



## August 2020

### Help & Hope for YOUTH Plans for Year Three and Beyond

As Help & Hope for YOUTH plans for the future, we are looking to transition to a new nonprofit organization that can help us increase our impact in reducing stigma and improving youth mental health throughout the state. NAMI Southern Arizona will continue to play a critical role in the initiative by providing the Ending the Silence stigma reduction program for students, staff and families, and other NAMI programs, also offered at no charge, such as Family to Family, NAMI Basics and support groups.

We wanted to share this exciting news and let you know that you'll have an opportunity to get involved in this process as we keep you informed along the way. The focus of Help & Hope for YOUTH continues to be to ensure that mental health education is provided to all young people throughout the state, and that access to support and services is increased. With the coronavirus pandemic providing increased attention to child and teen anxiety, depression and other social/emotional issues, we want to ensure that state statutes and standards include requirements to support youth mental health.

### Arizona Social and Emotional Learning Competencies Released

Last month at our July Alliance meeting, we heard from Arizona Superintendent of Public Instruction Kathy Hoffman regarding the Arizona Department of Education partnership with CASEL to develop Social Emotional Learning competencies. The SEL competencies have now been released with the purpose of providing Arizona districts, schools, and those that partner with them, a set of desired knowledge, skills and behaviors that can be used to implement social-emotional learning within schools and classrooms and intentionally integrate within K-12 content areas. Use of this framework is completely voluntary and not required. School districts are encouraged to research and select SEL curriculum that works best in their community. Here are the listed resources:



- [Social-Emotional Learning and Competencies](#)

- [A Guide to SEL Funding](#)
- [An SEL Resources webpage](#)

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## School Mental Health Crisis Leadership Lessons



As schools prepare to return this fall, leaders are looking for ways to support their students, staff and families through the national crisis that has been brought on by COVID-19. The MHTTC has developed a guide that provides an overview of the crisis continuum with resources and references for crisis readiness, response, recovery and renewal leadership. A complementary reflection worksheet is also available to help leadership reflect and connect. Access the full guide [here](#) and the worksheet [here](#).

School Mental Health  
**CRISIS LEADERSHIP LESSONS**  
Voices of Experience from Leaders in the Pacific Southwest Region

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## New App Connecting Users to Trusted Contacts



notOK is a digital panic button app developed by teens to get users immediate support. Users start by adding trusted contacts that they've selected as a support group for themselves. If they are feeling vulnerable or not OK, all they have to do is open the app and press the large, red notOK button. This will notify their 5 trusted contacts with a quick message of "Hey, I'm not OK! Please call, text, or come find me." The message is sent with a current GPS location. This does not replace professional medical advice, diagnosis, treatment or emergency services. It is a way to connect youth to trusted supports when they need them. The app is available for download in Google Play and Apple App Store. For more information click [here](#).

## Member News

Welcome new member [Boys to Men Tucson!](#) Boys to Men Tucson offers an opportunity for boys to connect with positive male role models through a group mentorship program that challenges the narrative of masculinity, decreasing their risk of violence, mental health and addiction.




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## Training and Events Calendar



[SRA: "What Adolescents Need From Education Right Now"](#)  
August 6th, 9:00AM-10:00AM



[COVID-19: A Catalyst for Integrating Youth Behavioral Health Care Across Settings](#)  
August 13th, 12:00PM-1:15PM



[Intro to ACEs](#)

August 14th, 8:00AM-9:00AM

 **Youth Mental Health First Aid for Teachers**  
August 17th, 7:00AM-1:00PM

 **Education & Training Task Force Meeting**  
August 18th, 11:30 AM - 1:00 PM

 **ACEs Interface: Adverse Childhood Experiences (The Science of Trauma)**  
August 18th, 2:00PM-3:00PM

 **Capacity Building Task Force Meeting**  
August 19th, 4:00 PM - 5:00 PM

 **Trauma-Informed Training: Adverse Childhood Experiences**  
August 24th, 10:00 AM-12:30PM & August 25th 6:30AM-9:00AM

 **Understanding Youth Mental Health (Youth-Led)**  
August 25th 4:00PM-5:00PM

 **Advocacy & Policy Task Force Meeting**  
September 1st, 12:00 PM - 1:00 PM

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## Call to Action—We want to hear from YOU

This October marks one year of monthly Help & Hope for YOUth Newsletters. As a quick reminder, you can send us your news and events for the next issue to [newsletter@helphopeforyouth.org](mailto:newsletter@helphopeforyouth.org). We want to hear from you, our Stakeholders, about your level of satisfaction with the frequency, content provided and ways for us to improve. Please take a couple of minutes to complete the short survey we have developed. We greatly appreciate your feedback and you taking the time to participate. Click [here](#) to be redirected to the short survey.




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## Evaluation Update

At our April Alliance meeting, Help & Hope for YOUth Alliance members were invited to participate in an online focus group on Zoom with the goal to glean insights about the challenges, opportunities, and impacts the COVID-19 pandemic has created for youth, educators, administrators, and mental health and community providers. We also sought to better understand what type of supports and resources Help & Hope for YOUth could provide to the community during this unique and challenging time. Thank you for your participation. Below are some highlights from the focus group. The full report can be accessed [here](#).

## Help & Hope for YOUth COVID-19 Focus Group Highlights

- COVID-19 has created serious and significant barriers for people in various realms (education, behavioral health, community-based agencies, etc.) to staying connected to their colleagues and students/clients.
- Challenges for youth include a lack of resources (computers, WI-FI access, child-care) for all students to stay connected to their schools and teachers.
- The lack of connection may increase mental health needs and decrease efficient and effective referrals, though some students are thriving without the pressure of attending school.
- There are not enough mental health services available for students who need them. Advocacy for increased and accessible service provision is necessary.
- There have been some promising outcomes using tele-health for behavioral health and there are hopes that this will remain a post-pandemic option for service delivery.
- HH4Y is a great resource for people to come together to learn what is happening with regard to mental health for youth across the county.

**We want to hear from you. Send your news and events for the next issue to [newsletter@helphopeforyouth.org](mailto:newsletter@helphopeforyouth.org).**

**Want to help? Please give a tax-deductible gift of Help and Hope to children and teens in Southern Arizona.**

**All funds go to Help & Hope for YOUth**

**DONATE NOW**



Help & Hope for YOUth is an initiative of the National Alliance on Mental Illness Southern Arizona (NAMI SA), a 501(C)3 non-profit organization (EIN 86-0450977).