

# MENTAL HEALTH MATTERS MONTH

IN SAN DIEGO UNIFIED SCHOOL DISTRICT



**MONTH OF MAY 2021**

Events and Activities for  
SDUSD Students, Families and Staff

**#BREAKTHESTIGMA #HOPEFORCHANGE**



# MENTAL HEALTH MATTERS IN SAN DIEGO UNIFIED

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## MAY IS MENTAL HEALTH MATTERS MONTH

*#HopeForChange*

During Mental Health Matters Month thousands of individuals, organizations, and communities join together to show their support and bring awareness to the topic of mental health.

This year's Mental Health Matters Month theme is  
**#HopeForChange.**

The past year has undoubtedly brought unanticipated changes for us as individuals, families, and communities--leaving us to face these challenges and transform. Change is not always planned. It can be uncomfortable. But growth can also be powerful and empowering.

#HopeForChange reminds us to spread and rely on the hope that carried us through a year of change. These activities follow physical distancing guidelines and are built off the past year that changed many of our self-care activities. We hope you can join us.

#BreaktheStigma

**ALL MONTH**

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## WAYS TO SHOW YOUR SUPPORT THIS MONTH

- **On Monday, May 24th wear green: the mental health awareness color!**
- Consider using these Zoom Backdrops:
  - [#HopeforChange with CA Warmline phone number](#)
  - [#HopeforChange](#)
- Update your Email Signature with hashtags: [#hopeforchange](#) & [#breakthestigma](#)



# MENTAL HEALTH MATTERS: STUDENT OFFERINGS



## EVENTS

*Events for Students*



### **MIND OUT LOUD - STUDENT EVENT**

*May 4, 5 and 6 (3:30 - 5:00pm)*

California Middle & High School Students (13+ years old) boldly discussing mental health, Mind Out Loud inspires students to live authentic lives. Hosted by CDE, SDCOE & WellnessTogether.

### **YOUTH & SLEEP**

*Click [link](#) for details*

Dr. Rakesh Bhattacharjee will be sharing the latest research and tips on healthy sleep for children and adolescents. He is the director of pediatric sleep medicine at Rady Children's Hospital-San Diego and an associate professor of pediatrics at UC San Diego.

### **MENTAL HEALTH SPIRIT WEEK!**

*Click [link](#) for details*

What will mental health spirit week look like? The Student Wellness and Education Resources (SWEAR) Committee will provide suggested activities. Schools can adapt these activities as needed.

## ALL MONTH

*Activities for Students*



### **GREEN RIBBON ACTIVITIES**

*Wear a Lime Green Ribbon to show your support this month!*

Lime green is building momentum as the national color for mental health awareness. Here are a few of the many ways you can use a green ribbon to raise awareness, reduce stigma, and celebrate May Is Mental Health Month.

# MENTAL HEALTH MATTERS: FAMILY OFFERINGS



## EVENTS

*Events for Family*



### YOUTH & SLEEP

*Click [link](#) for details*

Dr. Rakesh Bhattacharjee will be sharing the latest research and tips on healthy sleep for children and adolescents. He is the director of pediatric sleep medicine at Rady Children's Hospital-San Diego and an associate professor of pediatrics at UC San Diego.

## ALL MONTH

*Activities for Families*

### FREE RELAXATION SESSIONS WITH VEBA

*Join our San Diego Unified community for these virtual sessions!*

- **Sunrise Yoga Flow:** Tuesdays/Fridays (6am)
- **Beginner Strength Training with Weights:** Mondays/Wednesday (6:30am) and Tuesday/Thursday (5:30pm)
- **Mid-Day Refresh:** Tuesday/Fridays (12:35 - 12:55pm)
- **Dance Fitness:** Mondays/Wednesdays (5pm) and Tuesdays/Thursdays (6pm)

### GET OUT IN NATURE: LIVEWELL TRAIL CHALLENGE!

*Free ranger-led hikes every Saturday in May!*

Nature offers incredible healing powers for our mind and body and is a great place to "Be COVID Safe" while getting in some exercise. Join the Live Well San Diego Trails Challenge for a series of ranger-led hikes each Saturday in May starting May 1 with the Ramona Grasslands loop and ending on May 29 with the Warrior Hike Challenge!

#### HIKE SCHEDULE

- May 1 - 10am Ramona Grasslands, 4-mile loop (Easy)
- May 8 - 10am Sweetwater/Morrison Pond, up to 5 miles (Easy)
- May 15 - 10am Sycamore Canyon/Goodan Ranch, 3.5-mile loop (Moderate)
- May 22 - 10am Del Dios Highlands County Preserve, 2.5 miles out & back (Moderate)
- May 29 - 7am-4pm El Capitan, Warrior Hike, ~11 miles out & back (Difficult)

Each hike can accommodate a max of 40 people (two groups of up to 20, first-come, first-served). All hikers must follow social distancing guidelines.

# MENTAL HEALTH MATTERS: STAFF OFFERINGS



## EVENTS

*Events for Staff*



### WHAT'S EATING YOU? THE RELATIONSHIP BETWEEN FOOD & MOOD

May 11 (2:30 - 3:00pm) - [click here to register](#)

May 12 (3:15 - 3:45pm) - [click here to register](#)

Join VEBA to learn the power of certain foods to improve your mood and actionable changes you can make to improve your mental and emotional well-being.

### SLEEP WELL, LIVE WELL: A PHYSICIAN-LED TALK

May 19 (3:00 - 3:45pm) - [click here to register](#)

Say goodbye to sleepless nights! You may use less sleep medication and sleep well when you understand the basics of a good night's sleep. Learn tips to improve how well you sleep and naturally calm your body and mind.

### OUR MENTAL HEALTH MATTERS: RIGHT-SIZING EXPECTATIONS

May 25 (3:15 - 3:45pm) - [click here to register](#)

May 27 (3:30 - 4:00pm) - [click here to register](#)

Let's be real: the past year has been a challenge. Join VEBA for an honest and engaging discussion around how becoming aware of our thoughts and feelings is the first step towards taking care of ourselves as we navigate our "new normal."

## ALL MONTH

*Activities for Staff*

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# MENTAL HEALTH MATTERS: STAFF OFFERINGS



## TRAININGS

*Professional Development for Staff*



### **YOUTH MENTAL HEALTH FIRST AID TRAINING FOR SDUSD EMPLOYEES**

*May 7, 10 or 21 (8:00-10:00am and 10:30am-3:00pm)*

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health challenges and substance use disorders in youth. This 6-hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care. After completing a 2-hour, self-paced online class, First Aiders will participate in a 4-hour virtual, Instructor-led class. Finding for visiting teachers provided upon request. Register on the SDUSD Staff Portal - Professional Learning platform.

### **THE IMPORTANCE OF SCHOOL NUTRITION PROGRAMS ON STUDENT MENTAL HEALTH**

*May 18 (10:00-11:00am)*

The California Local School Wellness Policy Collaborative will discuss the important contributions of School Nutrition Programs (SNPs) to improving student mental health and addressing food insecurity. Join us to learn more about how SNPs are essential supports for positive mental and physical growth and development in children

## ALL MONTH

*Professional Development for Staff*

### **MENTAL HEALTH STRATEGIES FOR STUDENTS DURING ONLINE AND IN-PERSON LEARNING**

*Video Recording Passcode: **5nDzo92+***

In these videos, our SDUSD Mental Health Clinicians share tips & techniques for educators supporting students' mental health whether online or in the classroom.