

Each Mind Matters Webinar for Educators

June 23, 2020

Mental Health Strategies to Support Students





Welcome!

Housekeeping Items

- This Zoom webinar call is being recorded.
- Type questions using the Chat feature and they will be answered during the Q&A section.
- A link to the recorded webinar and presentation slides will be made available after this webinar.





Introductions



Nicole Jarred (she/her)
Sacramento County



Lisa Smusz (she/her)
Alameda County



Emily Bender (she/her)
Sacramento County



Victoria Flores (she/her)
Sacramento City
Unified School District

Today's Objectives



- Provide an overview of how COVID-19 has caused trauma for school-age children and how to identify trauma symptoms
- Review Each Mind Matters resources for educators and self-care tips
- Share case study presented by Sacramento City Unified School District
- Q&A

Each Mind Matters and Our Initiatives



Each Mind Matters is California's Mental Health Movement. We are millions of individuals and thousands of organizations working to advance mental health.



Pain Isn't Always Obvious
KNOW THE SIGNS
Suicide Is Preventable

El Sufrimiento No Siempre Se Nota
RECONOZCA LAS SEÑALES
El Suicidio Es Prevenible

Learn more at www.EachMindMatters.org

Walk In Our Shoes

WALK IN OUR SHOES

Hello! Are you curious about what it's like to be in someone else's shoes? Do you want to learn about other people's lives? Curiosity and learning are great, so lace up, strap on, or slip on your sneakers and let's learn about mental health. Learning about other people can help you understand that they're still a lot like you — they're just on a journey in different shoes.



WHAT IS MENTAL HEALTH?



SHOE GALLERY

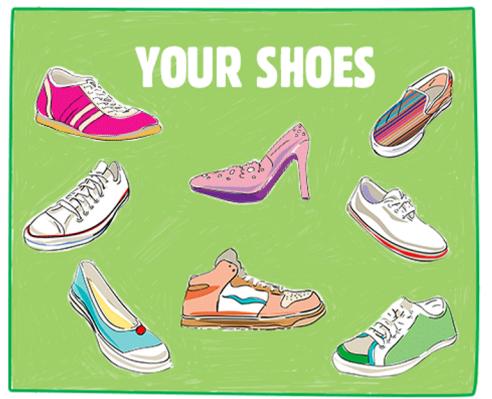


VIDEOS

MYTHS



LEARN



GIVING HELP & GETTING HELP

FACTS

REAL STORIES



FOR GROWN

MENTAL HEALTH CHALLENGES



Scarlett's Story

View Scarlett's Story Here:

<https://walkinourshoes.org/our-stories/scarlett>



COVID-19 Trauma and School-age Children



Impact Of Traumatic Events On Mental Health

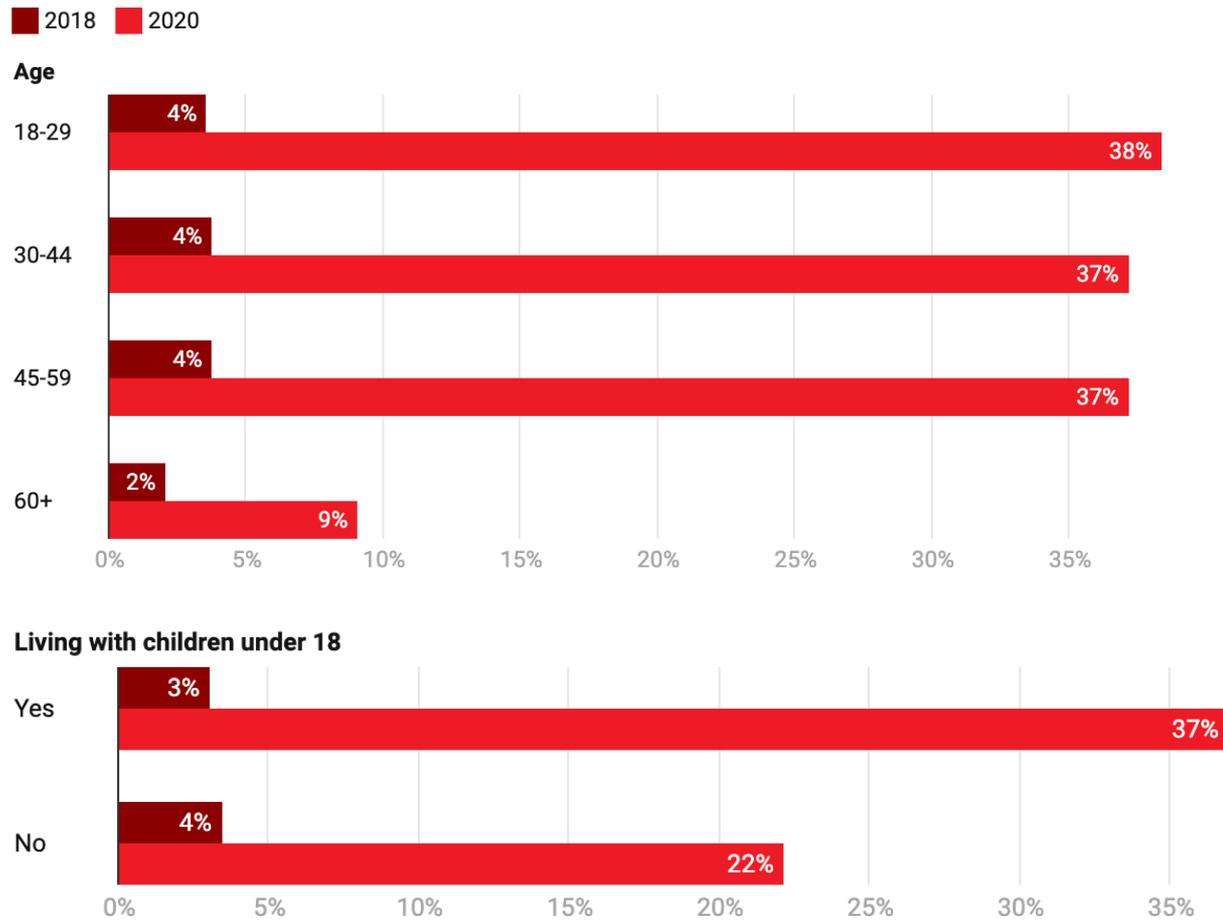
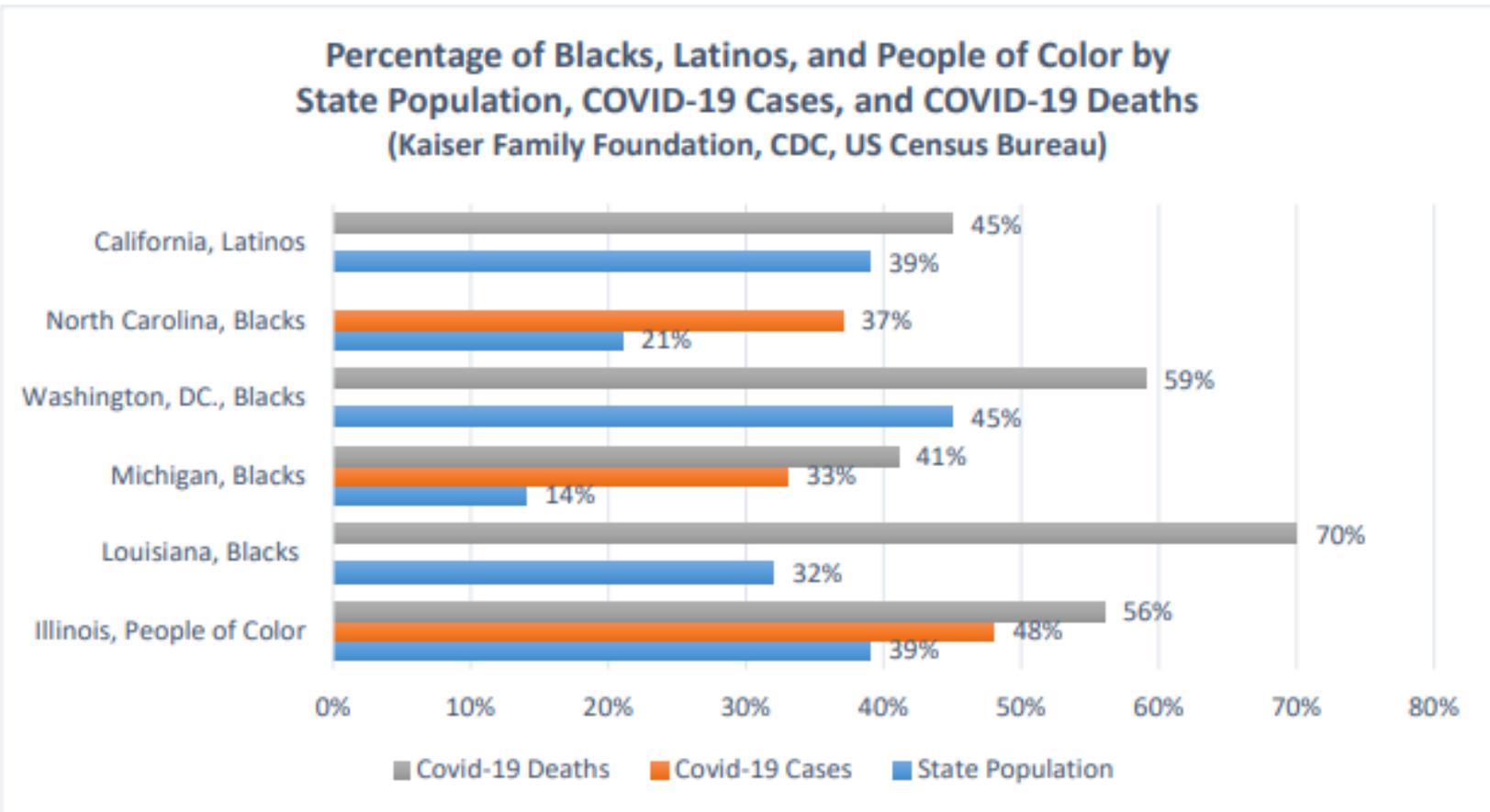


Chart: Elijah Wolfson for TIME •

Source: 2018: 2018 National Health Interview Survey; 2020: [Lucid.io/San Diego State University](https://www.lucid.io/san-diego-state-university) • Created with [Datawrapper](https://datarapper.com)



Racial and Ethnic Disparities



Source: [Double Jeopardy: COVID-19 and Behavioral Health Disparities for Black and Latino Communities in the U.S.](#)

Toxic Stress

POSITIVE STRESS

Mild/moderate and short-lived stress response necessary for healthy development

TOLERABLE STRESS

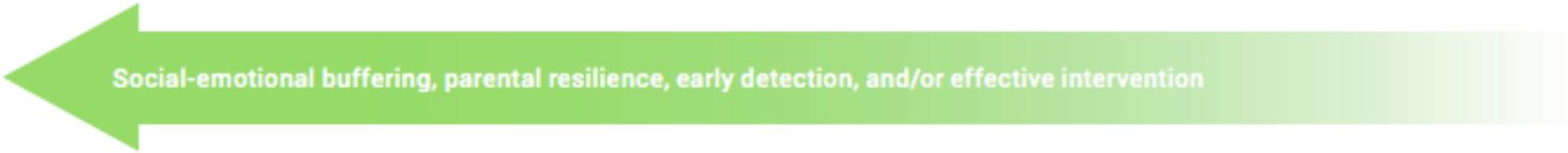
More severe stress response but limited in duration which allows for recovery

TOXIC STRESS

Extreme, frequent, or extended activation of the body's stress response without the buffering presence of a supportive adult



Intense, prolonged, repeated and unaddressed



Social-emotional buffering, parental resilience, early detection, and/or effective intervention

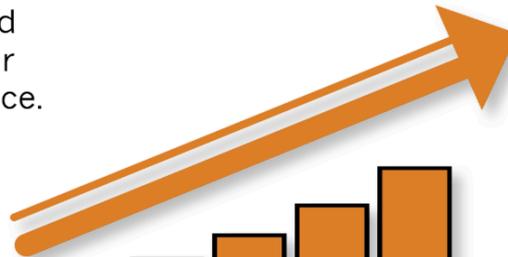
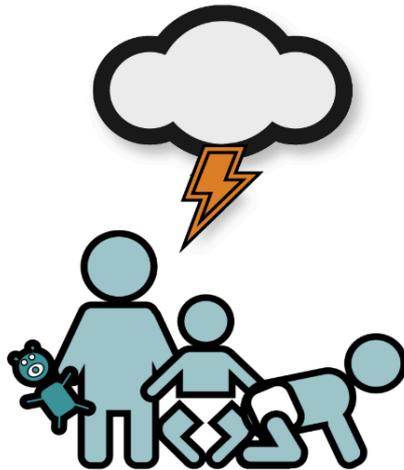


Adverse Childhood Experiences (ACEs)

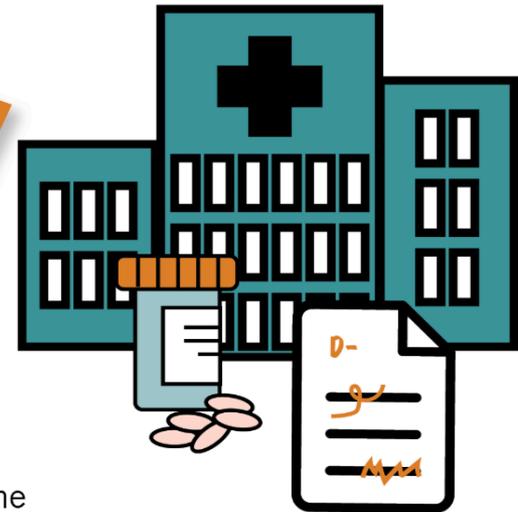
WHAT ARE ACEs?

AND HOW DO THEY RELATE TO TOXIC STRESS?

“ACEs” stands for “Adverse Childhood Experiences.” These experiences can include things like physical and emotional abuse, neglect, caregiver mental illness, and household violence.



The more ACEs a child experiences, the more likely he or she is to suffer from things like heart disease and diabetes, poor academic achievement, and substance abuse later in life.





Suicide Prevention Programs

Know The Signs campaign engages Californians to learn how to recognize warning signs, to talk to someone at risk, and to find local resources.

Leading Cause of Death in the United States (2017) 							
Data Courtesy of CDC							
Rank	Select Age Groups						
	10-14	15-24	25-34	35-44	45-54	55-64	All Ages
1	Unintentional Injury 860	Unintentional Injury 13,441	Unintentional Injury 25,669	Unintentional Injury 22,828	Malignant Neoplasms 39,266	Malignant Neoplasms 114,810	Heart Disease 647,457
2	Suicide 517	Suicide 6,252	Suicide 7,948	Malignant Neoplasms 10,900	Heart Disease 32,658	Heart Disease 80,102	Malignant Neoplasms 599,108
3	Malignant Neoplasms 437	Homicide 4,905	Homicide 5,488	Heart Disease 10,401	Unintentional Injury 24,461	Unintentional Injury 23,408	Unintentional Injury 169,936
4	Congenital Abnormalities 191	Malignant Neoplasms 1,374	Heart Disease 3,681	Suicide 7,335	Suicide 8,561	CLRD 18,667	CLRD 160,201



Toxic Stress and Trauma During COVID-19

- Loss of loved ones
- Increase in domestic violence/abuse
- Financial hardship
- Stressed or unavailable parents/adults
- Illness/hospital stays
- Separation from friends
- Loss of routine
- Food scarcity
- Isolation
- Lack of physical exercise, light, nature
- Disruption to developmental needs
- Substance use or mental health challenges
- Missing out on celebrations, milestones



The Importance of Social Emotional Training

Key Trauma-informed SEL Practices



Create predictable routines



Build strong & supportive relationships



Empower students' agency



Support the development of self-regulation skills

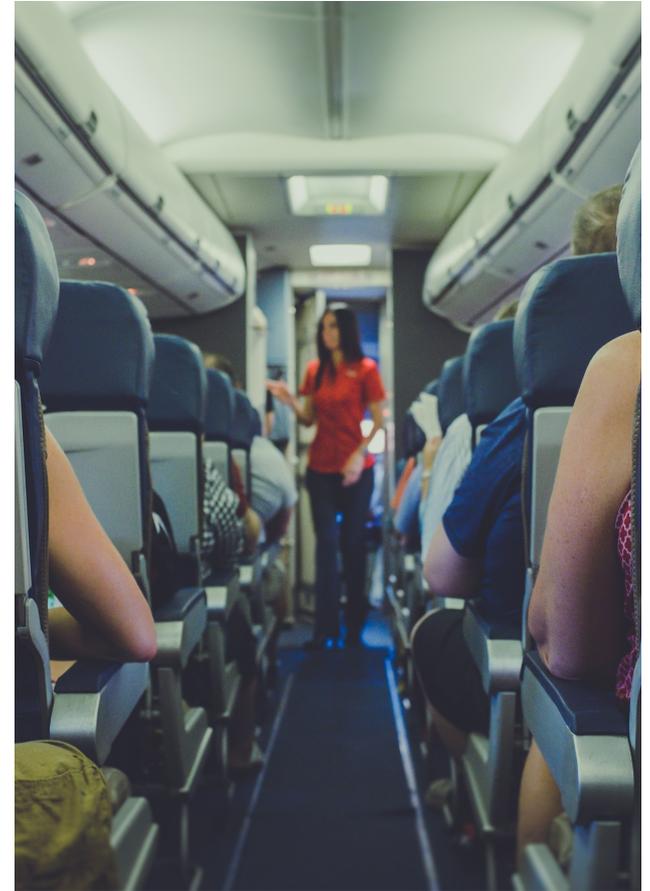


Provide opportunities to explore individual and community identities

The Need for Self-care

Teachers are working in the midst of a pandemic, racial oppression, civil unrest, traumatic events in personal lives, and uncertain/constantly changing work environments.

Working with individuals who have experienced a traumatic event can make someone more susceptible to secondary traumatic stress.





Secondary Traumatic Stress

Symptoms can include:

- withdrawing from friends and family
- feeling inexplicably irritable, angry, or numb
- inability to focus
- blaming others
- feeling hopeless, isolated, guilty about not doing enough
- struggling to concentrate
- being unable to sleep
- overeating or not eating enough
- continually and persistently worrying about students, even outside of school.

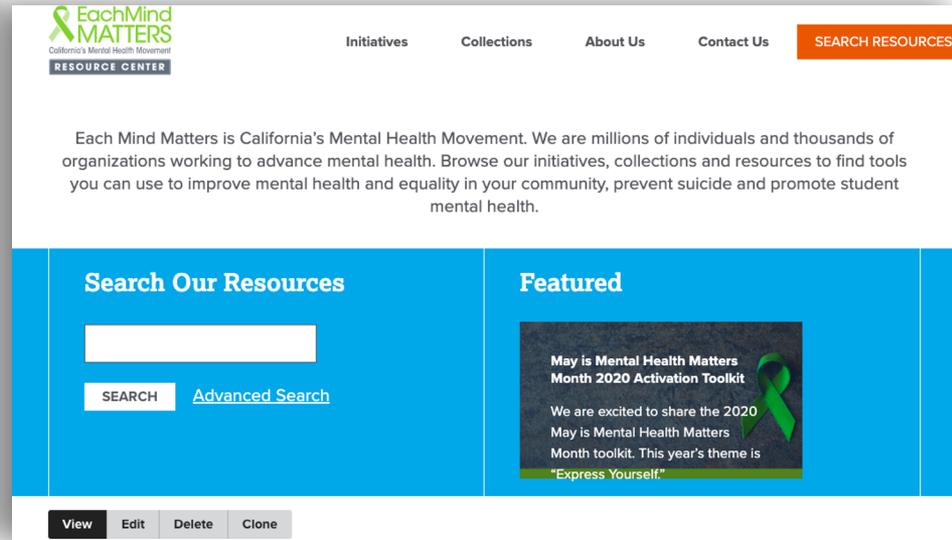


Each Mind Matters Resources for Educators & Self- care Tips

Each Mind Matters Websites



www.EachMindMatters.org



www.EMMResourceCenter.org

Walk In Our Shoes

WALK IN OUR SHOES

WHAT IS MENTAL HEALTH? MENTAL HEALTH CHALLENGES MYTHS VS FACTS GIVING & GETTING HELP OUR STORIES YOUR SHOES

MYTHS VS FACTS

MYTH
Kids can't get depression and anxiety disorders, only adults can.

MYTH
Kids only get a mental illness because they have bad parents.

MYTH
Mental illness is the same as being mentally disabled (sometimes incorrectly called mental retardation).

FACT
Kids can develop a mental illness, like depression and anxiety disorders. This can happen to anyone at any age.

FACT
Mental illness is not caused by doing something wrong. Also, you can't cause someone else to have a mental illness. Doctors think that mental illness is caused by a mix of what's going on in your body and what's happening around you.

FACT
Mental illness has nothing to do with how smart you are. A mental disability is a cognitive disability which means it's a

WALK IN OUR SHOES

Hello! Are you curious about what it's like to be in someone else's shoes? Do you want to learn about other people's lives? Curiosity and learning are great, so lace up, strap on, or slip on your sneakers and let's learn about mental health. Learning about other people can help you understand that they're still a lot like you — they're just on a journey in different shoes.



Howie

I was the most social and happy kid you could ever meet.

SCARLETT'S STORY



Laura



Harry



EMMA



José



MATT



RYAN



zoey



LUCY

ENGLISH ESPAÑOL

EachMind MATTERS California's Mental Health Movement

CalMHSA

FOR GROUPS ABOUT CALMHSA AND PROP 63 ABOUT CALIFORNIA'S MENTAL HEALTH MOVEMENT

www.WalkInOurShoes.org
www.PonteEnMisZapatos.org

Directing Change

Program and Film Contest



California

The Directing Change Program is an evaluated education program that can easily be integrated into classroom, club, or extracurricular activities.

- By category
- By diverse community
- By county
- View and download: Vimeo

www.DirectingChangeCA.org/films

Circling Stigma

Marin County, Navato High School

Students in a support group discuss the stigma surrounding mental illness.

<https://youtu.be/Ch3rcFDUgKk>

More Than a Mental Illness

Sonoma County, Montgomery High School

A film that reminds youth that you are not defined by your mental illness and encourages standing up for those experiencing a mental health challenge.

<https://youtu.be/pTGfxF63kaw>



If We All Speak Loud Enough

Orange County, Canyon High School

This creative film highlights how speaking up helps to end the silence on mental illness and reduce stigma.

<https://youtu.be/8TirhNtBuvq>

Real Life Super Hero

Del Norte County, Redwood Voice

This inspiring film teaches youth that anyone can be a super hero by supporting a friend experiencing a mental health challenge.

<https://youtu.be/kMbFbq4yXHE>

Naivete

Orange County, Canyon High School

This clever film discusses societal stigmas associated with mental illness and why no one should be treated differently.

<https://youtu.be/iBw1uQP2YYQ>





Mental Health Activities: Grades K-12 & Colleges



Mental Health Short Video Activity

This activity is designed to increase students' mental health awareness and empower them to seek help if needed. The following films are short, 60-second public service announcements created by youth through Directing Change, a program that supports statewide efforts to prevent suicide, reduce stigma and discrimination related to mental illness and to promote the mental health and wellness of students.

To get started, choose **ONE** short film from the list below. Watch the film together and then have a dialogue about what they saw, learned and felt when watching the film about mental health. Discussion questions to facilitate dialogue have been provided below. Choose a different short film and repeat. Compare the two films and have a dialogue to determine if this has helped them better understand mental health.

- Circling Stigma** - Students in a support group discuss the stigma surrounding mental illness. <https://youtu.be/Ch3rcFDUgKk>
- More Than a Mental Illness** - A film that reminds youth that you are not defined by your mental illness and encourages standing up for those experiencing a mental health challenge. <https://youtu.be/pTGfxf63kaw>
- Not Alone** - With the help of his basketball team, an African American youth is reminded of his own strength, that he is not alone, and that there is help. https://youtu.be/R8G_FxZOWLM
- Friend in Need** - Chinese with English captions. A story of how friends can show support to those who are experiencing a mental health challenge and a reminder that there is help there, no matter the circumstance. <https://youtu.be/mH4OP3763>
- A New Tomorrow** - When one friend begins showing warning signs, another notices and seeks the help of a school counselor. <https://www.youtube.com/watch?v=IFICUNbQ8>

Inside Out:

<https://www.youtube.com/watch?v=azZJ29kQ1cY>

Length: 95 min. (PG)

Riley is an 11-year-old who has felt a lot of Joy in her life until her family moves away from their hometown. Riley's emotions are characters who reveal the Sadness, Anger, Fear, and Disgust that she sometimes feels as she grieves the life she knew before and struggles to adapt to the new life she must come to know.

The Perks of Being a Wallflower:

<https://www.amazon.com/Perks-Being-Wallflower-Logan-Lerman/dp/B00AVTMB4I>

Length: 103 min. (PG-13)

Reeling from the loss of his best friend, introverted high school freshman, Charlie (Logan Lerman) is taken under the wings of two seniors, free-spirited Sam (Emma Watson) and her gregarious stepbrother, Patrick (Ezra Miller). Together, they welcome Charlie to a world of friendship, joy, and love.

May is Mental Health Matters Month

Social Media Activity



Gardening Activity



Sidewalk Art

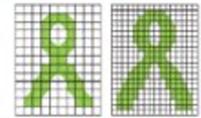


Wall Art Installation

EXPRESS YOURSELF Let's Express Unity with a Wall Art Installation

Millions of individuals and hundreds of organizations work to reduce mental health stigma with Each Mind Matters. As part of the many activities being planned during Mental Health Matters Month, we're encouraging everyone to show their support for the mental health movement through creative self-expression.

A fun and meaningful way to create awareness is to write inspiring messages of support that, when assembled together, create the shape of Each Mind Matters' blue-green mental health awareness ribbon.



Follow these steps to form the ribbon:

1. To start, find a wall space that is at least 10 feet wide for the full sign. A good wall to use is the back surface. Using the printed template above, place the sticky notes onto the wall, arranged in the shape of a blue-green ribbon. Use the grid tabs and sticks in our EachMindMatters.org/ribbonkits to assemble the template.
2. Respond to one of the prompts below by writing or drawing in a blue-green sticky note. Read and be inspired by what others have written!
 - Leave a positive message to brighten someone's day.
 - What's the best thing someone could say to you when you need support?
 - Write your pledge to stop the stigma surrounding mental health.
 - Why is it important to speak openly about our mental health?
3. To share your creation and inspire others to reduce stigma and support the mental health movement, snap photos and upload to social media. Don't forget to tag @EachMindMatters on Instagram, Twitter, and Facebook and use #EachMindMatters.
4. Visit EachMindMatters.org/May2020 for more ways to get involved in Mental Health Matters Month.



For tips and downloadable templates, visit EachMindMatters.org/stickynotes



EachMindMatters.org/May2020

LGBTQ+ Youth & Young Adults

Latinx LGBTQ+ Immigrant Youth Provider Fact Sheet



Why focus on Latinx LGBTQ+ Immigrant Youth?

Addressing unique challenges faced by immigrant youth who identify as LGBTQ+ can create better outcomes and enhance overall mental health and well-being. Complexities are added with the intersection of ethnicity, immigration status, sexual orientation, and gender identity. It compounds the challenges around personal acceptance, family acceptance, and societal stigmas. Having family with undocumented or mixed immigration status also comes with unique struggles, including navigating various government systems and institutions, forcing LGBTQ+ youth to make difficult choices between their well-being and that of their family.

Want to learn more?

Find and download the bilingual Latinx LGBTQ+ Immigrant Youth Fact Sheet found in the EMM Resource Center. This fact sheet was created as a resource for service providers, nonprofit staff, community-based organizations, health professionals and anyone interested in learning more about the unique challenges faced by Latinx LGBTQ+ immigrant youth, and relevant resources and best practices in serving this population within a culturally responsive framework. Content includes:

- Key terms for providers working with Latinx LGBTQ+ Youth
- Immigration System
- Crisis Intervention & Suicidality
- Finding Support & Other Resources



...up to my friends, I felt this weighted lifted off of me.

BE TRUE AND BE YOU



A Basic
Mental
Health
Guide for
LGBTQ
Youth

Mind Matters: Dennis' Story



Mind Matters: Amanda Lipp's Story



Know the Signs - Suicide Prevention

A wide range of mental health and suicide prevention educational resources are available for diverse communities across the lifespan:

- African American
- API youth
- Armenian
- Chinese
- Farsi
- General public
- Hmong
- In crisis
- Khmer
- Korean
- Lao
- Latinx/Hispanic
- LGBTQ
- Middle-aged men
- Native families
- Punjabi
- Tagalog
- Vietnamese
- Russian



www.suicideispreventable.org
www.elsuicidioesprevenible.org



Suicide Prevention Activation Kit 2020

Hope, Resilience & Recovery

Suicide Prevention Week: September 6-12, 2020
World Suicide Prevention Day: September 10
National Recovery Month: September

Suicide Prevention Kit 2020

Overview and Activity Guide

This year, in support of National Suicide Prevention Awareness Week, World Suicide Prevention Day and National Recovery Month, all held in September, we are encouraging a special focus on the intersection between suicide prevention, alcohol and drug use and efforts that foster resilience and recovery. This activity guide is intended to help organizations across California with planning and implementation of Suicide Prevention Week activities. For additional support and questions, please email info@suicideispreventable.org

2020 Suicide Prevention Kit: www.eachmindmatters.org/spw2020/

Preparation: August 1st – September 6th, 2020

- Review suicide prevention data for your county and highlight local prevention efforts such as calls to your local crisis line, awareness walks and gatekeeper trainings.
- Review the suicide prevention materials available from the Know the Signs suicide prevention campaign on the EMMResourceCenter.org.
- Customize the proclamation template.
- Familiarize yourself with guidelines for effective messaging around suicide prevention and share with others as well as your local media.
- Encourage your local media to report on suicide prevention and recovery efforts that are taking place in your county.
- The 2020 Suicide Prevention Kit theme is Hope, Resilience and Recovery. Reserve an hour on your calendar to download and read the talking points and data briefings provided in the kit.
- Share resources with your public information officer and discuss ways to promote Suicide Prevention Week and Recovery Month.
- Schedule social media posts.
- Schedule virtual events.
- Customize daily TA emails.

The online activation kit includes:

- Virtual Activity Guide
- Proclamation template
- Social media posts
- Suicide Prevention Week poster
- Digital banners
- Drop-in articles
- Daily email blasts
- Links to helpful resources & messaging
- Know the Signs link to resources
- Suicide Prevention 101 slides
- COVID-19 mental health resources

www.eachmindmatters.org/SPW2020/

Suicide Prevention Activities

Virtual Trivia

Trivia is a recognized social game in which teams are asked questions about different topics and they have to get as many correct answers and points as possible. Utilize this trivia game as part of events, parties or with a group of friends and family virtually!

What's in the Game:

- 🕒 Instructions
- 🕒 Trivia PowerPoint

What You'll Need:

- 🕒 Download Zoom or other video conferencing platform
- 🕒 1 – 2 people to act as the Trivia Judge and/or Score Keeper
- 🕒 Piece of paper and writing utensil to keep track of each person's score
- 🕒 Timer or clock to keep track of the time between questions
- 🕒 (Optional) Prize for the winner

How to Play:

- 🕒 The Trivia Judge, will need to be the host or presenter of the meeting, as they will be in charge of moving the Trivia PowerPoint along, and reading off questions and answers.
- 🕒 To keep score, the Trivia Judge and/or Score Keeper (if you have one) will write out each participant name onto a piece of paper. Each trivia question that is read, has a corresponding number that denotes how many points that question is worth (e.g. 100, 200, 300, 400 and so on).
- 🕒 The Trivia Judge will need to have the Trivia PowerPoint up on the first slide and share their screen with participants. The Trivia Judge will read through slides 1 – 3, which go over the instructions, rules and technical pointers.
- 🕒 When ready, the Trivia Judge will set their timer or clock to 60 seconds and read off the first question on slide 4, participants will have 60 seconds to submit their answers in a private chat message to either the Trivia Judge or the Score Keeper.
- 🕒 Once the time has passed, the Trivia Judge will call TIME, at this point all participants must have submitted their answers via private chat to either the Trivia Judge or Score Keeper. The Trivia Judge will read off the question one more time, along with the answer and description.
- 🕒 Before moving on to the next question, the Trivia Judge or the Score Keeper will record each participant's score on their piece of paper.

Game Rules:

- 🕒 Participants must type their answers in a private message to whoever has been designated to keep score, either the Trivia Judge or the Score Keeper, do not call out answers.
- 🕒 Participants have 60 seconds to come up with their answer.
- 🕒 Participants are only allowed to submit one answer response, or for the questions that ask for three or four answers, three or four answer responses. Submitting more than the asked for answer responses or providing general descriptions will be scored as incorrect.
- 🕒 You are not allowed to utilize your cellphones, computers, or tablets.

Hope, Resilience & Recovery

– Heart Wall Installation

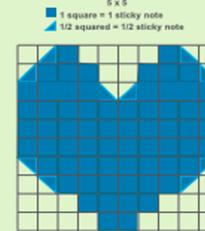
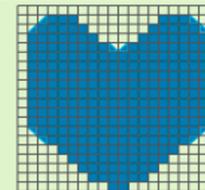
September holds **National Suicide Prevention Awareness Week**, as well as **National Recovery Month** – a time for individuals, organizations and communities to join their voices to broadcast the message that suicide can be prevented and recovery is possible. As part of the many activities taking place this month, we are encouraging everyone to show their support by sharing their own stories and resources. Together we can find hope, resilience and recovery.

A fun and meaningful way to create awareness is to write messages of support that when assembled together, create the shape of a heart.



Follow these steps to form the heart:

1. To start, find a wall space that is at least five feet wide by five feet high. A painted wall is the best surface. Using the gridline templates here, place light blue, purple or lime green sticky notes onto the wall, arranged in the shape of a heart. Use the grids pictured above to form a 2.5 x 2.5 feet or 5x5 foot heart wall installation or visit the website below to download the templates.
2. Respond to one of the prompts below by writing or drawing on one of the sticky notes. Read and be inspired by what others have written as well.
 - Leave a positive message to brighten someone's day.
 - What is the best thing someone could say to you when you need support?
 - Why is it important to speak openly about Suicide Prevention and Recovery?
 - What is one thing that is most important to you and worth living for?
3. To share your creation and inspire others to reduce stigma and learn about suicide prevention, snap a photo and upload it to social media. Don't forget to tag @EachMindMatters on Instagram, Twitter and Facebook and use #EachMindMatters.
4. Visit www.eachmindmatters.org/get-involved/spread-the-word/ for more ways to get involved in Suicide Prevention.



Self-Care Tips & Resources

“During times of change and uncertainty it is ever more important to incorporate self-care and structure into your schedule. And while your typical self-care routine may no longer be available, there are ways to stay healthy and remain connected. Every day take a moment (or more) to take care of yourself.”

This resource is available in the following languages:

- Armenian
- Arabic
- Chinese
- Farsi
- Hmong
- Punjabi
- Russian
- Khmer
- Korean
- Lao
- Spanish
- Tagalog
- Vietnamese



Tips for Self-Care During COVID-19

During times of change and uncertainty it is ever more important to incorporate self-care and structure into your schedule. And while your typical self-care routine may no longer be available, there are ways to stay healthy and remain connected. Every day take a moment (or more) to take care of yourself.

- Exercise**
Exercising increases energy levels, improves happiness and doesn't have to take place in a gym. Take a virtual workout class at home or spend some time outdoors walking or biking.
- Eat Healthy**
The foods we choose to nourish our bodies and the way we enjoy them can have a tremendous impact on our mental and physical health. Be purposeful when restocking groceries and pick up foods that boost your mood such as oatmeal, nuts, and even dark chocolate.
- Sleep**
Sleep plays a major role in our overall health, improving emotional regulation and management of anxiety. It's important to get 7 to 9 hours of sleep, especially during times of stress. Try to limit your exposure to the news and social media a couple of hours before bed.
- Learn and Explore**
Research shows people engaged in learning feel more confident, more in control, and more purposeful. Keep your mind active by taking virtual tours of museums, reading, trying new recipes, or solving puzzles.
- Structure and Routines**
Having regular times for eating, going to bed and rising in the morning, exercising, and working or studying can help maintain a sense of normalcy.
- Practice Mindfulness**
Take breaks throughout the day, first thing in the morning or before bed to slow down and be present. The practice of pausing, breathing, and just "being" is essential to our well-being and mental health because it helps us reduce stress, worry less and it enhances feelings of resiliency.
- Talk with a Friend**
Our connections with others help us cope with the ups and downs in life. Keep in contact with friends, family and co-workers through phone and video calls.

For mental health resources visit EastWestMatters.org

National Suicide Prevention Line: 1.800.273.8255

The Asian Health Line: 1.855.845.7415 for peer-run, non-emergency mental health support.

Additional Self-Care Tips & Resources

The National Child Traumatic Stress Network

- Taking Care of Yourself

https://www.nctsn.org/sites/default/files/resources/fact-sheet/taking_care_of_yourself.pdf

- Coping in Hard Times: Fact Sheet for School Staff

https://www.nctsn.org/sites/default/files/resources/fact-sheet/coping_in_hard_times_school_staff.pdf

- Trauma – Tips for Educators

http://tsaforschools.org/_static/tsa/uploads/files/self-carenctsn.pdf





Featured Guest:
Sacramento City
Unified School District



Supporting the Well-Being of Community Members

SCUSD Virtual Calming Room

www.calmingroom.scusd.edu

A banner for the Virtual Calming Room featuring a serene background of a beach with waves and a clear sky. The text is centered and framed by a white border.

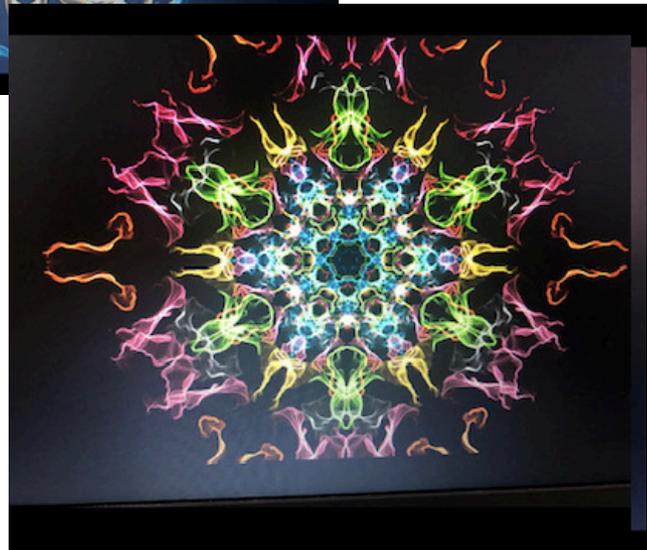
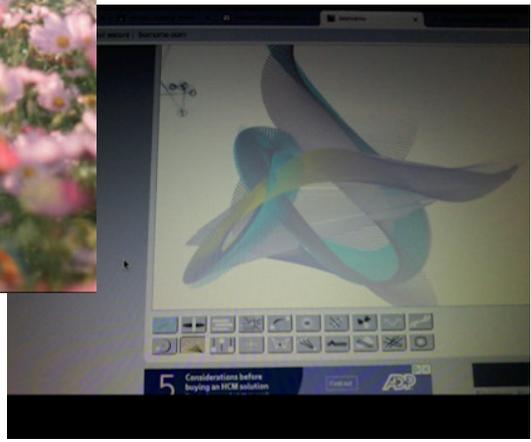
Virtual Calming Room

#StayHomeSaveLivesBeWell

Sounds & Music - Guided Mediations - Visual Relaxation - Support

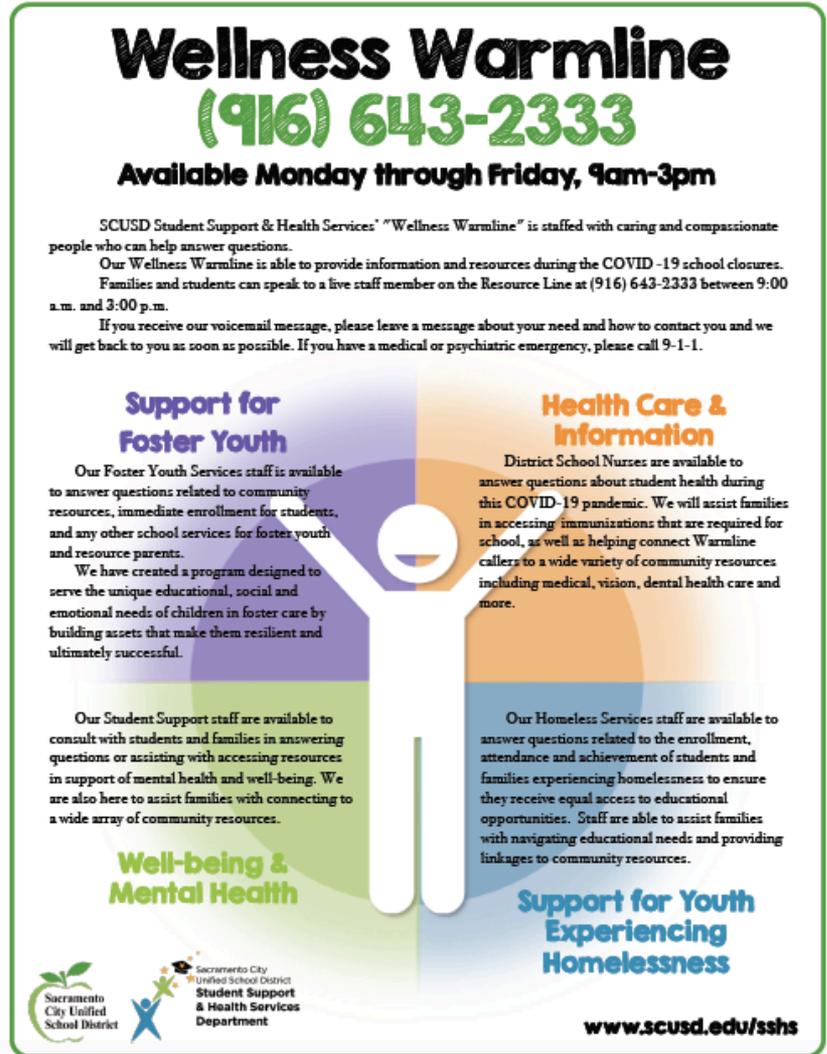
Yoga - Live Animal Cameras - Coloring & Creativity – Mindfulness – Exercise - Smartphone Apps - Puzzles & Games - SCUSD Resources

Virtual Calming Room – Sharing Creativity



Wellness Warmline

- Single phone number to reach a number of support providers
- Live-answer
- 9-3pm daily
- Staff are able to answer remotely
- Responsive & supportive listening



Wellness Warmline

(916) 643-2333

Available Monday through Friday, 9am-3pm

SCUSD Student Support & Health Services' "Wellness Warmline" is staffed with caring and compassionate people who can help answer questions.
Our Wellness Warmline is able to provide information and resources during the COVID-19 school closures. Families and students can speak to a live staff member on the Resource Line at (916) 643-2333 between 9:00 a.m. and 3:00 p.m.
If you receive our voicemail message, please leave a message about your need and how to contact you and we will get back to you as soon as possible. If you have a medical or psychiatric emergency, please call 9-1-1.

Support for Foster Youth

Our Foster Youth Services staff is available to answer questions related to community resources, immediate enrollment for students, and any other school services for foster youth and resource parents.
We have created a program designed to serve the unique educational, social and emotional needs of children in foster care by building assets that make them resilient and ultimately successful.

Health Care & Information

District School Nurses are available to answer questions about student health during this COVID-19 pandemic. We will assist families in accessing immunizations that are required for school, as well as helping connect Warmline callers to a wide variety of community resources including medical, vision, dental health care and more.

Well-being & Mental Health

Our Student Support staff are available to consult with students and families in answering questions or assisting with accessing resources in support of mental health and well-being. We are also here to assist families with connecting to a wide array of community resources.

Support for Youth Experiencing Homelessness

Our Homeless Services staff are available to answer questions related to the enrollment, attendance and achievement of students and families experiencing homelessness to ensure they receive equal access to educational opportunities. Staff are able to assist families with navigating educational needs and providing linkages to community resources.

 Sacramento City Unified School District
 Sacramento City Unified School District
Student Support & Health Services Department

www.scusd.edu/sshs



May is Mental Health Month



#StayHomeSaveLivesBeWell

Celebrate May is Mental Health Month!



Shelter in place does not mean suffer alone. Take care of yourself & reach out for help when you need it. We are all in this together!

Be Well

- Need to Talk?**
Text HOME to 741-741
- Need Self-care Tips?**
Visit [the California Surgeon General's Playbook](#)
- Need Something Else?**
Visit [SCUSD's Online Support Center](#)



Need to talk? You are not alone!

If you or someone you know is struggling, help is available 24/7:

- **The Source:** Call or Text 916-SUPPORT (916-787-7678)
- **Crisis Text Line:** Text HOME to 741-741
- **Suicide Prevention Hotline:** Call (916) 368-3111



¿Necesitas hablar? ¡No estas solo!

Si usted o alguien que conoce tiene dificultades, hay ayuda disponible las 24 horas, los 7 días de la semana:

- **The Source:** Llama o envía un mensaje de texto a 916-787-7678
- **Linea directa de prevención de suicidios:** Llama al 1-888-628-9454





SEL Lessons During Distance Learning



Indoor Scavenger Hunt

How many of these items can you find around the house?

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> stuffed bear |  | <input type="checkbox"/> flashlight |  |
| <input type="checkbox"/> paper airplane |  | <input type="checkbox"/> mug or cup |  |
| <input type="checkbox"/> random sock |  | <input type="checkbox"/> keys |  |
| <input type="checkbox"/> sunglasses |  | <input type="checkbox"/> alarm clock |  |
| <input type="checkbox"/> book |  | <input type="checkbox"/> measuring tape |  |
| <input type="checkbox"/> crayon |  | <input type="checkbox"/> ball of any sort |  |
| <input type="checkbox"/> toy truck |  | <input type="checkbox"/> scarf |  |
| <input type="checkbox"/> potted plant |  | <input type="checkbox"/> building blocks |  |
| <input type="checkbox"/> ruler |  | <input type="checkbox"/> baby doll |  |
| <input type="checkbox"/> toothpaste |  | <input type="checkbox"/> salt and pepper |  |

- Class discussion express feelings
- Ex: What do you do when you are happy?
- As students hare feeling – have them color in a letter.
- By the end all the letters are colored in!



Mindfulness
Sitting Frog –
calming class
ending
<https://www.youtube.com/watch?v=EOckRqbCdG0>



Sign Up for Our Newsletters!

Each Mind Matters Newsletter

The Each Mind Matters Newsletter is a monthly newsletter created for anyone interested in supporting the mental health movement in California. Each edition includes a recap of the top headlines in mental health and a wealth of resources to help spread the word about mental health.

Subscribe here: <http://www.eachmindmatters.org/get-involved/subscribe/>

Insider Newsletter

The Each Mind Matters Insider Newsletter is a monthly newsletter created specifically for service providers. It includes information about relevant resources, upcoming events, and opportunities for providers to get involved in California's Mental Health Movement.

Subscribe here: <http://emmresourcecenter.org/subscribe-newsletter>



Stay Connected on Social Media

Each Mind Matters Social Media Channels

Campaign Hashtags: #EachMindMatters
#SanaMente

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 Twitter: [@EachMindMatters](https://twitter.com/EachMindMatters)





Q&A





Contact Us

For additional support and technical assistance,
please contact Emily Bender:
Emily@TheSocialChangery.com

Thank you for joining us!

