

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

ANNUAL FILM CONTEST LAUNCH

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

URL: www.DirectingChangeCA.org

The Directing Change contest is excited to be returning for its 10th year! This year's contest includes 6 submission categories: Suicide Prevention, Mental Health Matters, Animated Short, Through the Lens of Culture, Walk in Our Shoes, and Hope and 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. (Unless it's a virtual event, but we promise to make it special!) 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, 2022.**

MONTHLY ART CONTEST

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

URL: www.DirectingChangeCA.org

October Hope & Justice Prompt: *Back to School: The Good, The Bad, and the Unexpected*

With the transition from virtual to in-person school for many students, how are you adjusting? Reflect on what you are feeling, observing, feeling good about, or struggling with. Win up to \$300 in Amazon gift cards. All art forms accepted: visual art, written work, spoken word, films and original music.



Don't forget to post the [flyer](#) at school to get the word out! **Deadline is October 31, 2021.**

TO SHARE WITH PARENTS

BlueSky Resources for Parents

These guides, created by Blue Shield of California in partnership with the Child Mind Institute, give an overview to youth mental health issues and how to support youth coping skills, particularly during the COVID-19 pandemic. The guides address anxiety, depression, trauma, racism, and LGBTQIA concerns in youth. View the guides and find more resources for parents [here](#).



FOR EDUCATORS

BUILDING A NETWORK OF SAFETY FOR SCHOOL COMMUNITIES WEBINAR SERIES

October 26 at 10 a.m. - 11:30 a.m. PST

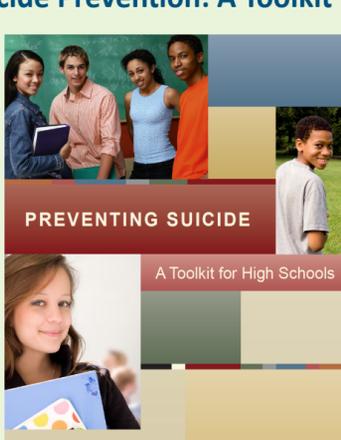
CDE Webinar Series

The California Department of Education is hosting a monthly webinar series to help schools build capacity to address the needs of students who may be contemplating suicide. Join to hear from subject matter experts who will share best and promising practices on suicide prevention, intervention, and postvention. The webinars will be held on the 4th Tuesday of every month (except November and December) from 10:00-11:30 a.m.



[Register](#)

Suicide Prevention: A Toolkit for High Schools



This Toolkit from the Substance Abuse and Mental Health Services Administration (SAMHSA) was created to help high schools and districts build suicide prevention strategies and promote student mental health. It includes tools to implement a multi-faceted suicide prevention program that responds to the needs and cultures of students, reaches youth at risk of suicide, and engages family members in the conversation. View the complete toolkit [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 839263 (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