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.

Events

December 7, 2022, 6pm to 8pm (PST) – Virtual Paint My Piece

It’s our second annual Paint My Piece event. Join us as we welcome youth artist Victoria Rodriguez to guide us through a recreation of her piece “Growing Flower Tree.” Tickets for youth up to age 24 are free, and adults 25 and up are $15. You’ll need to supply your own canvas, paint, and brushes. For more details please visit: https://PaintMyPiece_DirectingChange.eventbrite.com

If you are interested in sponsoring this event, please contact us.

Teaching Resilient Students and Raising Healthy Teens

Mental health, substance use and suicide prevention resources for educators and parents

FOR EDUCATORS

Child Mind Institute Videos for Educators

In classroom • Elementary School Students • Middle School Students • High School Students

URL: www.childmind.org/healthyminds/educators/

These evidence-based resources can help educators teach mental health skills students need to be more ready to learn.

The elementary-age videos feature hedgehog characters in imaginative stories to teach key skills in a way that kids will enjoy watching and remember longer. The middle school-age videos and high school-age videos feature an engaging host and interviews with a diverse group of real kids. They teach key skills while normalizing the challenges kids face and sparking productive conversations.

There are 3 episodes in each of the series: each episode is about 5 minutes long and teaches the following mental health skills:

- Managing your mind
- Building your resilience
- Finding your voice

There is a 5-episode series for each grade level, each teaching a different mental health skill. Corresponding activity sheets summarize and reinforce key ideas in each video. You can show students the entire series in one session, or show each episode individually.

FOR STUDENTS

MONTHLY PROMPT AND LESSON

In classroom • Distance learning • Grades 5-12 [ages 12-25]


For more information, view this 2 minute video or visit the website.

崔

Many educators are mental health heroes for their students! For resources to help young people navigate their mental health, visit CalHOPESchools.org. For information on all of CalHOPE’s programs visit CALHOPE.org.

Many educators are mental health heroes for their students! For resources to help young people navigate their mental health, visit CalHOPESchools.org. For information on all of CalHOPE’s programs visit CALHOPE.org.

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

Suicide and Crisis Line (24/7)

If you or someone you know needs support now, call or text 988 or chat 988Lifeline.org. 988 connects you with a trained crisis counselor who can help.

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.

www.DirectingChangeCA.org

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.