



Social Emotional Well-being RESOURCE GUIDE

If your child is in crisis, please call 911 or the appropriate community resource from the list below.

CACTUS SHADOWS HIGH SCHOOL

Counselors:

Melissa Beverly
mbeverly@ccusd93.net
Lori Dahne
ldahne@ccusd93.net
Carrie Kalfayan
ckalfayan@ccusd93.net

Counselors:

Corrie Klinefelter
cklinefelter@ccusd93.net
Pam Menton
pmenton@ccusd93.net

Social Worker:

Beth Udisky
budisky@ccusd93.net

Psychologists:

Jennifer Distler
jdistler@ccusd93.net
Marcy McCauley
mmccauley@ccusd93.net

SONORAN TRAILS MIDDLE SCHOOL

Counselor:

Cadi Angeli
cangeli@ccusd93.net

Counselor:

Angelia Arend
aarend@ccusd93.net

Psychologist:

Nancy Engelsen
nengelsen@ccusd93.net

Psychologist:

Sonia Moran
smoran@ccusd93.net

ELEMENTARY SCHOOLS

Counselor:

Black Mountain	Kim Gerhardt	kgerhardt@ccusd93.net
Desert Sun Academy	Kate Werner	kwerner@ccusd93.net
Desert Willow	Victoria Markowicz	vmarkowicz@ccusd93.net
Horseshoe Trails	Victoria Markowicz	vmarkowicz@ccusd93.net
	Kate Werner	kwerner@ccusd93.net
Lone Mountain	Kim Gerhardt	kgerhardt@ccusd93.net
	Kate Werner	kwerner@ccusd93.net

Psychologist:

Dawn Trueblood DPS	dtrueblood@ccusd93.net
Susan Nelson, CCUSD Lead Psychologist	snelson@ccusd93.net
Dr. Shannon Morse, CCUSD Lead Psychologist	smorse@ccusd93.net
Dawn Trueblood	dtrueblood@ccusd93.net
Jordan Nelson DPS	jnelson@ccusd93.net
Sonia Moran	smoran@ccusd93.net
Nancy Engelsen	nengelsen@ccusd93.net
Kate Christensen	kchristensen@ccusd93.net



Community Mental Health and Safety Resources

[Bloom 365 Teen Dating Violence Hotline](#) (888-606-467)

[CCUSD Employee Assistance Program](#) (800-925-5327)

[Crisis Response Network](#) (602-222-9444 or 1-800-631-1314)

[Crisis Text Line](#) Text “Home” to 741741 to connect with a Crisis Counselor

[Department of Children’s Services](#) (602-255-2500 or 1-888-SOS-CHILD)

[Desert Foothills Foodbank](#) (480-488-1145)

[Doorways Arizona](#) Provides 100% remote counseling services/telehealth, visit online or call 602-997-2880

[Empact 24 Hour Crisis Line](#) (1-800-273-8255)

[Find Help Phoenix](#) Find free or almost free services in Maricopa County

[LGBTQ National hotline](#) (1-888-843-4564)

[Maricopa Crisis Hotline](#) (1-800-631-1314 or 602-222-9444)

[My Undocumented Life](#) An online resource focused on helping undocumented and mixed families

[National Alliance on Mental Illness](#) (602-734-5768 or 1-800-950-NAMI)

[National Domestic Violence Hotline](#) (1-800-799-7233 Or text “LOVEIS” TO 22522)

[National Suicide Prevention Hotline](#) (1-800-273-8255)

[Phoenix Police Crisis Team](#) (602-222-9444)

[RESILIENT ARIZONA](#) (Crisis Counseling program)

[Scottsdale Police Crisis Team](#) (480-312-5055)

[Substance Abuse and Mental Health Service Administration’s](#) (SAMHSA)

Disaster Distress Helpline 1-800-985-5990

[The Disaster Distress Helpline](#) (1-800-985-5990 or text TalkWithUs to 66746)

[Teen Life Line](#) Call 24/7 or Text (602-248-8336)

* also available to parents and other adults who are in need of resources for their children 602-248-8336 (TEEN)



Mindfulness, Yoga, Meditation Resources

[Healthline- Mental Health](#)

[Healthline- Fitness/Exercise](#)

[Mediation](#)