

Support Services Newsletter

September 2021



Scottsdale *Unified*
SCHOOL DISTRICT





SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

September is National Suicide Prevention Month. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

National Suicide Prevention Week is **September 5 - September 11**. It is a time to share resources and stories, as well as promote suicide prevention awareness.

World Suicide Prevention Day is **September 10**. It is a time to remember those affected by suicide, to raise awareness and to focus efforts on directing treatment to those who need it most.



Teens can call or text
602-248-8336
for help!

Resources for teens, parents
and educators available at
TeenLifeline.org

How to Strengthen **RESILIENCE** in Our Youth

TALK

Help teens find an adult they are comfortable talking with openly.

SOLVE PROBLEMS

Brainstorm healthy solutions with the teen. Then check in to see if the solution is working.

RELIEVE STRESS

Help teens discover what activities will help them detach from stress and relax.

Upcoming Community Presentations



Suicide Prevention

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.

Tuesday, September 21, 2021

[Click for more information and sign-up.](#)



KIDS AT RISK:
SNAPCHAT - THE
NEWEST DRUG
DEALING TREND

A VIRTUAL WEBINAR HOSTED
AND PRESENTED BY:



September 22, 2021

[Click for more information and sign-up.](#)



Child Crisis Arizona
Safe kids. Strong families.

Suicide Awareness & Prevention for Parents

TUESDAY • 9/14 • 6 to 7:30 p.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.

September 2021 - December 2021

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 battles burnout.



SUSD SOCIAL WORKERS



Elementary Schools

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

Barbara Cronkhite
Brittany Schultz
Madison Gilbreath
Mark Weissfeld
Holly Leffhalm
Sierra Rose
Glenda Henman
Virginia Mohammed
Alexa Barajas Castaneda
James Tucker
Vanessa Diaz
Andrea Ference
Kim Fowlston

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jtucker@susd.org
vanessadiaz@susd.org
afERENCE@susd.org
kfowlston@susd.org

Middle Schools

Cocopah
Desert Canyon
Ingleside
Mohave
Mountainside

TBD
Mark Weissfeld
Erin Stocking
Nicole Hall
TBD

mweissfeld@susd.org
estocking@susd.org
nhall@susd.org

K-8 Schools

Cheyenne
Copper Ridge
Echo Canyon
Tonalea
(McKinney-Vento)

Alexandria Fischetti
Sharon James
TBD
Sherena Small
Melissa Medvin

afischetti@susd.org
sjames@susd.org
ssmall@susd.org
mmedvin@susd.org

High Schools

Arcadia
Chaparral
Coronado
Desert Mountain
Saguaro

Whitney Hess
Leah Stegman
Amanda Turner
Karey Trusler
Mindy Hickman

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