

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 and healthy coping, as well as crisis support for educators, students and parents.

FOR STUDENTS

May 18, 2021 Virtual 7 p.m.

DIRECTING CHANGE FILM SCREENING AND AWARD EVENT

The Directing Change team is excited to announce our 9th annual Awards Ceremony, being held virtually on Facebook Live! This celebration will include screenings of films as well as an opportunity to hear from the youth themselves and learn about mental health and suicide prevention. [RSVP for the Facebook Live event here.](#)

Vote for Your Favorite 60-Second Film! We are once again hosting a People's Choice Award, with the winning film being shared on social media. Watch all of the top Suicide Prevention and Mental Health Matters contenders and [vote for your favorite here.](#)



MONTHLY STUDENT CONTEST:

In classroom • Distance learning • Grades 5-12 (ages 12-25)
URL: www.DirectingChangeCA.org

Students in grades 5-12 can create art in any form that shares how they're living beyond limiting labels, how they find strength when they feel alone, and their hope for increased representation in the future. The deadline to submit to **"More Than One"** is **May 31, 2021.**



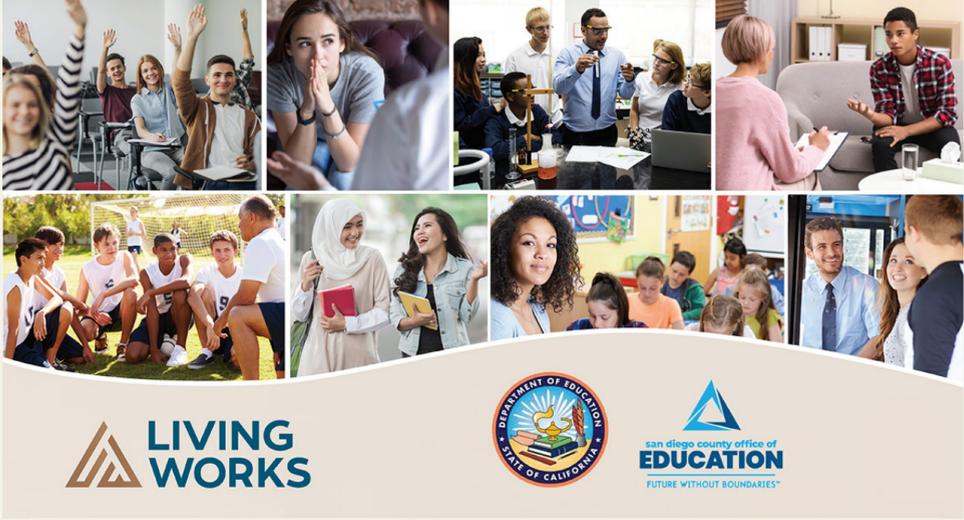
#More Than One

FOR EDUCATORS

FEATURED RESOURCE: Living Works Start Training

Virtual • Free • Middle School and High School Students, Educators
URL: www.lwyouthsummit.com/access-training

Suicide can be a difficult topic to approach, but you can build life-saving skills to talk about it openly in your school community. LivingWorks Start is an evidence-based, 90-minute online training that prepares staff and students to recognize the warning signs of suicide and take action. The training is delivered in a positive, hope-orientated way and includes safety features throughout. LivingWorks Start is run by the California Department of Education in partnership with the San Diego County Office of Education.



BUILDING A NETWORK OF SAFETY FOR SCHOOL COMMUNITIES WEBINAR SERIES

May 25, 2021 10 a.m.

BUILDING A NETWORK OF SAFETY FOR SCHOOL COMMUNITIES WEBINAR SERIES

The webinar will focus on various topics related to preventing suicides in school communities with a specific focus on suicide prevention, intervention, and postvention.

[Register](#)

TO SHARE WITH PARENTS

Talk + Play = Connect Toolkit for Families

Available in English, Spanish, Farsi and Russian.

With so many ways to enrich children's learning, it can be hard to know where to start. Yolo County Children's Alliance has developed this **Talk + Play Toolkit** with tip sheets for every stage of child development, from infancy to the teen years! The toolkit includes helpful suggestions from engaging in play and conversation with your toddlers and school age kids, to bonding with your teenager. Raising emotionally healthy kids can be a challenge, but with resources like this toolkit, it can be a little less daunting.



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 peers 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