

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.

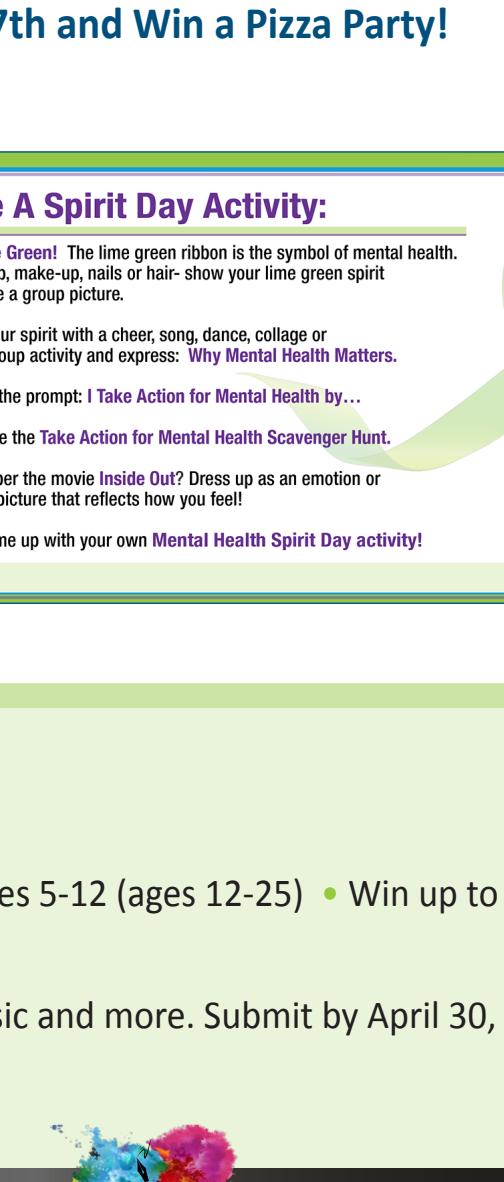
FOR STUDENTS

Mental Health Thrival Kits: Free for California Schools and Students

[Request Free Copies](#)

Our journal can be used for journaling exercises to promote reflection and self-expression. This kit includes a notebook, pen, coloring pencils and bookmark. The inside covers include grounding and breathing techniques to help cope with stressful moments. In addition, crisis resources for youth are included on the inside cover.

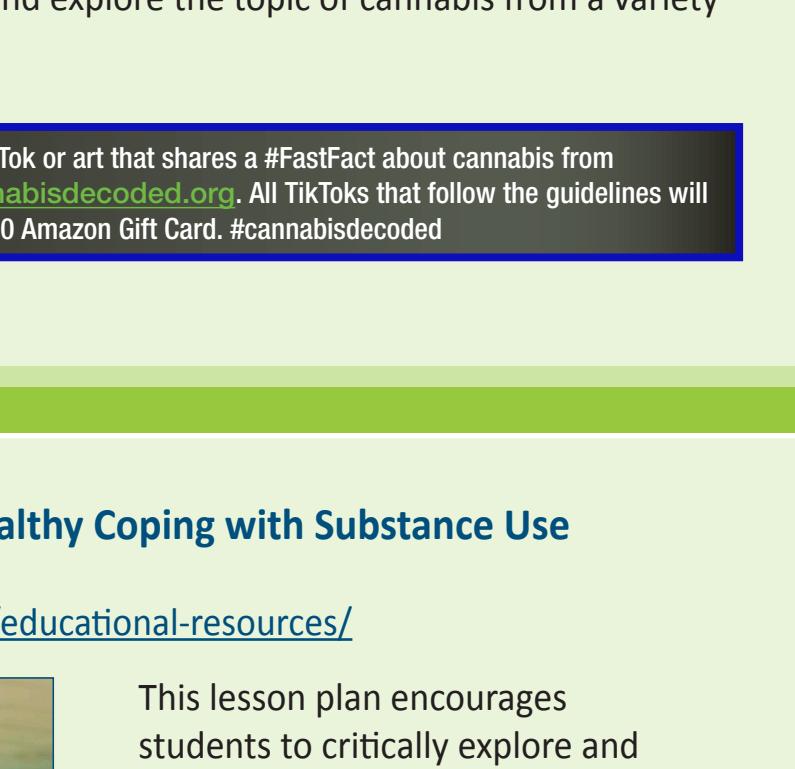
Interested? Fill out the "Request Free Copies" form.



Participate in Mental Health Spirit Day by May 7th and Win a Pizza Party!

In classroom • Grades 5-12 (ages 12-25)
URL: www.DirectingChange.org/events

May is Mental Health Matters Month and a great time for young people to Take Action for Mental Health! Complete a Mental Health Spirit Day Activity, submit proof of participation and win a pizza party, gift cards and more! Young people, schools and organizations are eligible to participate.

A graphic for Mental Health Spirit Day. It features a lime green ribbon on the right and a list of activity ideas on the left. The activities include: Go Lime Green!, Show your spirit with a cheer, song, dance, collage or other group activity and express: Why Mental Health Matters., Answer the prompt: I Take Action for Mental Health by..., Complete the Take Action for Mental Health Scavenger Hunt., Remember the movie Inside Out? Dress up as an emotion or draw a picture that reflects how you feel!, DIY: Come up with your own Mental Health Spirit Day activity!

Monthly Art Contest

April's Prompt: CANNABIS DECODED

In classroom • After School or Club Activity • Grades 5-12 (ages 12-25) • Win up to \$300
URL: <https://gallery.directingchange.org/contest/>

Accepting all art forms: visual, narrative, film, music and more. Submit by April 30, 2022 and win Amazon gift cards!

Announcing April's Prompt:

[CANNABIS] DECODED



Why is CBD supposed to be good for you, but weed isn't? Are there different rules for marijuana use if you're undocumented? How can I deal with my anxiety without cannabis? There's a lot of information out there. Learn more about cannabis, help others crack the code by sharing facts, and explore the topic of cannabis from a variety of perspectives.

TikTok Challenge

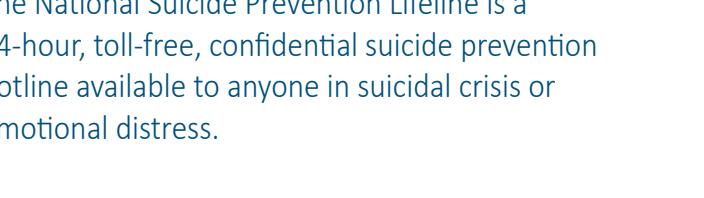
Create a TikTok or art that shares a #FastFact about cannabis from www.cannabisdecoded.org. All TikToks that follow the guidelines will receive a \$20 Amazon Gift Card. #cannabisdecoded

FOR EDUCATORS

Lesson Plan: Cannabis Decoded and Healthy Coping with Substance Use

In classroom • Grades 5-12 (ages 12-25)

URL: <https://gallery.directingchange.org/educational-resources/>



This lesson plan encourages students to critically explore and decode facts about cannabis and other substances to make informed health decisions. It includes activities to examine facts and their sources, learn how some sources can be manipulative, and develop healthy coping mechanisms.

SUICIDE PREVENTION 101 FOR PARENTS NOW AVAILABLE IN 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? This brochure includes 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.



- English Brochure: "Suicide Prevention: A Resource for Parents"
- Spanish Brochure: "Prevención del Suicidio: Un recurso para padres"

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, CalMHSA and Teen Line.

[Register – English](#)

[Register – Spanish](#)

Directed 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 voter-approved Mental Health Services Act (Prop. 63).

www.DirectingChangeCA.org

 To keep up with the latest updates, visit: www.facebook.com/DirectingChangeCA

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.

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.