

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 EDUCATORS

No Cost Resources for Schools through CalHOPE Schools Initiative

All Grades (varies by resource) • English • Spanish and Subtitles in Multiple Languages (varies by resource)

URL: www.calhopeschools.org

Recognizing the impact of stress, trauma, anxiety, and other challenges on mental health, the [CalHOPE Schools Initiative](#) is offering these no-cost resources for schools and school sites to support relationships, build resilience, and provide inspiration and support for students, educators, and families. The resources provided include films that spark conversations about mental health, curriculum and support materials for educators and parents, and programming that supports social-emotional learning.

CalHOPE Schools Presents

A TRUSTED SPACE
Redirecting Grief to Growth
ALL IT TAKES
A film and curriculum highlighting the social and scientific explanations for why trusted relationships are the antidote to stress and trauma.

Angst
BUILDING RESILIENCE
impactful™
An award-winning, year-long, COPPA compliant, film-based SEL program for educators, students, and their families.

Stories of Hope™
LOOK AT ME NOW
presented by **z'cares FILMS**
A short film and conversation series featuring youth sharing how finding their pathway to hope was possible despite the emotional challenges they faced.

Join the CalHOPE Schools Initiative every Wednesday from 12-12:30 p.m. for questions, updates, tips and tricks, and discuss the topics covered in the programs.

For information visit: www.calhopeschools.org

Directing Change Mini Grant Opportunity

Grades 6-12 • Applications due September 30, 2022

Directing Change Program & Film Contest

Mini Grant Opportunity!

Receive funding for your school or organization to participate in the Directing Change Program – a film and art contest about mental health and suicide prevention.

Deadline Extended!
Applications due September 30, 2022

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 2023.

Interested? Submit application by Friday, September 30, 2022:

<https://directingchange.org/2023-directing-change-mini-grant-application/>

FOR STUDENTS

MONTHLY PROMPT AND LESSON

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

URL: www.HopeandJustice.DirectingChange.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 (mental health, suicide prevention, healthy coping, social justice issues, and 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.



- For monthly prompts, prizes and lesson plans, visit www.HopeandJustice.DirectingChange.org

LESSON PLAN OF THE MONTH: Understanding Mental Health

This month's featured lesson plan is about understanding mental health and is suitable for grades 7-12. The lesson plan includes slides, talking points, various activities and videos, including this 3-minute educational video "[Mental Health Continuum](#)" and this student produced 60-second PSA "[The Beauty of Mental Health](#)".

ANNUAL FILM CONTEST LAUNCH

In classroom • Distance learning • Grades 6-12 (ages 12-25)

URL: www.DirectingChangeCA.org

Directing Change Program and Film Contest

the **Hope & Justice** Category

Directing Change is an evaluated program that engages youth to learn about mental health, suicide prevention and other critical health and social justice topics through film and art.

DirectingChangeCA.org

Enter Film Contest

The program can be implemented in a traditional or virtual classroom.

- Open to students in middle and high school, and young adults through age 25
- Free to participate
- Mini grants available to schools, clubs and organizations (up to \$2,500)
- Cash prizes for youth (up to \$1,000)

6 SUBMISSION CATEGORIES

- SUICIDE PREVENTION
- MENTAL HEALTH
- ANIMATED SHORT
- WALK IN OUR SHOES
- HOPE AND JUSTICE
- THROUGH THE LENS OF CULTURE

Films in English, Spanish, Sign Language and other languages welcome!

The Directing Change contest is excited to be returning for its 11th year! This year's contest includes 6 submission categories: Suicide Prevention, Mental Health, Animated Short, Through the Lens of Culture, Walk in Our Shoes, and Hope & Justice.

Students can create films about suicide prevention, spread awareness of mental health and how to get help, and share their experience with these topics through the lens of their culture.

Prizes include up to \$1,000, trophies, and travel stipends to attend the award ceremony, an inspiring red carpet event celebrating youth and their films. Winning PSAs are promoted through a statewide suicide prevention marketing campaign and may even be shown on TV, online, and in movie theaters!

Don't forget to post the [flyer](#) at school to get the word out! **Deadline is March 1, 2023.**

TO SHARE WITH PARENTS

CALIFORNIA SURGEON GENERAL'S PLAYBOOK FOR STRESS RELIEF

Parents • English

Many of us are feeling a lot of stress right now. Even for adults, it can be tough to recognize that what we feel as irritability, difficulty focusing, insomnia or changes in appetite can be signs that our bodies are feeling the effects of stress. This [stress-busting playbook](#) can help you understand what to look out for and what you can do to protect your family's health. Kids are wired to be tuned in to emotional signals from their caregivers, so our kids pick up on our energy. So, while taking care of your kids and family, it is just as important to follow the stressbusting strategies for yourself. Review the [California Surgeon General's Playbook for Stress Relief](#) for tips on your own self-care during this time.

Suicide and Crisis Line (24/7)

If you or someone you know needs support now, call or text **988** or chat [988Lifeline.org](https://988lifeline.org).

988 connects you with a trained crisis counselor who can help.

There is hope.



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) videos 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.