

Teaching Resilient Students and Raising Healthy Teens

Mental health, substance use and suicide prevention resources for educators and parents

This newsletter provides a list of curated resources and activities to support social emotional development, healthy coping as well as crisis support for educators, students and parents.

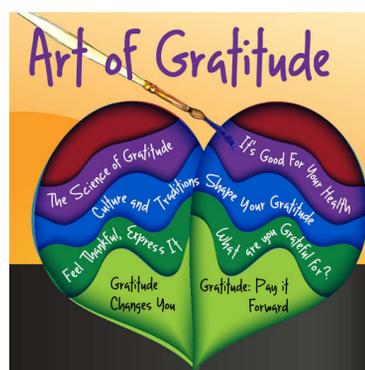
FOR STUDENTS

MONTHLY ART CONTEST

- In classroom • After School or Club Activity • Grades 5-12 (ages 12-25) • Win up to \$300
- Submissions due November 30, 2021
- URL: www.DirectingChangeCA.org

Accepting all art forms: visual, narrative, film, music and more!
Submit by November 30, 2021 and win Amazon gift cards!

What's something or someone that makes your life better just by being there? The way we show and practice gratitude can differ based on our culture, background, upbringing, and personalities. For November's Prompt, explore what gratitude means to you, and how practicing gratitude can improve our mental health and increase our feelings of connectedness to others.



- Make a film, create art or write about how gratitude is practiced in your culture or in your family.
- Create an art piece sharing what you are grateful for, whether it's one thing in particular or many things! You can make a collage, painting, or drawing of the people and things that you are glad to have in your life or in your community.
- Write about why gratitude is good for your well-being and how gratitude helps connect us to others.
- Kindness and giving are connected to gratitude—what are some ways you can “pay it forward” and share kindness to people in your life?

For contest rules and more information visit the [Hope and Justice web page](#).

Apply for the 2021-22 Mind Out Loud Student Rep Program

Ages 13 and older • Applications Due November 1

Join this group of middle and high school students (13+ years old) across California to raise mental health awareness, end stigma, educate your peers about suicide prevention, and advocate for the mental health and wellness of students on your campus. Apply for the 2021-2022 Mind Out Loud Student Rep Program [here](#).



TO SHARE WITH PARENTS

Free Parent Webinar: Supporting Your Children During an Uncertain School Year: Tips for Managing Anxiety

November 2, 2021 at 6 p..m. PST

Anxiety is the most prevalent mental health disorder among children and adolescents, affecting 1 in 4 youth over their lifetime. Being physically back in school for the 2021-2022 school year may help some students feel more secure, but for others the anxiety and fear can be overwhelming. It is important for caregivers to know how to help.

This webinar will offer coping strategies, tools and resources to support your children/teens who might be feeling overwhelmed, stressed or anxious.



[Register](#)

Suicide Prevention Resources for Parents

English and Spanish

URL: www.DirectingChangeca.org/for-parents/

Directing Change's "For Parents" page offers upcoming events, suicide prevention and crisis resources, and tools for parents and families to raise healthy teens and recognize signs of distress. Visit the page [here](#).



FOR EDUCATORS

Directing Change Mini Grant Opportunity

- Grades 6-12 or clubs • Applications due November 5 • Up to \$2500



In addition to the mini grant funding, the Directing Change Team will provide ongoing support, including meetings, storyboard review, virtual lessons, and feedback for the awareness event.

Mini grant teams will be required to: Implement the free Directing Change art or film contest in at least one classroom/club, resulting in a number of submissions to the annual film contest and host a student-led mental health or suicide prevention awareness event by May 2022.

Interested? Complete these steps by **Friday, November 5, 2021:**

- Up to \$1500: Statewide opportunity (all counties): <https://directingchange.org/2022-directing-change-mini-grant-opportunity/>
- Up to \$2500: Schools in Rural Counties: <https://directingchange.org/2022-directing-change-mini-grant-opportunity-rural-counties/>

The National Suicide Prevention Lifeline:

1-800-273-8255 (24/7)

The National Suicide Prevention Lifeline is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.

Teen Line:

1-800-852-8336 (6-10 p.m.)

Text "TEEN" to 839263 (6-9 p.m.)

A confidential hotline for teenagers, staffed by trained teens.

Directing Change launched in 2012 and is a suicide prevention and mental health promotion program that draws on developmental and educational theory in its approach. By following the program's submission guidelines to create short (30- and 60-second) films or art projects, students learn about suicide prevention, mental health and other social justice and critical health topics; discuss and apply that knowledge in peer groups; and communicate positive, youth-focused, action-oriented messages to parents and adults in their communities. The program is free to schools and supported by the California Department of Education.

Directing Change is part of statewide efforts to prevent suicide, reduce stigma and discrimination related to mental illness, and to promote the mental health and wellness of students. These initiatives are funded by counties through the Mental Health Services Act (Prop 63) and administered by the California Mental Health Services Authority (CalMHSA), an organization of county governments working to improve mental health outcomes for individuals, families and communities. For more information visit: www.DirectingChangeCA.org



Funded by counties through the Mental Health Services Act (Prop 63).