

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

April Monthly Prompt: Celebrate Earth Day 2023 TikTok Challenge

In classroom • Distance Learning • After School or Club Activity • Grades 5-12 (ages 12-25)

» Gallery.Directingchange.org/contest/monthly-prompt

Spending time outdoors and with nature benefits our mental health and physical well-being. Earth Day, celebrated on April 23, 2023, serves as a reminder of how our actions can have positive or negative consequences on the world. Students can reflect on the actions young people can take to improve and support the world we live in. Information and activities can be found at: EarthDay.org/earth-day-2023.



Deadline to submit is April 30, 2023. All TikToks that follow the guidelines receive a \$20 gift card and are entered to win a \$200 grand prize.

FOR EDUCATORS

Mental Health Spirit Day is May 11, 2023

In classroom • Distance Learning • After School or Club Activity • Grades 5-12 (ages 12-25)

» DirectingChange.org/events



For more information and ideas for activities visit: DirectingChange.org/events

Complete a Mental Health Spirit Day Activity by May 11, submit proof of participation and win a pizza party, gift cards and more! Young people ages 12-25, schools and organizations are eligible to participate.

Choose a Spirit Day Activity:

- ✓ Organize a group of students to discuss what mental health means to them and then form a human green ribbon as a pledge to take care of their own mental health.
- ✓ **Go Lime Green!** The lime green ribbon is the symbol of mental health. Show your spirit and take a group picture.
- ✓ Show your spirit with a cheer, song, dance, collage or other group activity and express: **Why Mental Health Matters**
- ✓ Answer the prompt: **I Take Action for Mental Health by ...**
- ✓ Remember the movie Inside Out? Dress up as an emotion or draw a picture that reflects how you feel!
- ✓ Host a film screening!
- ✓ DIY: Come up with your own **Mental Health Spirit Day activity**



FOR PARENTS

A Playbook for Stress Relief: Strategies for All Ages

» Chconline.org/resourcelibrary/california-surgeon-generals-stress-relief-playbooks

Over the past several years, parents have been exposed to an increase in several sources of minor and major stressors such as childcare difficulties, labor shortages, and increased gas and food prices. These prolonged stressors can have adverse effects on not only the parents themselves, but on children as well. For kids, no matter the age, their brains and bodies are more vulnerable to the harmful effects of stress than adults, and often they aren't able recognize or verbalize it. The Surgeon General's Office published two playbooks that can help us understand what to look out for and what we can do to protect our and our family's health.



EVENTS

3rd Annual Mind Out Loud Virtual Student Mental Health Event

Virtual • All Grades • April 27, 2023 3 p.m. - 6 p.m. PDT

» Mindoutloud.org/events/2023



On April 27th, join students from across the US & around the world guiding the conversation about mental health!

Students can join together for a free virtual experience to:

- ✓ Connect with their peers across the country
- ✓ Hear from engaging speakers to be equipped with practical tools for wellness
- ✓ Increase mental health awareness and advocacy for themselves and their friends
- ✓ Learn about suicide prevention
- ✓ Reduce stigma around mental health

To register, learn more, or sign up for a watch party, visit: Mindoutloud.org/events/2023

11th Annual Red Carpet Award Ceremony and Film Screening

In person • May 16, 2023 11 a.m. - 2 p.m. PDT • Free

» DirectingChange.org/events

If you are near downtown Los Angeles or up for a road trip, please join us for our film screening and red carpet award ceremony hosted at the Theatre at Ace Hotel in downtown Los Angeles County on May 16 at 11 a.m. This is a great opportunity for students to learn about mental health and suicide prevention by viewing short films about these topics created by their peers. Winners will be announced and recognized at the award ceremony. Transportation stipends are available for schools and organizations in or near Los Angeles County. **Contact us if you are interested!**



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.