

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.

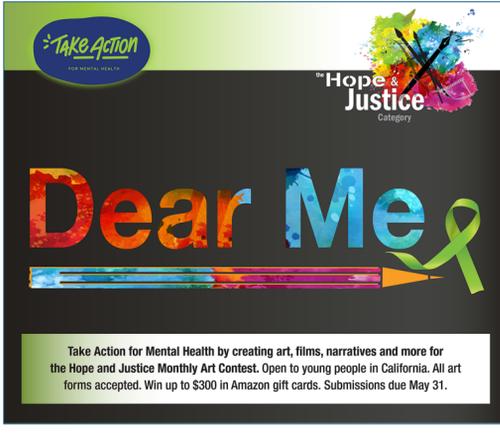
FOR STUDENTS

Monthly Art Contest

May Monthly Prompt: Dear Me

In classroom • After School or Club Activity • Grades 5-12 (ages 12-25)

URL: <https://gallery.directingchange.org/contest/monthly-prompt/>



To participate in this prompt, youth in grades 5-12 should create a piece of art, film, or letter with a message to their future self. Students should take time to reflect on what they would like the future to bring in a year, five years, or more! In celebration of Mental Health Matters Month in May, we are asking youth to include how they have taken care of their mental health or their goals for taking care of their mental health in the future. Youth should use this as an opportunity to send their future-self a hopeful message that reminds them about their resiliency and strength.

The submission deadline is May 31st, 2022 and students can win up to \$300 in Amazon gift cards.

Mental Health Spirit Day is May 7th.

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

Complete a Mental Health Spirit Day Activity by May 7th, submit proof of participation and win a pizza party, gift cards and more! Young people ages 12-25, schools and organizations are eligible to participate.

For more information and ideas for activities visit <https://gallery.directingchange.org/events/>

Choose A Spirit Day Activity:

- ✓ **Go Lime Green!** The lime green ribbon is the symbol of mental health. Dress-up, make-up, nails or hair- show your lime green spirit and take a group picture.
- ✓ 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!**

TEEN TALK APP CONNECTS TEENS WITH SUPPORTIVE PEERS!

Ages 13 to 19

Teen Talk App provides a free, anonymous, safe space for teens to request support from trained peers and learn from others with similar experiences. Trained teens advisors are available live on the app nightly from 5pm-10pm PT. Teens can post on the app 24 hours a day and will receive a response as soon as our advisors come online. For more information on how to download the app and get support click [here](#).

Teen Talk is also looking for teens interested in becoming trained teen advisors. Interested teens must be at least 13 years old and complete an application by May 30, 2022. If selected for training, teens will participate in a live, virtual training (on Zoom) with a group of other teens who want to make a difference. Training covers mental health basic, crisis intervention, reflective communication, and self-care. Find more information and the application [here](#).

FOR EDUCATORS

Check-In with Yourself: Managing Stress and Self Care

Educators | Parents | All Ages

It's almost June, and to help you get there we've included some helpful resources to help you take care of yourself during this fun, but somewhat hectic time. We love these strategies and tips from [MAEC's Managing Mental Wellness resource](#):



Check in with yourself throughout the day: Notice if you are experiencing one or more emotions, then give each emotion a rating from 1 to 10, 10 being the most intense. If your number is four or greater for an undesirable emotion, do something to calm yourself down, using the list of self-care practices below.

| Diet | Sleep | Exercise |
|--|--|---|
| <ul style="list-style-type: none"> Keep regular mealtimes, so you aren't snacking all day. Minimize refined carbohydrates, high fat and high-sugar foods, and reduce your alcohol intake (Office of the California Surgeon General, 2020). 5-9 servings of fruits and vegetables per day and foods rich in Omega-3 fatty acids, including fish, nuts, and fiber (Office of the California Surgeon General, 2020). | <ul style="list-style-type: none"> Adults generally need 7-9 hours of sleep per night (Olson, 2019). Go to sleep and wake up at the same time each day. Turn off electronics at least one hour before bed. Drink warm water or hot tea and read a book after you climb into bed. Avoid caffeine in the afternoon and evening. | <ul style="list-style-type: none"> Exercise daily. Exercise should result in breaking a sweat. Walk for 30 minutes each day. Wake up 5-15 minutes early to stretch. *Try to stretch throughout your day in between classes. Work out with a friend if you can. It'll help with motivation. |

MAEC. 2022. Managing Mental Wellness Toolkit. pg 7. <https://maec.org/wp-content/uploads/2022/01/MAEC-ManagingMentalWellness-2022web-1.pdf>

This emotion scale can also serve as a communication tool with your family, friends, and colleagues. Meaning, you can communicate how you are feeling and how strong the feeling is, which can help someone understand how upset you are in the moment.

Keep your well-being battery charged by ensuring that your basic needs are met: eating, sleeping well, and exercising regularly.

EVENTS

The Directing Change team is excited to announce our 10th annual Awards Ceremony, being held virtually on Facebook Live! This celebration will include film screenings, messages from the youth filmmakers, and more. 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](#).

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.

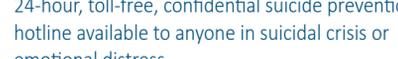
Teen Line:
1-800-852-8336 (6-10 p.m.)

Text "TEEN" to 839863 (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



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