

CCUSD SUPPORT SERVICES NEWSLETTER

DECEMBER, 2020



CAVE CREEK UNIFIED SCHOOL DISTRICT
community inspired • globally prepared



Physical, Social
and Emotional Needs

"By taking care of myself, I have so much



more to offer the world." - Ali Washington

Inside this Issue:

- Self-Care: Finding Your Balance
- The Brain and Self-Care Strategies
- Feelings Thermometer
- Crisis Hotlines and Resources



Additional Support Services Resources:

[CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)
[KidsHealth.org](https://www.kidshealth.org)
[Childmind.org](https://www.childmind.org)



move
more



learn
great
nutrition



increase
mental
resilience



sleep well
& enough



quit smoking,
alcohol,
& bad food



manage
chronic
conditions

At what point did the voice in your head change from that of a child saying, “I’m bored” to the commonly endorsed adult expression, “I’m too busy to take time for myself?”

Was it when your career shifted into overdrive, a new baby arrived, an adult family member required your care, or when an area of your life was hijacked by distress? Maybe you can identify with a combination of these factors.

Self-Care: *Finding Your Balance*



Nevertheless, our responsibilities are real, and we cannot stop the ever-changing circumstances that shape our days. However, finding self-care strategies that work for you can steady your axis. If you are like most, you may consider self-care to be doctor’s visits, rigorous workouts, or eating a diet free of sugar and refined foods. While these practices can aid your well-being, sometimes merely savoring a few M&Ms or taking an intentional deep breath may be the best thing for you at the moment. These simple actions are often overlooked or considered irrelevant, but it is the action of noticing what our body needs that enables us to find balance.

The lack of awareness allows our bodies to fool us easily. Mental or physical fatigue may creep in disguised as irritability, a sour mood, forgetfulness, tired, easily distracted, lack of motivation, headaches, or even food cravings. In contrast, self-awareness helps us identify emotional, physical, social, or environmental threats and signals the need for self-care. Attending to your self-care needs builds resilience, improves our ability to adapt to change, recover from setbacks, grow strong relationships, and buffer past or future traumas.

Don’t be intimidated by self-care or brush it off until another day because finding the strategies and tools that feel authentic to you can anchor you in a storm or simply create a steady foundation of emotional, physical, or relational health. To better understand self-care and explore strategies and tools, review the article on the next page. The last three pages of this newsletter and the Education and Community Services resource web page lists community services and resources if you need additional support. Self-care could be the most critical thing you do for yourself and those you love. But remember, self-care is about being kind to yourself – you are aiming for balance, not perfection.

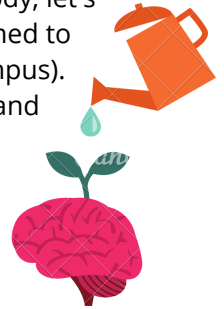
Resource: ECSforALL.org/prevention-resources

Related article: [Self-Care Is Important: Why Is It So Hard to Practice?](#)



THE BRAIN AND SELF-CARE STRATEGIES

As we creep closer to the anniversary of the onset of the pandemic, we begin to recognize the toll that it has taken on us mentally, physically, economically, and socially. The continual change, uncertainty, and even ambiguity have been deceptively chipping away at our endurance, increasing our level of stress, and even impairing our cognitive functions. Speaking frankly, we have been in survival mode. To better understand what this means inside our body, let's visit the body's central command station – the human brain. The intricate parts of the brain are designed to alert us of threats (amygdala), problem-solve (pre-frontal cortex), and house our memories (hippocampus). When they all work together, we can remain calm enough to listen, watch, and respond with wisdom and kindness. While this is easily said, we know it is not always easily done. To increase our brain's ability to take care of us, calming the amygdala when we have big feelings is a great starting point. Learning self-care strategies to manage and regulate our emotions empowers the pre-frontal cortex to find logical solutions and make wise choices. For these reasons, self-care is essential to achieving a well-operating internal GPS to navigate through the ever-changing circumstances ahead.



To dispel the stigma of self-care being burdensome, take heart from the words of Francoise Lartique, "Self-care can be anything that you do for you that leads you to a better sense of well-being." A self-care strategy can be as quick as a 20-second reset to change the trajectory of your mood. Try hugging your child for 20-seconds without saying a word, think of your top-five favorite memories, take a wiggle-stretch break beside your desk, or inhale deeply followed by an even longer exhale, then repeat. 10-minute self-care strategies can be more restorative and even shift an interruptive emotion. Take a short walk outdoors and listen to nature, drink eight ounces of water slowly as you take a music break, call a friend, or write a list of things for which you are grateful. These simple, mindful actions done multiple times a

day can leave you more in charge of your thoughts, reactions, and the ability to show compassion or empathy to others.

Be authentic. Find strategies that match your interests and values. Encourage your spouse and children to do the same, so you can support each other when feelings get big, or things feel out of control. When all of our brain parts are effectively working together, memories are stored – so make them great!

FEELINGS THERMOMETER



Wisconsin Office of Children's Mental Health

children.wi.gov

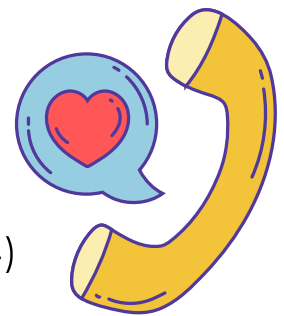
Resource: [Ready4K – "Recalculating...": Calm-Down Strategies for Every Age](#)

Related topics: [FocusedKids.org](#) (Brain Empowerment for Young Children)

CRISIS HOTLINES AND RESOURCES

If you or someone you know is struggling, **you are NOT alone**, reach out to a number below. Remember, you do not need to have a "crisis" to text or call a hotline and ask for support.

- [Teen Lifeline](#) Call 24/7 or Text (602-248-8336) *also available to parents and other adults who are in need of resources for their children
- [Crisis Text Line](#) Text "Home" to 741741 to connect with a Crisis Counselor
- [LGBT National Hotline](#): 888-843-4564
- [Bloom365](#): Call or text: 1-888-606-4673
- [National Suicide Prevention Hotline](#): 1-800-273-8255
- [National Domestic Violence Hotline](#): 1-800-799-7233 or text "LOVEIS" to 22522
- [Crisis Response Network](#) (602-222-9444 or 1-800-631-1314)
- [Empact 24 Hour Crisis Line](#) (1-800-273-8255)
- [Scottsdale Police Crisis Team](#) (480-312-5055)
- [The Disaster Distress Helpline](#) (1-800-985-5990) or text TalkWithUs to 66746 to connect with a trained crisis counselor.
- [Arizona Food Bank Network](#): Find nearby emergency food for yourself or someone you know struggling with hunger www.azfoodbanks.org
- [Find Help Phoenix](#): Find health and social services for Maricopa County residents.
- [My Undocumented Life](#): an online resource focused on helping undocumented and mixed families
- [Doorways Arizona](#): provides 100% remote counseling services/telehealth, visit online or call 602-997-2880
- [Catholic Charities](#): 602-749-4405 Provides remote counseling services based on a sliding scale for individuals paying by credit card or are covered by the Arizona Health Care Cost Containment System.



CRISIS HOTLINES AND RESOURCES

Continued

- [Magellan Complete Care](#) Information about Virtual support groups
- [ASU Center for Mindfulness, Compassion and Resilience](#) Virtual means of continuing mindfulness practice and support, Daily/weekly virtual webinars
- [Hospice if the Valley](#) Offers virtual support groups for grief and loss and finding comfort in uncertain times. Contact them and they will send a link to access groups virtually. [Mindfulness sessions](#)
- [Resilient Arizona](#) 100% free and confidential crisis counseling

Still Struggling?

Reach Out to Your Child's Support Services Team

Cactus Shadows High School

Social Worker:

Beth Udisky, budisky@ccusd93.net

Counselors:

Lori Dahne, ldahne@ccusd93.net

Corrie Klinefelter, cklinefelter@ccusd93.net

Melissa Beverly, mbeverly@ccusd93.net

Carrie Kalfayan, ckalfayan@ccusd93.net

Pam Menton, pmenton@ccusd93.net

Transition Coordinator and Student Advisor:

Lori DiCicco, ldicicco@ccusd93.net

Psychologists:

Jennifer Distler, jdistler@ccusd93.net

Marcy McCauley, mmccauley@ccusd93.net

Support Services Team Contact Information Continued

Sonoran Trails Middle School

Counselors:

Cadi Angeli, cangeli@ccusd93.net
Angelia Arend, aarend@ccusd93.net

Psychologist:

Nancy Engelsen nengelsen@ccusd93.net
Sonia Moran, smoran@ccusd93.net

Elementary Schools

Black Mountain Elementary.

Kim Gerhardt, Counselor, kgerhardt@ccusd93.net
Susan Nelson, CCUSD Lead Psychologist, snelson@ccusd93.net
Dr. Dawn Trueblood, DPS, Psychologist, dtrueblood@ccusd93.net

Desert Sun Academy.

Kate Werner, Counselor, kwerner@ccusd93.net
Dr. Shannon Morse, CCUSD Lead Psychologist, smorse@ccusd93.net
Dr. Dawn Trueblood, Psychologist, dtrueblood@ccusd93.net
Jordan Nelson, DPS, Psychologist, jnelson@ccusd93.net

Desert Willow Elementary.

Victoria Markowicz, Counselor, vmarkowicz@ccusd93.net
Sonia Moran, Psychologist, smoran@ccusd93.net

Horseshoe Trails Elementary.

Kate Werner, kwerner@ccusd93.net
Victoria Markowicz, vmarkowicz@ccusd93.net
Nancy Engelsen, Psychologist, nengelsen@ccusd93.net

Lone Mountain Elementary.

Kim Gerhardt, Counselor, kgerhardt@ccusd93.net
Kate Werner, Counselor, kwerner@ccusd93.net
Kate Christensen, Psychologist, kchristensen@ccusd93.net