

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.HopeandJustice.DirectingChange.org

Check out all 2022-23 prompts here:

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

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.



- The monthly prompt for November is: **Mental Health Heroes**. Students are encouraged to reflect on someone who has inspired them, supported them or used their influence for good, and then asked to create a piece of art or film about how they've influenced their life or the lives of young people in general for the better.

Deadline to submit is November 30th!



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.

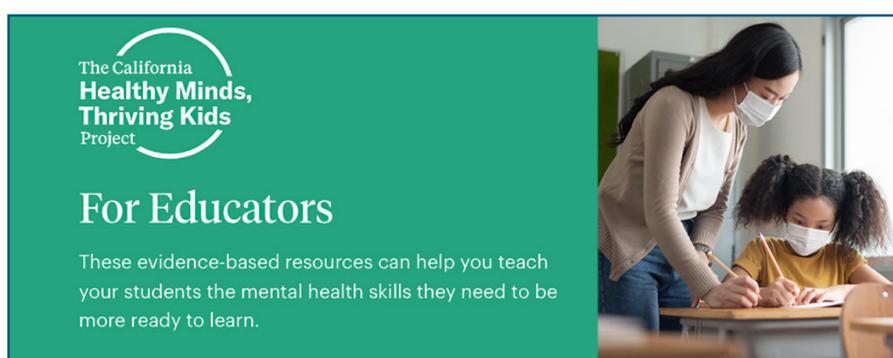
FOR EDUCATORS

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.

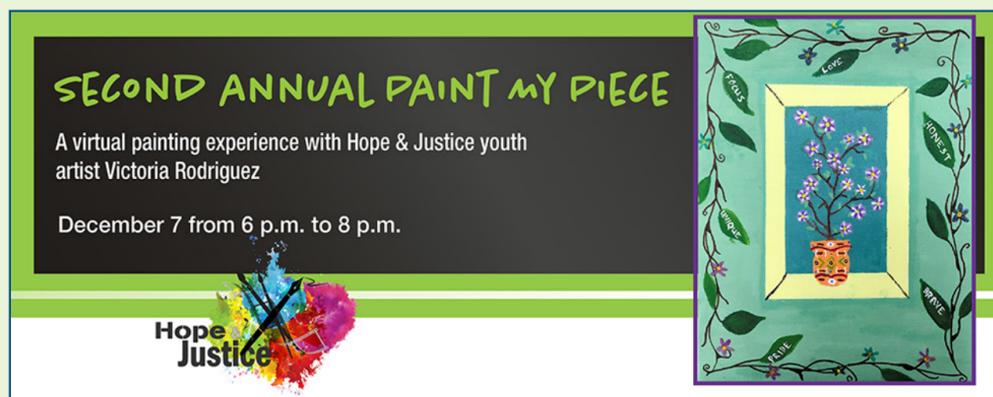
The elementary-age videos feature hedgehog characters in imaginative stories to teach key skills in a way that kids will enjoy watching and remember longer. The middle school-age videos and high school-age videos feature an engaging host and interviews with a diverse group of real kids. They teach key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

There are 5 episodes in the 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.

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](#).

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.

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) 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.