

Support Services February Newsletter



Appreciating Diversity

The February focus for Support Services is Appreciating Diversity. Our community becomes stronger when we value the contributions of each member and celebrate the unique differences of all who make up our schools.

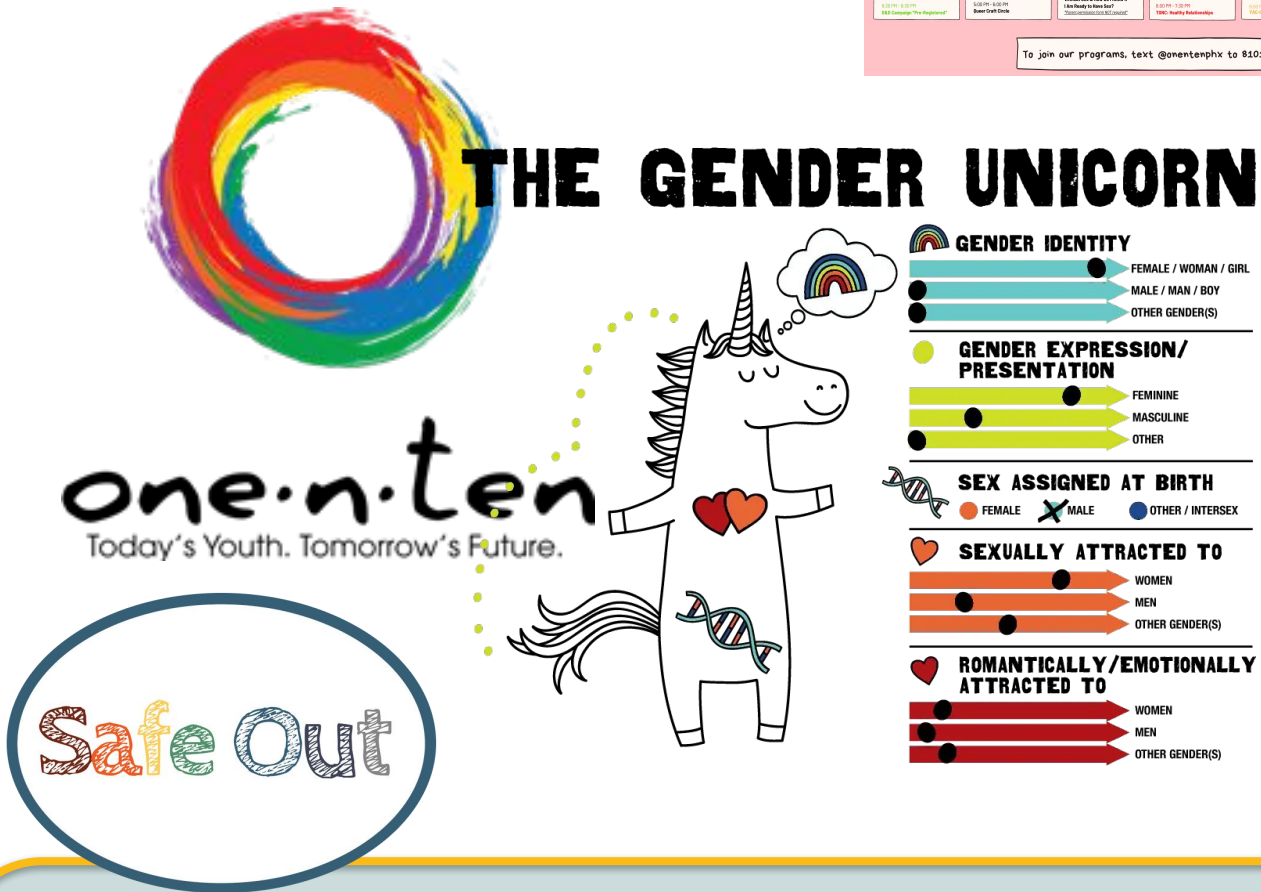
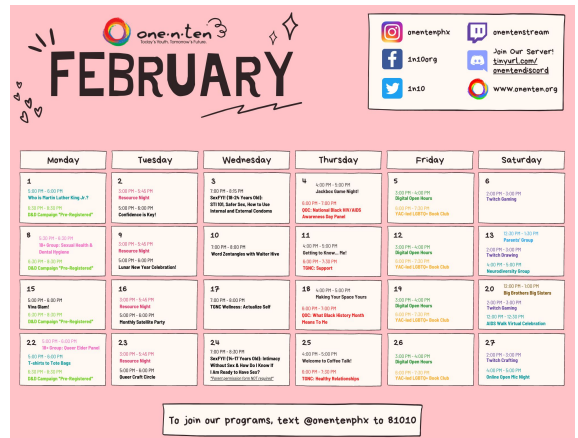
Appreciating Diversity is part of CASEL's Social Emotional Core Competency of Social Awareness. When our students are Socially Aware, they are about to take on the perspective and empathize with those from diverse backgrounds and cultures (casel.org).

Lessons will be delivered across SUSD using our research-based curriculum of Sanford Harmony and Nearpod. Activities include sharing important values with our class, finding common ground with other students in class, and identifying benefits of unique characteristics.

For additional activities that can be used at home to foster an appreciation of diversity, please create an account at [Sanfordharmony.org](https://sanfordharmony.org).

February Community Resources

Looking for LGBTQIA+ support?
Check out [OnenTen's](#) monthly calendar that is FULL of various support groups, learning opportunities, and Covid friendly social opportunities!



Safe Out AZ: We're all at a different point in our learning. Looking for educational resources and information about providing support to LGBTQ community or the reference materials from Safe Out LGBTQ Youth Coalition workshops?

Here are just a few to get you started: Coming Out, LGBTQ Terminology, LGBTQ Survey, Providing LGBTQ Competent Care, Substance Use Prevention, Suicide Prevention, LGBTQ Equity, Rights, and Discrimination.



Black History Month Celebrations around the Valley

Downtown Phoenix Black History Month murals

The Black Mural Project, founded by community activist Gizette Knight, will honor 80 influential Black pioneers in 28 new murals around Central Phoenix. Honorees include Malcolm X, Huey P. Newton, Jackie “Moms” Mabley, George Washington Carver, Frederick Douglass, and Harriet Tubman. **Details:** Free. **For more details visit** <https://www.facebook.com/events/895520967889403>.

Grassrootz Bookstore and Juice Bar Event

Grassrootz Bookstore and Juice Bar is holding an event on Saturday, February 20 from 12-6pm to celebrate Black excellence. **Details:** Free. **For more information visit:** <https://grassrootzbookstore.com>.

Langston Hughes Project

On Wednesday, Feb. 10. From 5:30-7pm, SCC, CGCC, MCC are co-hosting The Ron McCurdy Quartet who will perform Langston Hughes’ poem, “Ask Your Mama: Twelve Moods for Jazz”. **Details:** Free. **For more information visit:** <https://www.scottsdalecc.edu/news/2021/celebrating-black-history-month-langston-hughes-project>.

West Valley Arts Council presents “IMPRINT: African Americans in the Arts”

Wednesday-Friday through March 5 from 10am-5pm the West Valley Arts Council is presenting “IMPRINT: African Americans in the Arts.” The exhibition includes seven artists. **Details:** Free **For more information visit:** <https://westvalleyarts.org>.

Discover Diverse Community Resources

The following list of national resources has been reviewed for accuracy, mental health and community content, and ease of use. It is not intended to be exhaustive, and American Foundation for Suicide Prevention welcomes the opportunity to review and add other resources. In addition to the resources specific to minority communities below, For the full list, please visit their website: <https://afsp.org/minority-mental-health-resources>

General:

Inclusive Therapists is a mental health community that commits to and practices: advancing justice & equity for all intersectional identities; culturally affirming & responsive client care; centering the needs of marginalized, underserved populations; celebrating all identities and abilities in all bodies; decolonizing & destigmatizing mental healthcare; and dismantling systemic oppression & white supremacy in mental healthcare. On Instagram [@inclusivetherapists](#).

Native and Indigenous Peoples communities

The **National American Indian and Alaska Native/Mental Health Technology Transfer Center Network** has compiled (and continues to be update) resources during the National American Indian and Alaska Native MHTTC's ongoing series: Strategies of Support for Mental Health Providers - Empowering one another during times of crisis. This guide is tailored for providers who are Native and/or are working with American Indian and Alaska Native individuals.

Black Community

Black Emotional and Mental Health Collective is a collective of advocates, yoga teachers, artists, therapists, lawyers, religious leaders, teachers, psychologists and activists committed to the emotional/mental health and healing of Black communities. They envision a world where there are no barriers to Black healing. Their mission is to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing. They do this through education, training, advocacy and the creative arts. On Instagram [@ beamorg](#).

Hispanic/Latinx community

Therapy for Latinx is a new online database that makes it easy for Latinx people to find mental health professionals in their own communities. Therapy For Latinx is easy to use for both mental health professionals and people seeking mental health treatment. If you are looking for the therapist, you can search the database via state, or add keywords if you are searching for a special focus. The resource is also available in both English and Spanish, and, what's more, Therapy For Latinx offers free online mental health screenings in partnership with Mental Health America. On Instagram [@therapyforlatinx](https://www.instagram.com/therapyforlatinx).

Asian American, Native Hawaiian, and Pacific Islander communities

Asian Mental Health Collective's mission is to raise awareness about the importance of mental health care, promote emotional well-being, and challenge the stigma concerning mental illness amongst Asian communities globally



NAVIANCE

It is such a pleasure to tie the importance of diversity with the value and usage of our amazing college and career software, Naviance! The first thing that comes to mind is the vast college search resources available.

Students and families can look up anything they want to know about colleges in the country that put a **particular interest on diversity**. This could include all types of diversity; different backgrounds, race, ethnicities, religions, income levels, gender, geographic, etc. Also, students **can look at scholarships through Scholarship List** or many other searches to pinpoint awards that highlight diversity. What makes a college campus so unique and life-changing is experiencing times with people from all different backgrounds and places. Further, **students throughout our district of all different ages can take career assessments and personality quizzes to learn more about themselves and how they view the world**. All of this encompasses diversity!

Have questions about Naviance? Contact Leslie Rold at lrold@susd.org!





Increase Your Knowledge on Diversity and Inclusivity

READ → Looks for books and articles to educate yourself on different cultures, races, religions, gender, and any other people that may be different than you.

WATCH → Find movies, documentaries, and shows that depict the real lives and experiences that are different from your own.

LISTEN → Listen to interviews, podcasts and the words of others whose views may be different than yours.

Participate in diversity and inclusion activities that are happening in the community, be willing to be vulnerable and try to see things from others' perspectives.

Be willing to have difficult and respectful conversations with those from differing backgrounds, beliefs, and cultures. [Bing video](#)



Now is the perfect opportunity to have some fun celebrating diversity at home. Here are a few ideas to get you started!



Try a new food: Try new cultural food as a family! For some extra learning, have your student look up the origin of the food, and some background on the culture that the food is from.

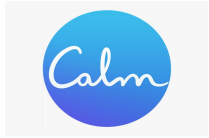
Enjoy a cultural family movie night: Who doesn't love a good movie night? Bring some culture in by exploring a family friendly movie that incorporates a different culture here are some titles to get you started: Queen of Katwe, Coco, Over the Moon, Moana, the Black Panther, Ratatouille, and many more!

Listen to music from a different culture: Pick a playlist on your favorite music streaming service from a different culture and enjoy the sounds while doing a regular activity together as a family (e.g. eating dinner, chores, etc.) Need suggestions? Flamenco, Native American/tribal music, French Jazz, etc.





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.



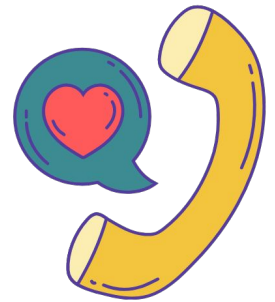
Medisafe: a medication reminder app

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



Still Struggling?

Reach out to your Support Services Team

Arcadia High School

Social Worker:

Whitney Hess, whess@susd.org

Guidance Counselors:

Kelley Ender, kender@susd.org

Ruth Hart, rhart@susd.org

Sonya Kim, skim@susd.org

Patricia LaCorte, placorte@susd.org

Cheryl Guthrie, cguthrie@susd.org

Desert Mountain High School

Social Worker:

Karey Trusler, ktrusler@susd.org

Guidance Counselors:

Michelle Okun, mokun@susd.org

Veva Pacheco, vpacheco@susd.org

Jennifer Cooper, jcooper@susd.org

Leslie Jones – ljones@susd.org

Madison Gilbreath, madisongilbreath@susd.org

Chaparral High School

Social Worker:

Leah Stegman, lstegman@susd.org

Guidance Counselors:

Keri Board, kboard@susd.org

Leslie Rold, lrold@susd.org

Katie Kunitzer, kkunitzer@susd.org

Janine Welch, janinewelch@susd.org

Megan Mayer, mmayer@susd.org

Dayne Davis, adavis@susd.org

Saguaro High School

Social Worker:

Mindy Hickman, mhickman@susd.org

Guidance Counselors:

LeAnne Carter, lcarter1@susd.org

Leanne DeFay, ldefay@susd.org

Katy Gerken, kgerken@susd.org

Donna Wittwer, dwittwer@susd.org

Coronado High School

Social Worker:

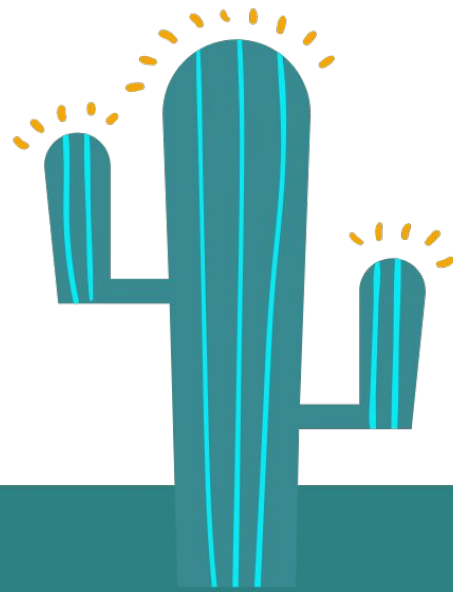
Mandy Turner, aturner@susd.org

Guidance Counselors:

Anna Huerta, ahuerta@susd.org

Nicole Tarter, ntarter@susd.org

Julie Stephan, jstephan@susd.org



Middle School Guidance Counselors

Echo Canyon

Cathy Lewkowitz, clewkowitz@susd.org

Ingleside

Aria Ham, aham@susd.org

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Cocopah

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Copper Ridge

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Mohave

Lisa Balthazor, lbalthazor@susd.org

Todd Kemmerer, tkemmerer@susd.org

Desert Canyon Middle School

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Mountainside

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Robin Stieglitz, rstieglitz@susd.org

Cheyenne

Frances Lax, flax@susd.org

Tonalea K-8

Social Worker:

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Guidance Counselors:

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Tammy Clow-Kennedy,
tclowkennedy@susd.org

District Support K-12

Clinical Support Coordinator:

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Director of Support Services

Shannon Cronn, scronn@susd.org

