista Del Camino** (City of Scottsdale Food Bank): 480-312-2323
- ❑ **UMOM**: <https://umom.org/find-help/>
- ❑ **Family Housing Hub**: 602-595-8700
- ❑ **Youth Resource Center** (For People Aged 18-24 Years Old): 480-868-7527



Support Services Summer Team

Need additional assistance? Reach out to your Support Services Summer Team

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