

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 PROMPT AND LESSON

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

MONTHLY STUDENT CONTEST: Hope and Justice

Students in grades 5-12 and young adults can submit art and film projects to win cash prizes while exploring curriculum on critical health issues (coping during the pandemic, mental health, self-esteem, personal identity, and many more). For more information, view this [2 minute video](#) or [visit the website](#). All art and film projects are due the last day of every month.



- The monthly prompt for September is: **You Are Not Alone**, which encourages students to create projects promoting crisis resources to their peers in a creative way.

MINI LESSON PLANS OF THE MONTH: Suicide Prevention

This month's featured lesson plans are "Suicide Prevention" and "Superheroes and Our Purpose". Students will learn about the warning signs for suicide and what to do if they recognize the warning signs in a friend. Download the [Suicide Prevention Lesson Plan](#) to use with grades 8-12 and the [Superheroes and our Purpose Lesson Plan](#) with grades 5-8.

TO SHARE WITH PARENTS



SUICIDE PREVENTION 101 FOR PARENTS: Brochure and Webinar

Virtual • Parents • English • Spanish

Phases of irritability, volatile displays of anger and tears, rebelling against rules and even experimenting with drugs and alcohol can be part of the youth experience, but it is important to stay vigilant for warning signs that a child is more than moody. How do you know if you should be concerned?

- The brochures "[Suicide Prevention: A Resource for Parents](#)" and "[Prevención del Suicidio: Un recurso para padres](#)" include questions parents can ask themselves to assess if their teen might be at risk of suicide and actions to take. Tips on raising resilient teens as well as resources are provided.

September 21 (English) and September 23 (Spanish) at 6 p.m. PST

Suicide Prevention 101 for Parents: Recognizing Signs and What to Do

These free webinars and Facebook Live Events will provide information about suicide prevention for parents, including warning signs for suicide, how to have a conversation with their teen, actions to take if their teen is having suicidal thoughts and resources. The webinars are offered by the Directing Change Program, in partnership with the California Department of Education, Teen Line and CalMHSAs.

[Register – English](#)

[Register – Spanish](#)

FOR EDUCATORS

The term back to school takes on an entirely new meaning this coming year, and with it comes additional challenges and stressors for youth. Schools are encouraged to use the resources below with students, staff, and the larger school community.

- The [Suicide Prevention Activity Guide](#) is intended to help individuals and organizations working with youth across California with planning and implementing mental health and suicide prevention activities. For technical assistance or support with any of these activities please [contact us](#).
- [Share the Suicide Prevention Handout for Staff](#) to help refresh and empower staff to recognize signs of distress in youth and remind them of how to refer the students for help. It's been a while since teachers were in the classroom and they may need a refresher on how to identify, respond to, and support youth who are struggling.
- Share the [Student Mental Wellness Thrival Kit](#). Celebrate wellness and promote positive coping skills for youth with easy-to-follow activities to enhance basic skills for social emotional wellness. Share the journal electronically or download the individual pages! To request or purchase kits, please [contact us](#).



- [Full Journal](#)
- [Warning Signs for Suicide Page](#)
- [Coloring Page - Bird](#)
- [Coloring Page - Hope](#)
- [Bookmark](#)
- [Breathing and Grounding Technique Page](#)
- [Resources Page](#)
- [Coloring Page - Flowers](#)
- [Hope and Justice Activity Page](#)

We're looking for businesses who understand the connection between social issues and youth mental health to sponsor our Thrival Kits and upcoming Paint for Change event. Please share this [handout](#) with your network and [contact us](#) for more information.

September 22, 2021 at 5:30 p.m.

Art for Change

Join us for this two-part event in celebration of our Hope & Justice Initiative. The first part of the event is free to all! You'll hear from special guests and young artists about the impact of art on mental health and social change. The second part of the event, Paint My Piece, is a ticketed virtual painting experience. From the comfort of your home, you'll be given instructions as you recreate a work of art from the Hope & Justice Art Collection. It's our twist on the paint party! Your instructor will be the youth alum who originally created the piece of art.



[Register](#)

I Can Win \$5,000 For College Sweepstakes

Classes are still available at the 116 California community colleges across the state, allowing you to remain home or close to home. In addition, students that enroll for the fall semester have a chance at winning a \$5,000 scholarship to help pay for college. Visit ICanGoToCollege.com for information about enrollment, the variety of available financial aid opportunities, transfer and career training programs offered at community colleges all in one central location.



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 (CalMHSAs), an organization of county governments working to improve mental health outcomes for individuals, families and communities. For more information visit: www.DirectingChangeCA.org