

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.

Receive a limited-edition
DIRECTING CHANGE
THROUGH ART
DESKTOP CALENDAR
with any donation of \$50
or more.

Hope & Justice

DONATE

FOR STUDENTS

MONTHLY ART CONTEST

In classroom • After School or Club Activity • Grades 5-12 (ages 12-25) • Win up to \$300
URL: www.DirectingChangeCA.org

Accepting all art forms: visual, narrative, film, music and more! Submit by January 30, 2022 and win Amazon gift cards!

HOPE

Create a film, song, narrative, or piece of art that shares your story and encourages others to find their own way to get through tough times.

- What helps you get through tough times? Are you practicing self-care through reading, dancing, listening to music, writing, watching your favorite films? And what if that isn't enough?
- What do you see or experience in your life or community right now that gives you hope during this challenging time?

JUSTICE

Our perspectives are shaped by our own backgrounds, identities, families, friends, life experiences and more.

- Create a project that shares a perspective or your personal experience with discrimination or injustice because of who you are, in a way that gives others a glimpse of what it is like to walk in your shoes and live in your skin.
- Create a project that combats bias by increasing knowledge and encouraging actions young people can take to take a stand against injustice.

TikTok Challenge: What are your hopes for 2022?

Share your hopes for the New Year. What changes do you want to see in your community? For yourself? For your loved ones? All TikToks submitted receive a \$20 Amazon Gift Card. All submissions will be judged for a \$100 first place prize.

TikTok Contest Deadline: Accepting submissions and awarding winners throughout December and January.

Submit here: <https://directingchange.org/submission-categories/hope-and-justice/>

TO SHARE WITH PARENTS

Become a Judge for Monthly Youth Art Contest!



Are you interested in art, mental health, social justice, or film? Become a judge for our monthly Hope & Justice contest! The time commitment is about 2 hours a month and all judging can be done remotely. Please share this opportunity with others who may be interested! To get started, please fill out this [interest form](#).

FOR EDUCATORS

"We never know which lives we influence, or when or why." Stephen King

Teaching can be rewarding, challenging, and exhausting. It is almost winter break, a brief time to recharge and reenergize. As we look forward to the new year, here are some strategies that can be used to help create a positive classroom environment:

- Greet students as they enter the classroom.
- Approach students with a smile and a kind word.
- Give "Behavior Specific Praise" for students or the entire class; this helps to encourage participation and positive behavior.
- Be enthusiastic! Sometimes this can be tough, but students feed off their teacher's energy and are more likely to be engaged and interested when the teacher is enthusiastic.
- Give one simple task at the beginning of class to draw students' attention to the teacher, which could be as simple as "all eyes on me."
- 2x10 strategy: Spend 2 minutes per day for 10 days in a row talking with an at-risk student about anything they want to talk about.

This information was provided by Behavior Interventions and Support (PBIS) at LACOE. For additional resources contact PBIS@lacoedu.edu.



Angst: Building Resilience Statewide Initiative to Assist in Addressing Student Mental Health Needs

Free to Schools • Virtual and hybrid classrooms

- English and Spanish

Superintendent Thurmond recently announced an exciting partnership between the CDE, INDIEFLIX Education, the Department of Health Care Services' CalHOPE program, and Blue Shield of California's BlueSky initiative to provide Angst: Building Resilience. This film-based youth mental health support program was designed to help address the increasing mental health challenges faced by middle and high school students.



To bring the *Angst: Building Resilience* program to your school district at no cost, please visit the [Angst: Building Resilience California Initiative web page](#). Read more about the initiative in the [October 7, 2021, CDE news release](#).

Resilient Practices for Educators, Staff Members, Administrators, and Teams Webinar Series

December 9, 2021 3:00 - 4:30 p.m.

Register [here](#) or watch live on [CDE's Facebook Page](#)



The first few months of the 2021-22 school year have been overwhelming for many school and district staff. The health and wellness of our youth-serving adults is critical, and it is important for us to support them. Please join the California Department of Education, Kaiser Permanente, and the Alliance for a Healthier Generation as we cover staff wellness topics during our Resilient Practices for Educators, Staff Members, Administrators, and Teams webinar series.

Each session will feature different strategies to help staff prioritize their own well-being. Learn ways to combat burnout, set healthy boundaries, practice gratitude, and use feedback as an effective communication tool with colleagues, students, and families.

Webinars are scheduled for the following Thursdays from 3:00 - 4:30 p.m.: December 9, 2021, and January 20, February 17, March 17, and April 28, 2022.

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:

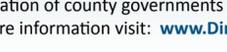
1-800-852-8336 (6-10 p.m.)

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 implementation 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



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www.DirectingChangeCA.org

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