

Support Services Newsletter

September 2022



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 4 - September 10**. 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.

WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

988 Suicide & Crisis Lifeline
Call or text 988
Chat at 988lifeline.org

Crisis Text Line
Text "HELLO" to 741741



National Institute
of Mental Health

nimh.nih.gov/suicideprevention

2022 Statistics on Depression and Suicide in Teens

Studies examining depression and suicide among teens reveal the following troubling statistics:

- Studies examining depression and suicide among teens reveal the following troubling statistics. In the past 10 years, suicide rates among young people ages 10–17 have increased by **more than 70 percent**.
- Suicide is the **second leading cause of death** in the United States among ages 15–24.
- Every day in the United States, there are more than 3,000 suicide attempts by high school students, according to the Jason Foundation.
- Current teen suicidal stats from the National Alliance on Mental Illness show that 20 percent of high school students have seriously considered suicide, and 9 percent have made suicide attempts.
- Rates of suicide in youth are twice as high in Black teens as compared to their white peers, according to the American Academy of Adolescent Psychiatry. Among Black male teens, the suicide rate increased by 60 over the past two decades.
- Adolescent suicide rates **significantly increased** in a number of states during the pandemic.
- **Half of LGBTQ teens** considered suicide in the past year, and 18 percent made a suicide attempt.
- The number of teens admitted to children's hospitals as a result of suicidal thoughts or self-harm has **more than doubled** during the last decade.
- The United States faces a severe shortage of practicing child and adolescent psychiatrists, with over **85 percent** of doctor's offices reporting difficulty locating mental healthcare providers for their patients under 18.



Upcoming Community Presentations

Tuesday, September 13, 2022 AT 6 PM

TEEN MENTAL HEALTH

notMYkid's Teen Mental Health presentation teaches the definition of depression, common myths and misconceptions around depression/self-harm/suicide, signs and symptoms that occur when a person is experiencing depression, and how to identify and respond when someone is experiencing depression.

[**Click for more information and registration**](#)

Tuesday, September 27, 2022 at 6 PM

Rx MISUSE

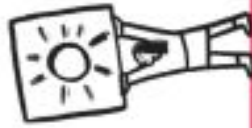
notMYkid's Rx Misuse presentation teaches parents and caregivers on the reality of the opioid epidemic in Arizona. This includes education on prescription medication misuse, fentanyl and counterfeit pills. The presentation teaches the signs of substance use, signs of fentanyl use and overdose, and what to do if someone is experiencing an overdose. Parents and caregivers will takeaway prevention strategies on how to start a conversation with their youth surrounding substance use and how to set clear rules about drugs and alcohol.

[**Click for more information and registration**](#)

Self-Care September 2022



MONDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

TUESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

WEDNESDAY



7 Give yourself permission to say 'no'

THURSDAY

1 Find time for self-care. It's not selfish, it's essential

FRIDAY

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SATURDAY

3 Let go of self-criticism and speak to yourself kindly

SUNDAY

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21 Don't compare how you feel inside to how others appear outside

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24 Accept yourself and remember that you are worthy of love

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26 Find a new way to use one of your strengths or talents

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ACTION FOR HAPPINESS

Happier · Kinder · Together



VIRTUAL CLASSES

BULLYING; SIGNS, SYMPTOMS, AND SOLUTIONS

MONDAY • 9/12 • 10 a.m. to 12 p.m.

A bully is defined as an individual who seeks out others that are viewed as vulnerable, with intent to cause harm. Bullying is a reality for our youth, and it's important to know signs and strategies to support those who are bullying and being bullied.

ADVERSE CHILDHOOD EXPERIENCES

MONDAY • 9/12 • 5 p.m. to 7 p.m.

Childhood trauma affects behavior into adulthood. Learn about the behavioral impacts, and how to promote healthy behaviors to keep kids safe. Explore strategies to build emotionally healthy families by learning about the healing process.

OPIOID AWARENESS AND PREVENTION

WEDNESDAY • 9/14 • 10 a.m. to 11:30 a.m.

This presentation focuses on the opioid epidemic plaguing Arizona. We will discuss numerous topics relating to how opioids can negatively affect students. Placing heavy focus on prevalence, prevention, and support.

DRUG TRENDS

MONDAY • 9/19 • 10 a.m. to 11:30 a.m.

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

ADVERSE CHILDHOOD EXPERIENCES- EXTENDED 2 PART SERIES

TUESDAYS • 9/20 & 9/22 • 10 a.m. to 12:00 p.m.

This two part class series will provide: an overview of what ACEs mean, including the short and long term impact of ACEs; guidance on trauma and toxic stress's connection to development and behaviors; strategies to build resiliency and promote post traumatic growth.

A GUIDE TO HEALTHY TEEN DATING

THURSDAY • 9/22 • 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.

SAFE AND SECURE ONLINE

MONDAY • 9/26 • 6 p.m. to 7:00 p.m.

Presented by The Center for Cyber Safety and Education (Center), this program aims to support cyber security education for parents including topics such as cyberbullying, online identity and image protection, scam identification, social networking safety, and computer safety.

SNAPCHAT AS A DRUG DEALING TREND

WEDNESDAY • 9/28 • 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.

Pre-Register online at:

register.communitypass.net/ChildCrisisArizona

FALL 2022

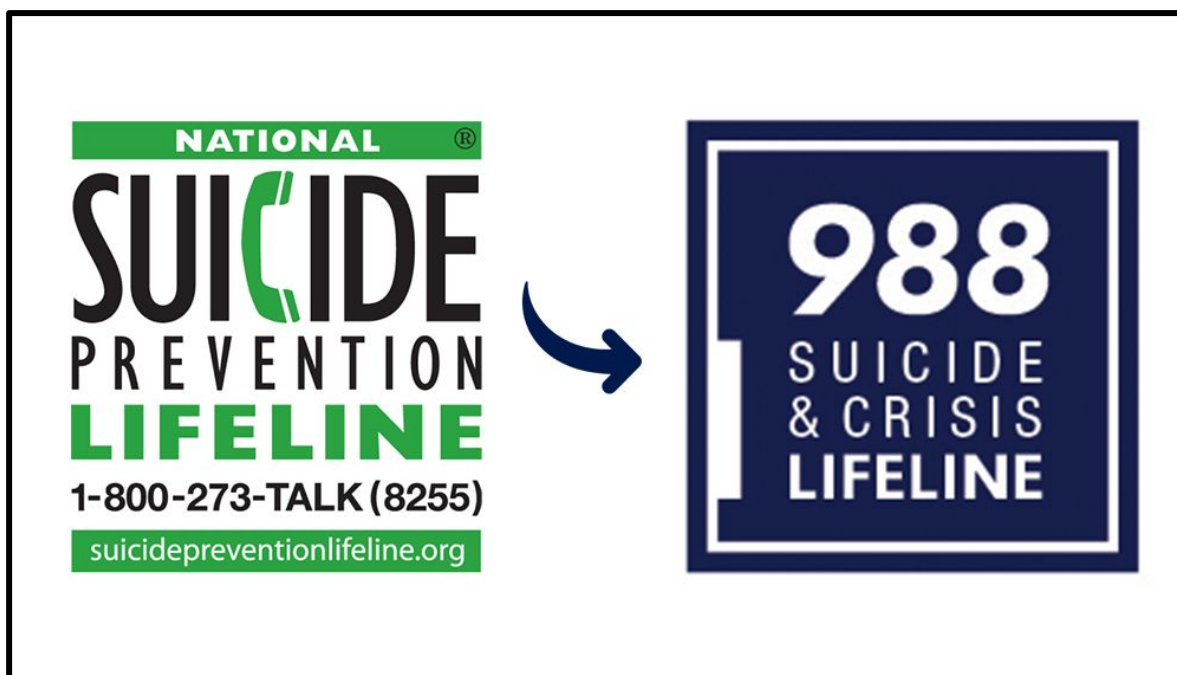
Click on the links below to view spring schedules and descriptions.

[VIRTUAL CLASSES AND WORKSHOPS](#)

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

[CURSOS DE ONTOÑO](#)

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.

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[®]



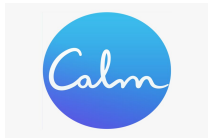
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v.01|2022



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 Yavappai	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	nhall@susd.org madisongilbreath@susd.org lloiacono@susd.org hleffhalm@susd.org sierrarose2@susd.org gghenman@susd.org vmohammed@susd.org abarajascastaneda@susd.org mayranunez@susd.org hpassarella@susd.org afERENCE@susd.org kfowlston@susd.org
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Middle Schools

Cocopah Desert Canyon Ingleside Mohave Mountainside Tonalea Mckinney Vento	Laura Pederson Cynthia O'Brien Erin Stocking Julie Jimenez Laura Pederson Sherena Small Melissa Medvin	lpederson@susd.org cobrien@susd.org estocking@susd.org jjimenez@susd.org lpederson@susd.org ssmall@susd.org mmedvin@susd.org
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K-8 Schools

Cheyenne Copper Ridge Echo Canyon	Alexandria Fischetti Sharon James Brenna Fairweather	afischetti@susd.org sjames@susd.org bfairweather@susd.org
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High Schools

Arcadia Chaparral Coronado Desert Mountain Saguaro	Whitney Hess Leah Stegman Nicole Tarter Karey Trusler Karen Beatty	whess@susd.org lstegman@susd.org ntarter@susd.org ktrusler@susd.org kbeatty@susd.org
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District Office

Director of Support Services Clinical Services Coordinator MTSS Secondary Coordinator Prevention Specialist Behavior Intervention Specialist Behavior Intervention Specialist	Shannon Cronn Matthew Lins Dale Merrill Lauren Pilato Susan Wertheim Rhonda Witherspoon	scronn@susd.org matthewlins@susd.org dmerrill@susd.org lpilato@susd.org swertheim@susd.org rwitherspoon@susd.org
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Boletín de Servicios de Apoyo

Septiembre de 2022



Scottsdale *Unified*
SCHOOL DISTRICT





SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

Septiembre es el Mes Nacional de la Prevención contra el Suicidio. Durante todo el mes, los defensores de la salud mental, las organizaciones de prevención, los supervivientes, los aliados y los miembros de la comunidad se unen para promover la concientización sobre la prevención contra el suicidio.

La Semana Nacional de Prevención contra Suicidio es del 4 al 10 de septiembre. Es un momento para compartir recursos e historias, así como para promover la concientización sobre la prevención contra el suicidio.

El Día Mundial de la Prevención contra el Suicidio es el **10 de septiembre**. Es un momento para recordar a los afectados por el suicidio, sensibilizar y centrar los esfuerzos en dirigir el tratamiento a quienes más lo necesitan.

WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

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FEELING:



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- El suicidio es la **segunda causa principal de muerte** en los Estados Unidos entre las edades de 15 a 24 años.
- Cada día en los Estados Unidos, hay más de 3000 intentos de suicidio por parte de estudiantes de secundaria, según la Fundación Jason.
- Las estadísticas actuales de suicidio de adolescentes de la Alianza Nacional sobre Enfermedades Mentales muestran que el 20% de los estudiantes de secundaria han considerado seriamente el suicidio, y el 9% han hecho intentos de suicidio.
- Las tasas de suicidio en los jóvenes son dos veces más altas en los adolescentes afros en comparación con sus pares blancos, según la Academia Americana de Psiquiatría Adolescente. Entre los adolescentes varones afros, la tasa de suicidio aumentó en 60 en las últimas dos décadas.
- Las tasas de suicidio adolescente **aumentaron significativamente** en varios estados durante la pandemia.
- **La mitad de los adolescentes LGBTQ** consideraron el suicidio en el último año, y el 18% hizo un intento de suicidio.
- El número de adolescentes ingresados en hospitales infantiles como resultado de pensamientos suicidas o autolesiones se ha **más que duplicado**. Los Estados Unidos enfrentan una grave escasez de psiquiatras de niños y adolescentes en ejercicio, con más del **85%** de los consultorios médicos que informan dificultades para localizar proveedores de atención médica mental para sus pacientes menores de 18 años durante las últimas décadas.



Próximas presentaciones para la comunidad

Martes 13 septiembre de 2022 a las 6 p.m.

SALUD MENTAL ADOLESCENTE DEL SUS

La presentación notMYkid's de Salud Mental para Adolescentes enseña la definición de depresión, mitos comunes y conceptos erróneos en torno a la depresión / autolesión / suicidio, signos y síntomas que ocurren cuando una persona experimenta depresión, y cómo identificar y responder cuando alguien experimenta depresión.

[Hagan clic para obtener más información y apuntarse](#)

Martes 27 septiembre de 2022 a las 6 p.m.

MALUSO DE RECETAS MEDICAS PARA ESUS

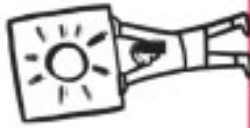
La presentación notMYkid's de Maluso de Recetas Médicas enseña a los padres y cuidadores sobre la realidad de la epidemia de opioides en Arizona. Esto incluye educación sobre el uso indebido de medicamentos recetados, fentanilo y píldoras falsificadas. La presentación enseña los signos de uso de sustancias, signos de uso de fentanilo y sobredosis, y qué hacer si alguien está experimentando una sobredosis. Los padres y cuidadores tomarán estrategias de prevención sobre cómo iniciar una conversación con sus jóvenes en torno al uso de sustancias y cómo establecer reglas claras sobre las drogas y el alcohol.

[Hagan clic para obtener más información y apuntarse](#)

Self-Care September 2022



MONDAY



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TUESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

WEDNESDAY



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SATURDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

SUNDAY

4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

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ACTION FOR HAPPINESS

Happier · Kinder · Together



Child Crisis Arizona
Safe kids. Strong families.

CLASES VIRTUALES

INTIMIDACIÓN; SIGNOS, SÍNTOMAS Y SOLUCIONES

LUNES • 9/12 • 10 a.m. a 12 p.m.

Un acosador se define como un individuo que busca a otros que son vistos como vulnerables, con la intención de causar daño. La intimidación es una realidad para nuestros jóvenes, y es importante conocer señales y estrategias para apoyar a aquellos que están intimidando y siendo intimidados..

EXPERIENCIAS ADVERSAS EN LA INFANCIA

LUNES • 9/12 • 5 a 7 p.m.

El trauma infantil afecta el comportamiento en la edad adulta. Aprendan sobre los impactos en el comportamiento y cómo promover comportamientos saludables para mantener a los niños seguros. Explore estrategias para crear familias emocionalmente saludables al aprender sobre el proceso de curación.

CONCIENTIZACIÓN Y PREVENCIÓN CONTRA LOS OPIOIDES

MIÉRCOLES • 9/14 • 10 a 11:30 a.m.

Esta presentación se centra en la epidemia de opioides que afecta a Arizona. Hablaremos sobre varios temas relacionados de la manera cómo los opioides pueden afectar negativamente a los estudiantes. Se le dará gran énfasis a la prevalencia, la prevención y el apoyo.

TENDENCIAS EN LAS DROGAS

LUNES • 9/19 • 10 a 11:30 a.m.

Los padres y cuidadores aprenderán herramientas de prevención contra el consumo de drogas y el consumo de alcohol por parte de menores de edad.

EXPERIENCIAS ADVERSAS EN LA INFANCIA SERIE EXTENDIDA DE DOS PARTES

MARTES • 9/20 Y 9/22 • 10 a.m. a 12:00 p.m.

Esta serie de clases de dos partes proporcionará: una visión general de lo que significan las ACE, incluido el impacto a corto y largo plazo de las ACE; orientación sobre la conexión del trauma y el estrés tóxico con el desarrollo y los comportamientos; estrategias para construir resiliencia y promover el crecimiento postraumático.

UNA GUÍA PARA CITAS SALUDABLES ENTRE ADOLESCENTES

JUEVES • 9/22 • 10 a.m. a 12 p.m.

Salgan con una mejor comprensión de cómo influir en su hijo adolescente para que tenga relaciones saludables de citas entre adolescentes y al mismo tiempo aprendan los signos de violencia en el noviazgo. Este taller está recomendado para padres con niños de tan solo 11 años.

SEGURO Y PROTEGIDO EN LÍNEA

LUNES • 9/26 • 6 a 7:00 p.m.

Presentado por el Centro para la Seguridad Cibernética y la Educación (Centro), este programa tiene como objetivo apoyar la educación en seguridad cibernética para los padres, incluidos temas como el acoso cibernético, la protección de la identidad y la imagen en línea, la identificación de estafas, la seguridad de las redes sociales y la seguridad informática..

SNAPCHAT COMO TENDENCIA DE TRÁFICO DE DROGAS

MIÉRCOLES • 9/28 • 6 a 7:30 p.m.

Las redes sociales se han convertido en parte de la vida de nuestros hijos, lo que puede incluir algunos riesgos y peligros. En este curso, aprenderán sobre los riesgos de usar Snapchat, cómo se puede usar para acceder a sustancias y qué pueden hacer para proteger a sus hijos de los riesgos.

Apúntense anticipadamente en:

register.communitypass.net/ [ChildCrisisArizona](#)

OTOÑO DE 2022

Haga clic en los enlaces a continuación para ver los horarios y descripciones de

otoño.

CLASES Y TALLERES VIRTUALES

CLASES Y TALLERES COMUNITARIOS EN PERSONA

CURSOS DE OTOÑO

RECURSOS PARA LA SALUD MENTAL

Hagan clic en las siguientes imágenes
para los enlaces de estos recursos.



El 16 de julio de 2022 marcó el lanzamiento de 988, el nuevo número para la línea de vida 988 Suicide & Crisis (anteriormente conocida como la línea de vida nacional de prevención del suicidio). Al igual que ya usamos el 911 para emergencias, el 988 se usará para crisis de salud mental.

El nuevo código de marcación 988 ayudará a las personas a obtener ayuda antes de que una crisis se intensifique. Con la educación y la concientización adecuadas, todos en el país tendrán un recurso de salud mental inmediato y accesible y aquellos en crisis no necesitarán llamar al 911 para emergencias de salud mental.

[RECURSOS DE COLABORACION](#)
[PARA LA SALUD MENTAL DEL SJSD](#)



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A Place to Fill Up

the parents group by notMYkid™

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4PM - 6PM

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- Study Group with experienced tutor lead
- One-on-one instruction
- Multi-subject expertise
- Grades 6-12 welcome

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v.01|2022

Aplicaciones útiles para estimular la salud mental



Headspace: ofrece una AMPLIA variedad de ejercicios para meditar, ayudar a dormir y moverse que los ayuda, sin importar cómo se sientan. Los ayuda a reducir la ansiedad y el estrés y a mejorar la atención y el estar alerta. El contenido es gratuito.



Calm: incluye meditaciones gratuitas para el estrés, dormir Y tiene meditaciones para los niños.



Breathe2Relax: es gratuito, diseñado por el *National Center for Telehealth and Technology* para enseñar técnicas para respirar para controlar con el estrés.



Happify: ofrece actividades y juegos basados en la ciencias con la intención de reducir el estrés, desarrollar la resistencia y superar los pensamientos negativos.



MoodPath: compañero personalizado para la salud mental, que «aprende» de sus respuestas y genera percepción y ofrece los recursos más relevantes para su salud emocional.



MoodTools: una aplicación de autoayuda orientada a la depresión. Ofrece psicoeducación sobre los factores de riesgo, un diario para los pensamientos, un plan de seguridad contra el suicidio y videos.



PTSD Coach: una aplicación de autoayuda del *National Center for PTSD* que ofrecer educación, evalúa el PTSD y ofrece consejos fáciles de entender para control síntomas comunes de PTSD y ofrece recursos adicionales para el tratamiento.



Quit That!: aplicación gratuita que ayuda a los usuarios a vencer sus hábitos o adicciones. Es una herramienta de recuperación para mantener un control y supervisar su progreso.



Medisafe: una aplicación para recordarles los medicamentos.



Shine: una aplicación para el cuido de sí mismos que se basa en estrategias de investigación para ayudarlos a reducir el estrés, estimular la autocompasión, ayudarlos con la concentración y combatir el agotamiento.



TRABAJADORES SOCIALES DEL SUSD



Escuelas Primarias

Anasazi Cherokee Cochise Desert Canyon Hohokam Hopi Kiva Laguna Navajo Pima Pueblo Redfield Sequoia Tavan Yavapai	Por anunciarse Nicole Hall Madison Gilbreath Lauren Loiacono Holly Leffhalm Sierra Rose Glenda Henman Virginia Mohammed Alexa Barajas Castaneda Por anunciarse Mayra Núñez Haley Passarella Andrea Ference Kim Meyer Por anunciarse	nhall@susd.org madisongilbreath@susd.org lloiacono@susd.org hleffhalm@susd.org sierrarose2@susd.org ghenman@susd.org vmohammed@susd.org abarajascastaneda@susd.org mayranunez@susd.org hpassarella@susd.org aference@susd.org kfowlston@susd.org
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Escuelas Intermedias

Cocopah Desert Canyon Ingleside Mohave Mountainside Tonalea Mckinney Vento	Laura Pederson Cynthia O'Brien Erin Stocking Julie Jiménez Laura Pederson Sherena Small Melissa Medvin	lpederson@susd.org cobrien@susd.org estocking@susd.org jjimenez@susd.org lpederson@susd.org ssmall@susd.org mmedvin@susd.org
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Escuelas K-8

Cheyenne Copper Ridge Echo Canyon	Alexandria Fischetti Sharon James Brenna Fairweather	afischetti@susd.org sjames@susd.org bfairweather@susd.org
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Escuelas Secundarias

Arcadia Chaparral Coronado Desert Mountain Saguaro	Whitney Hess Leah Stegman Nicole Tarter Karey Trusler Karen Beatty	whess@susd.org lstegman@susd.org ntarter@susd.org ktrusler@susd.org kbeatty@susd.org
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Oficina del Distrito

Directora de Apoyos Estudiantiles Coordinador de apoyos clínicos Segundo coordinador de MTSS Especialista en prevención Esp. en Intervención del Comport. Esp. en Intervención del Comport.	Shannon Cronn Matthew Lins Dale Merrill Lauren Pilato Susan Wertheim Rhonda Witherspoon	scronn@susd.org matthewlins@susd.org dmerrill@susd.org lpilato@susd.org swertheim@susd.org rwitherspoon@susd.org
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