

## 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.



## A Season of Many Colors

The holiday season is full of many colors, from cheerful reds and golds, to more calming tones, and somber hues. It is the multitude of colors that creates the special beauty of the season. This time of the year is an opportunity to celebrate and to acknowledge that not everyone feels festive. Especially following an intense and challenging year, we can demonstrate the spirit of the season with kindness, generosity, and love by checking in with ourselves and others.

**National Suicide Prevention Lifeline (24/7)**  
**1.800.273.8255**  
Veterans: Press 1  
En Español: **1.800.628.9454**  
For Deaf & Hard of Hearing: **1.800.799.4889**

**Peer-Run Warm Line (24/7)**  
**1.855.845.7415**  
This is a non-emergency resource for anyone in California seeking mental and emotional support.

*From all of us at Directing Change, thank you so much for bringing hope and support to students during this challenging year. We hope that you have a restful and joyful holiday season. We look forward to seeing more inspiring films and art this upcoming year!*

### 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](http://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/>

### FOR EDUCATORS

#### Film and Curriculum: A Trusted Space

As the nation navigates an unprecedented school year, this film and curriculum offers tools to mitigate the effects of grief, trauma, anxiety, and other emotional stressors affecting both students and teachers.

The 43-minute film features teachers, parents, students, and renowned experts including Linda Darling-Hammond and Pedro Noguera, among others. The accompanying research-based SEL curriculum provides a practical, empathetic, and scientific understanding of how trauma impacts behavior and learning, and how to manage it within any classroom setting.



The curriculum shares specifically how to develop 5 core social emotional 'muscles' to help teachers improve their mental health while also creating trust with youth, to mitigate the effects of stress and open young minds to learning. Access the program [here](#).

Your donations translate into important mental health resources for young people. Consider a year-end donation today.



Every donation of \$50 or more receives a limited-edition 2022 youth art calendar.

"I want to reach out and share with you that your video presentation in our English classes saved a life today. A student had a plan and was ready to act on that plan. He saw the video in class yesterday and learned about the National Suicide Prevention Lifeline. He was really struggling this morning and he called the Lifeline. They were able to encourage him to go to school and talk to someone which he did."

– School Psychologist

*Will you help us continue this important work?*



Receive a limited-edition  
**DIRECTING CHANGE THROUGH ART**  
DESKTOP CALENDAR

with any donation of \$50 or more.



**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](http://www.DirectingChangeCA.org)



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).