

**TUSD**

**Mental Health  
Services Newsletter**

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**Volume 3, Issue 4**  
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# Building Resilience

## MAY IS MENTAL HEALTH AWARENESS MONTH

Welcome to the fourth and last installment of the Building Resilience Newsletter for the 2022-23 school year. The Mental Health Services (MHS) team has prepared articles, educational materials, recommendations, and resources commemorating May, Mental Health Awareness Month (MHAM). Included is information on some of the activities happening throughout the district in the coming weeks.

### HISTORY OF MHAM

The history of Mental Health Awareness Month (MHAM) dates back to 1949 when the Mental Health America organization started the observance as a week-long event. At that time, the aim of the event was to raise awareness about mental health issues and promote mental health as a crucial part of overall wellness. During the week-long event, the organization would host several activities that included mental health screenings, presentations, and charity walks.

As years went by, the event gained more popularity, and in 1980, Mental Health Awareness Week was expanded to a month-long observance. The aim of the month-long observance was to give mental health advocates more time to spread awareness about mental health topics and reduce the stigma.



Over the years, more mental health organizations joined in the event, making it one of the most widely recognized observances in the country today. The observance has since evolved to include several activities like public lectures, educational discussions both online and offline, and fundraising events.

TUSD embraces mental health awareness throughout the year with direct student services, outreach projects, and collaboration with community organizations that support the mission of our Mental Health Services Team and schools. May is time to celebrate those efforts with fairs, outreach activities, and resources.

Yenyfer Bullock, LMFT  
Hillview HS-Tustin Connect K-8

### IN THIS ISSUE

**History of MHAM**

**Mother's Day Grief**

**Trusting the  
Process**

**MHAM Events**

**Other Events**

**Resources**



# MOTHER'S DAY GRIEF



By Yenyfer Bullock, LMFT  
Hillview HS - Tustin Connect K-8 - Student Svcs

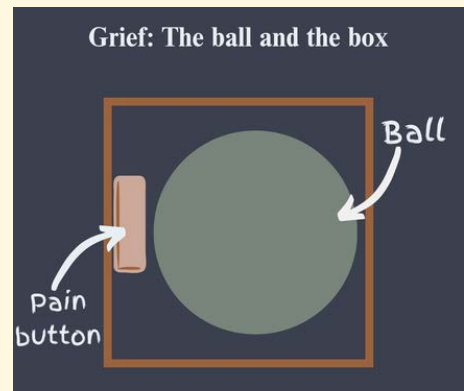
Mother's Day is only a few days away. This time can be a difficult for people who have experienced the loss of their mother, those who have strained relationships with their mother, or for those who have struggled with becoming a mother. It is important to acknowledge and validate these emotions during this time of celebration.

If the difficulties apply to you, you may experience feelings of sadness, anger, frustration, or guilt during this time. These emotions may be triggered by memories or past experiences. Finding a support system that helps in identifying and acknowledging these emotions can be a helpful step in the healing process.

Why do holidays, such as Mother's Day, have such an impact? I like to use the **Ball in Box Grief Analogy** to explain the emotional responses to holidays. This analogy is based on the idea that grief is like a box with a small pain button and a ball bouncing around inside. The ball represents grief and initially it is all-consuming, bouncing around constantly and often pushing on the pain button, dominating our thoughts and emotions.

Over time, the box, which represents life, begins to grow and the ball begins slowly shrinks. We're able to feel moments of joy and happiness again.

However, the box will always carry the ball; around, since the ball never disappears. Sometimes the ball bounces inside and occasionally pushes on the pain button, which makes grief feel as big as the most painful day. Click on picture below for video explanation.



Holidays, such as Mother's Day, are likely to push on that pain button, even when our life has grown around it. During this time, it is important to provide/find a safe space to express emotions and share memories. This can be done through therapy, support groups, or even with loved ones who understand and support their grief.

If you know your pain button might be activated this Mother's Day, I encourage you to honor your emotions and memories in a way that feels meaningful to you. This may include creating a memorial or partaking in activities with someone special in your life.

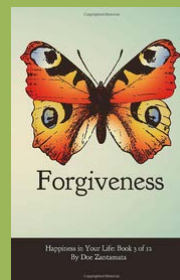
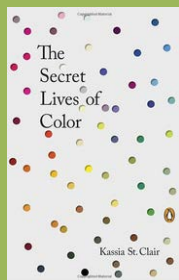
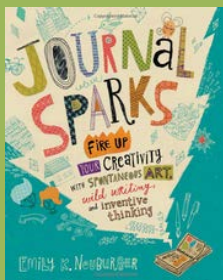
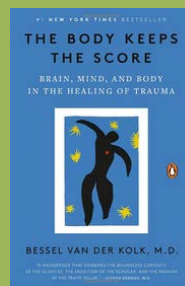
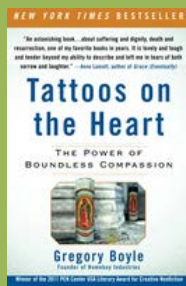
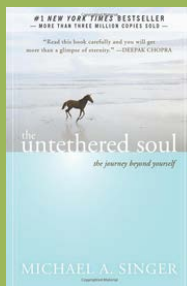
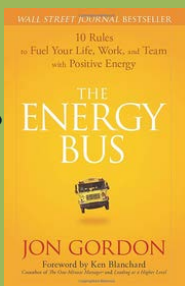
Jennifer Wongyai,  
LCSW, PPSC

Mental Health Specialist  
Sycamore Magnet Academy

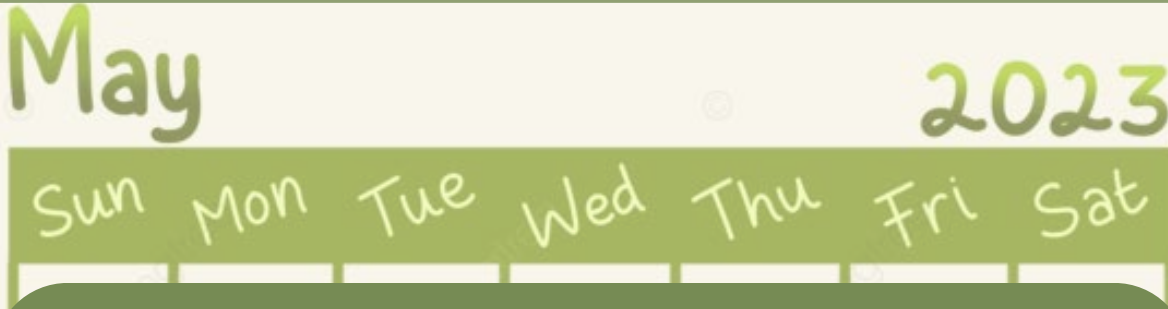
# Trusting the Process

We are coming to the close of another school year. Our days most likely begin with the sound of the alarm clock ringing, the smell of breakfast cooking, movement and sometimes chaos of household members, and we brave the roads to get to our destinations. We dedicate our time and energy to our scholars, parents, educators, support staff and more. Without realizing most times, we go into autopilot to complete the goals for the day. Lists may be checked off, homework is assigned, disciplinary matters are addressed, socioemotional lessons are taught, and therapy sessions are taking place. We go through many different types of feelings and emotions including being proud, triumphant, frustrated, happy, successful, sad, and angry. We end up doing this day in and day out. We make mistakes and that is okay if we see what lessons we can learn from them.

As a mental health specialist, I have learned so much about the resilience of all of us in this environment. There are those who can navigate the heaviness of what they are facing while others need more tools to even begin to understand what is happening in their lives. Some are successful, some are not, and others just need more time. There may be judgement and misunderstandings but what is important is that we are compassionate, kind and committed to our scholars for one day they will be adults interacting with the younger world around them. We need to do the same with ourselves. Author Doe Zantamata states, "It's easy to judge. It's more difficult to understand. Understanding requires compassion, patience, and the willingness to believe that good hearts sometimes choose poor methods. Through judging, we separate. Through understanding, we grow." I am challenging myself this summer to practice self-care, heal and learn from the challenges of this school year, and to find ways to incorporate more compassion into my work. I challenge you to do the same. Below is a list of books and tools I will be exploring. Perhaps there is one that interests, heals or resonates with you. I've learned that such tools are beneficial if we are open to them. The work of education is not an easy task. In the words of our students, "Thank you for your hard work. Don't give up. We need you. You are enough."







# UPCOMING MH EVENTS FOR STUDENTS

**A WORK OF ART**  
6TH-8TH GRADES  
6/12-6/23, 8:50-12:50

Have you ever wondered what it would be like to answer a question using video and art rather than words? Using a wide variety of materials and media, this fun and engaging course provides a safe space to do just that in a judgement free zone! Taught by one of TUSD's Mental Health Specialists, this course will support Middle School students as they navigate through their middle school experience by learning more about themselves, connecting with others, and sharing their experiences in a therapeutic environment.

Visit [www.tpsf.net/summer](http://www.tpsf.net/summer) to register now!

## Art & Media Therapy Course

Do you have plans for your Middle School students this summer? Tustin Public Schools Foundation offers a variety of engaging courses for students to participate in during the summer! One of TUSD's Mental Health Specialists, Claire Skomsvold, LMFT, is facilitating an Art & Media Therapy Course to support students in expressing themselves and connecting with peers. The last day to register is May 1, 2023. Please visit [www.tpsf.net/summer](http://www.tpsf.net/summer) for more information.

## Let's Talk About Mental Health

Tustin High School's counseling, mental health, and social work departments will present several opportunities to learn more about mental health:

- May 1 - first day kick-off
  - o Welcome Bridge
  - o Large Poster by Cafeteria Window
  - o Team T-shirts
- May 17- Mental Health Fair
- May 15-19 : Mental Health Awareness Week
  - o Themed days



May is...  
**MENTAL HEALTH**  
*awareness month!*

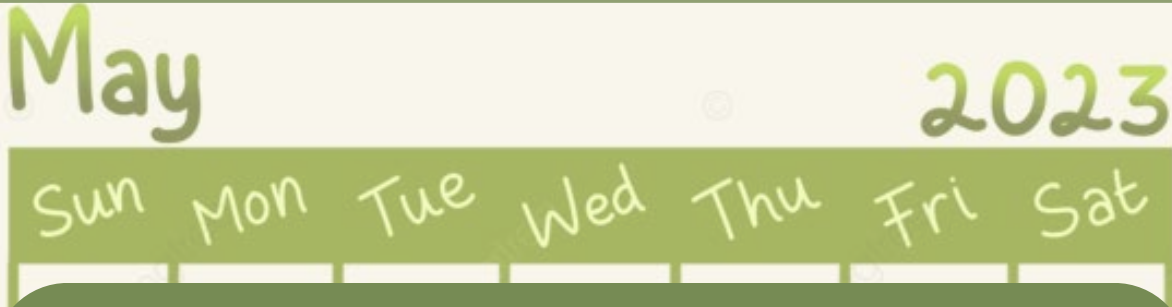
Wednesday, May 10, 2023 | During CCR + Snack  
Tustin H.S. Plaza

Community Agencies | Yoga | Coping Skills Stations | Raffles + More!



## Mental Health Activities

Select Hillview High School students will lead a mental health awareness event in May. This team will receive materials and guidance from Orange County Department of Education (OCDE)'s Student Advocates for Mental Health program and the school's counseling, mental health, and social work team, prior to the event.



# UPCOMING MH EVENTS FOR STUDENTS (CONT)

## Foothill HS

**Mental Health Awareness Month** **MAY 2023**

Come visit with these agencies in the Quad during lunch!

**Week 1: Reducing Stigma**  
 Phoenix House - 5/1/23  
 American Foundation for Suicide Prevention - 5/3/23  
 Western Youth Services - 5/5/23

**Week 2: Flourish with New Habits**  
 LGBTQ Center - 5/15/23  
 OCAPICA Orange County Asian and Pacific Islander Community Agency - 5/19/23

**Week 3: Mindfulness Know your emotions**  
 HOPE Animal Assisted Therapy - 5/22/23  
 PAWS for Healing Animal Assisted Therapy - 5/24/23

**Week 4: Reducing Stress**  
 Straight Talk Counseling - 5/8/23  
 Didi Hirsch - 5/12/23

FOOTHILL HIGH SCHOOL

## Hicks Canyon

**Mental Health Awareness Week**  
**HICKS CANYON**  
**MAY 3 - 12**

**3 Yoga Wednesday**  
 Yoga in the MPR during lunch

**8 Mindful Monday**  
 What is mental health  
 Wear Green for Mental Health Awareness

**9 Thankful Tuesday**  
 Gratitude Jar in the quad during lunch

**11 Thoughtful Thursday**  
 Deep Breathing with Bubbles during lunch

**12 Fun Friday**  
 Phoenix House booth during lunch  
 Raffles, Prizes, Swag

## Nelson

**MENTAL HEALTH WEEK**  
**MAY 8-12**

**MON 8** **MENTAL HEALTH MONDAY!**  
 5 MIN MINDFULNESS MEDITATION  
<https://www.youtube.com/watch?v=3UEF7292U6T>

**TUE 9** **GREEN TUESDAY!**  
 WEAR GREEN FOR MENTAL HEALTH AWARENESS

**WED 10** **WELLNESS WEDNESDAY**  
 WEAR YOUR FAVORITE WORKOUT GEAR ALL DAY, THEN DO SOMETHING HEALTHY

**THU 11** **CREATIVE THURSDAY!**  
 VISIT THE MPR FOR ART ACTIVITIES AT LUNCH

**FRI 12** **SELF-CARE FRIDAY!**  
 VISIT OUR TABLE AT LUNCH AND PARTICIPATE IN SELF CARE ACTIVITY

## Loma Vista

**MENTAL HEALTH AWARENESS MONTH**  
**MAY 2023**

**MINDFULNESS MONDAYS**  
 TAKE A FEW MINUTES IN THE MORNING TO PRACTICE GUIDED MINDFULNESS OVER THE LOUDSPEAKER

**WEAR GREEN FRIDAY FLAG**  
 WEAR ANYTHING GREEN ON FRIDAY MAY 5TH

**IT'S OKAY**

**COUGAR CREATIVITY LAB TAKEOVER**  
 JOIN US IN M1 ON YOUR ASSIGNED DATE AND TIME DURING THE WEEK OF MAY 8TH - MAY 12TH FOR SOME MENTAL HEALTH ACTIVITIES

**LUNCH BUNCH THURSDAYS**  
 JOIN US @ LUNCH AFTER YOU EAT

- THURSDAY MAY 4TH
- THURSDAY MAY 11TH
- THURSDAY MAY 18TH
- THURSDAY MAY 25TH

## Peters Canyon

**MENTAL HEALTH AWARENESS MONTH** *May 2023*

*Mental Health Mondays*

**MAY 1** **WHAT IS MENTAL HEALTH?**  
 Watch on YouTube

**MAY 8** **MINDFUL MOMENT**  
 Watch on YouTube

**MAY 15** **WEAR GREEN TODAY!**

**MAY 22** **AFFIRMATION SONG**  
 Watch on YouTube

**K & 1st GRADE**  
 Please join us in the MPR at lunch time to play some COPING SKILLS games!

**2nd & 3rd GRADE**  
 Please join us in the MPR at lunch time to play some COPING SKILLS games!

**4th & 5th GRADE**  
 Please join us in the MPR at lunch time to play some COPING SKILLS games!

**AFFIRMATION WALL**  
 Take a Self Love Statement from our Affirmation Wall created by our fellow Trailblazers!





# COMMUNITY RESOURCES



## Triple P Parenting

The Triple P - Positive Parenting Program® helps parents and caregivers of children ages 0-12 and teens better understand and support their children's emotional and developmental needs. You can access tools to communicate better, navigate emotional issues and equip your kids to handle life's challenges. Click [HERE](#) or on the picture for more information.



## OC Care Navigator

The OC Navigator is part of the Orange County Behavioral Health System Transformation Innovation Project. The project seeks to help people find and connect with the supportive resources they need in different areas of their life including health, wellbeing and other supportive services.



## Mental Health Referral Service

Care Solace navigates the mental health care system to find available providers matched to specific needs. Reach out to your school's counseling department or go directly to the website: <https://caresolace.com/site/tustinfamilies>



**If you or someone you know is experiencing thoughts of suicide, you may contact one of the following:**



**In case of emergency, call 911**



# OTHER RESOURCES



Orange County Department of Education  
Educational Services Division  
School-based Violence Prevention Education Services

**Crisis Response Network (CRN)**  
Presents  
**Mental Health and Emotional Well-Being:  
Preparing for Critical Moments in our Students' Lives**

*May is Mental Health Awareness Month*  
Join Us! Monday, May 22, 2023  
4:00PM-5:00PM  
Cost: Free

To Register: <https://ocde.k12ora.org/2255-232295>  
Date and time are subject to change.  
Target Audience: Parents/Caregivers

When a child experiences a crisis or a death, it can be difficult to know how to help your child cope. How much children understand about a crisis and loss depends largely on their age, life experiences and personality. Some children appear to cope well independently or with their own support networks; others are at risk for not coping at all.

Through this presentation, we bring light to the importance of teaching our children resilience and provide tools to support them as they return to a functional well-being or new "normal" after a crisis.

**Training Objectives:**

- Trauma overview: types, prevalence, and impact
- How media can impact mental health
- Common distress responses following a critical incident
- Warning signs and when to be concerned
- What to say vs. what not to say
- Tips to help adults reestablish security and stability

For more information or to schedule a presentation please contact: Summer Cirino, Project Assistant  
Phone: (714) 966-4296  
Email: [s.cirino@ocde.us](mailto:s.cirino@ocde.us)

Aligns with:  
OCDE Student Trauma, School Climate &705 Domain Whole Child Domain: Inclusive Transformational Social-Emotional Instruction and Mental Health Supports

health | Navigator

## Helping Children after a Crisis

OCDE's Crisis Response Network continues to provide resources and opportunities for families in the community. This May, they are offering an opportunity to learn how to support your child after a difficult situation, crisis, or critical incident. Click [HERE](#) or the flyer for more information.



Take Action for Mental Health campaign is designed to help you check in, learn more, and get support for your own mental health or the mental health of someone you care about.

**CHECK IN**  
about mental health

Get Resources

**LEARN MORE**  
about mental health needs and what you can do

Get Resources

**GET SUPPORT**  
for yourself or someone you care about

Get Resources



**CHOC**  
LONG LIVE CHILDHOOD

## COPING SKILLS KIT

WAYS TO HELP KIDS COPE WITH ANXIETY AND LOW MOOD

- Belly Breathing:** This skill may help manage pain, nausea, anxiety, worries, anger, and even encourage better, deeper sleep. Place one hand on your belly and the other on your chest. Breathe in slowly through your nose for 3 seconds and breathe out slowly from your mouth 5 seconds. Repeat this cycle 3 times or as much as you may need to relax your muscles and calm your nerves!
- Getting Active:** This skill may help manage sadness, anger, anxiety, worries and can also improve your overall health. Go for a walk, ride your bike (don't forget your helmet!), go hiking, jump rope, or even go for a swim (always swim with a buddy). The possibilities are endless! Ask a family member or friend to be your exercise buddy.
- Journaling:** This skill may help with a little bit of everything! Write, draw, type, or even talk about your thoughts and feelings. A special notebook can hold all of your experiences. Feel free to add pictures, photographs, or stickers to make them more meaningful.
- Guided Imagery:** This skill may help with fatigue, anxiety, worries, managing pain, and may even encourage better, deeper sleep. Close your eyes and imagine you are going to your special place. Where would you like to go and who would you be with? A favorite smell or scent can make your imagination activity more enjoyable!



These practices are simple to do in daily life and can be very effective in relieving stress.

