

## 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](http://www.HopeandJustice.DirectingChange.org)

Check out all 2022-23 prompts here:  
<https://gallery.directingchange.org/contest/monthly-prompt/>

#### MONTHLY STUDENT CONTEST:

##### **What are your hopes for 2023?**

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 prompt for December and January is: **What are your hopes for 2023?** Students are encouraged to take time to reflect on the past year, what you've learned, how you've changed, and your hopes for the New Year. What changes do you want to see in yourself, your community or even in the world? Submissions will be accepted and prizes awarded throughout December and January. Visit the website to learn about our **Special TikTok Challenge** for this prompt!

Deadline to submit is January 31, 2023



CalHOPE

For resources to help young people navigate their mental health, visit [CalHOPESchools.org](http://CalHOPESchools.org). For information on all of CalHOPE's programs visit [CalHOPE.org](http://CalHOPE.org).

### 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. Available in English and Spanish while supplies last!



### FOR EDUCATORS

#### Educator Podcast Series and Other No Cost Resources

All Grades (varies by resource)  
URL: [www.calhopeschools.org](http://www.calhopeschools.org)

As noted in the recent media, the toll on mental health and well-being continues in the aftermath of the pandemic. The CalHOPE Schools Initiative continues to add no cost resources to its website to support schools, educators, parents, and youth. Here are a few highlights:

- All It Takes/CalHOPE Educator Series Podcast.** The podcast is available the 4th Tuesday of each month (except December) featuring educational and mental health professionals sharing their expertise and insights regarding the ongoing challenges youth and educators are facing from the pandemic.
- Stories of Hope Shorts.** Youth share their own journeys navigating difficult challenges and how they found hope and resilience.
- Angst: Building Resilience Learning Bursts.** Excerpts with experts answering FAQs for those facing anxiety, depression, or other stressors which impact well-being.



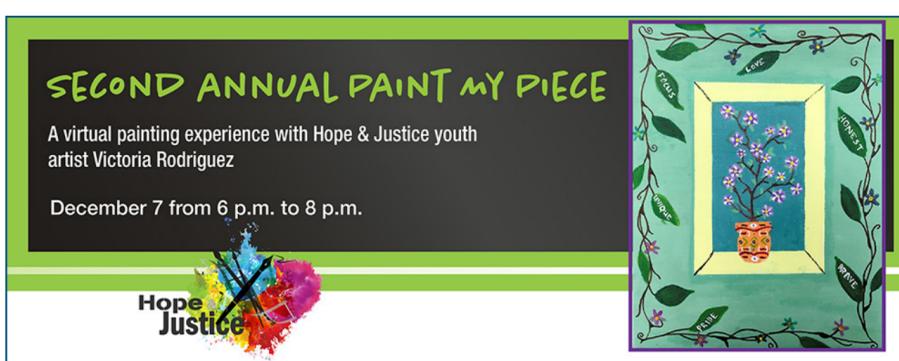
Join the CalHOPE Schools Initiative every Wednesday from 12-12:30 p.m. for questions, updates, tips and tricks, and discussions of the topics covered in the programs.

For information visit: [www.calhopeschools.org](http://www.calhopeschools.org)

### 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](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 helpline 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.