



Dear Teachers,

Thank you so much for embarking on this journey with your students. To support the work you are doing, Childsplay has the following resources:

- Your students will receive resource guides after seeing the show. In the guides, students will find helpful information about teen depression and several numbers to call if more help is needed. Attached to this letter is the packet that your students received.
- A Parent letter to send home with your students. Copies Attached.
- A post-show discussion video will lead you and your students through some processing work. The list of prompts that your students will be asked to consider is below:
 - a. Share out loud moments from the show that stuck with you. Don't feel the need to raise your hand. Just share your thoughts aloud when they come to you.
 - b. Now that you're thinking about the play, think about the end when Elliot is intent and clear with Eric that hope is essential.
 - c. Take out a piece of paper, and take a moment to reflect: what is something that makes you hopeful? Who can you share that with? If you don't feel like you have any hope, who can you share that with?
 - d. Now we want to ask you all to think for a minute and share, what are things you could do to support a friend or a classmate that you are worried is experiencing depression or thoughts of self-harm?
 - e. Gather in a circle and summarize your thoughts in one word.

Please use the following link to access the post-show discussion video: <http://www.childsplayaz.org/eric-elliott-faq>

Thank you again for your continued commitment to the health and safety of your students. If you have any questions, please do not hesitate to contact Childsplay at 480-921-5745.

Sincerely,

A handwritten signature in black ink that reads "Korbi Adams".

Korbi Adams
Director of Education and School Programs, Childsplay
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480-921-5745

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childsplayaz.org



Hello school professionals!

My name is Caitlin Gizler; I'm the Director of Integrated School Based Services at Valle del Sol.

Valle del Sol is a Federally Qualified Health Center that offers Primary Care, Psychiatric Care, and Behavioral Health supports for children, adults, and special populations. You can learn more about us at www.valledelsol.com

We have partnered with Childsplay to provide behavioral health support for your campus during the performance of Eric & Elliot.

First, we want to thank you for having us on your campus! We are so happy to be here to support and connect your students to the resources they might need to be safe and healthy.

We know that schools in the Arizona community struggle every day to have enough resources to support the behavioral health and crisis needs of their students. We have shared resources for Crisis Lines in your area, National Support Hotlines, and Warm (Non-Crisis) Lines in your area for parents.

However, if you have more questions on how to find services in you area to refer families to therapeutic or health care services after today, please feel free to contact me directly and I would be happy to walk through some of the processes that may work for your school. We want to be sure that every school we visit feels like they have some extra support, and aren't alone, in linking their families to the special health services they need!

Thank you again!

Caitlin Gizler, MAS, LMFT, BHP

Director of Integrated School Based Services

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602-258-6797 x621



Dear Parents,

Today, your student saw a performance of a play titled “Eric and Elliot” put on by Childsplay Theatre Company in collaboration with your child’s school. Childsplay believes that bringing important community issues to life on stage through developmentally appropriate productions can open doors for valuable conversations to happen between young people, and adults that care about them. We often say that theatre is either a window or a mirror, a way to look into someone else’s experience and better understand their perspective, or a way to see your life reflected back to you which can create opportunities for deeper understanding and for discussion.

“Eric and Elliot” is the story of a family’s search for healing. Eric is around 10 years old, and his brother Elliot is in his early teens. The two set out on a journey seeking help for their mother who has spiraled into a debilitating depression. Along the way, the boys get lost. They encounter others who encourage the boys to try different paths in order to find their way. Eventually the brothers discover that it is only by facing their own pasts and the tragic events of a particular day the previous summer that they will find help for their mother – and for themselves. Through metaphor and dialogue the audience finds out that Elliot committed suicide last summer.

The words depression and suicide are never spoken in the play. The suicide referenced in the play is not shown, for in truth, the play is about the family left behind. Told with a mix of gentle humor, fantasy, metaphor, and emotion, “Eric and Elliot” encourages audiences to discuss the serious issues of depression and suicide. The play offers hope for those affected and encourages alternatives to a permanent solution for temporary problems.

Childsplay takes this content very seriously and has provided many resources to the school and students. Our partners on this play are the Legacy Foundation, and local health and human services agency Valle del Sol. Counselors from Valle del Sol were present at today’s performance, and led a discussion with the students and teachers in the audience after the play. Further information and resources about teen suicide and depression were provided to your child after seeing the play. There is also a video discussion guide that was created in collaboration with Valle del Sol, to continue the conversation with your child. All post-show support materials can be found here: <http://www.childsplayaz.org/eric-elliott-faq>

Mental Health and depression are important topics in our community right now. Arizona ranks 12th nationally in the number of teen suicides, and it is our hope to help reduce this number by opening up the dialogue and providing support to those who need it.

Sincerely,

A handwritten signature in black ink that reads "Korbi Adams".

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Estimados padres y tutores,

Hoy, su estudiante vio la presentación de una obra de teatro titulada "Eric y Elliot" puesto por la compañía de teatro Childsplay en colaboración con la escuela de su hijo/a. Childsplay cree que temas importantes de la comunidad realizados en el escenario a través de producciones apropiadas para el desarrollo, puede abrir puertas para que tengan lugar conversaciones importantes entre jóvenes y adultos a cargo de ellos. A menudo decimos que el teatro es una ventana o un espejo, una forma de ver la vivencia de alguien más y comprender mejor su perspectiva, o una forma de ver su vida reflejada hacia usted que puede crear oportunidades para una comprensión más profunda y para la discusión.

"Eric and Elliot" es una historia de una familia en busca de curación. Eric tiene alrededor de 10 años, y su hermano Elliot está en su adolescencia. Los dos fueron en un viaje en busca de ayuda para su madre, que se ha caído en una depresión debilitante. En el camino, los chicos se pierden. Se encuentran con otros que animan a los niños a tratar diferentes rutas para encontrar su camino. Eventualmente, los hermanos descubren que solo enfrentando sus propios pasados y los eventos trágicos de un día en particular del verano anterior encontrarán ayuda para su madre y para ellos mismos. A través de la metáfora y el diálogo, la audiencia descubre que Elliot se suicidó el verano pasado.

Las palabras depresión y suicidio nunca se hablan en la obra. El suicidio al que se hace referencia en la obra no se muestra, porque en verdad, la obra se trata de la familia que quedó atrás. Contada con una mezcla de humor leve, fantasía, metáfora y emoción, "Eric y Elliot" alienta al público a hablar sobre los graves problemas de la depresión y el suicidio. La obra ofrece esperanza para los afectados y alienta alternativas a una solución permanente para problemas temporales.

Childsplay toma este contenido muy en serio y ha proporcionado muchos recursos a la escuela y a los estudiantes. Nuestros socios en esta obra son Legacy Foundation y la agencia local de servicios sociales y de salud Valle del Sol. Los consejeros de Valle del Sol estuvieron presentes para la presentación de hoy y dirigieron una discusión con los estudiantes y maestros en la audiencia después de la obra. Se les proporcionó más información y recursos sobre el suicidio y la depresión de los adolescentes después de ver la obra. También hay una guía de discusión en video que fue creada en colaboración con Valle del Sol, para continuar la conversación con su hijo/a. Posteriormente todos los materiales asociados de soporte se pueden encontrar aquí: <http://www.childsplayaz.org/eric-elliott-faq>

La salud mental y la depresión son temas importantes en nuestra comunidad en este momento. Arizona ocupa el puesto 12 a nivel nacional en cuanto al número de suicidios entre adolescentes, y esperamos reducir este número abriendo el diálogo y brindando apoyo a quienes lo necesitan.

Sinceramente,

A handwritten signature in black ink that reads "Korbi Adams".

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childsplayaz.org



I'm Having a Crisis. Help!

I'm having thoughts of harming myself or another person and I need to talk to someone.

I need someone to come to my home because these feelings can't be handled over the phone. I can wait up to 2 hours.

I cannot wait for someone to come to my home later. I need someone now.

Call:

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
Maricopa County Crisis Line
602-222-9444 or 1-800-631-1314
Southern Arizona Crisis Line
1-866-495-6735
Northern Arizona Crisis Line
1-877-756-4090

Call 911 and say: "I am having a mental health crisis. I need police and a crisis team."

OR

Drive to the nearest emergency room at a hospital and share that you are having a mental health crisis and you need help.

Additional Resources

Boys Town National Hotline: **1-800-488-3000**

For all Teens and their Parents. Open 24 hours a day, 365 days a year, staffed by specially trained Boy Town Counselors. They can help with things like: suicide prevention, sexual abuse, parenting troubles, anger, physical abuse, school issues, chemical dependency, relationship problems, depression, emotional abuse, runaways, and more.

Crisis Text Line: **Text TALK to 741741** to talk to a counselor 24/7

National Domestic Violence Hotline: **1-800-799-SAFE (7233)**

National Sexual Assault Hotline (RAINN): **1-800-656-HOPE (4673)**

National Dating Abuse Helpline: **1-866-331-9474**

Parents

If YOU need to talk to someone.

Arizona Warm Line: **1-888-404-5330** (4:30 to 10:30 p.m. 7 days/week)

Maricopa County Warm Line: **602-347-1100** (24 hours 7 days/week)

Pima County Warm Line: **520-770-9909** (8 a.m. to 10 p.m. 7 days/week)



Estoy en una crisis. ¡Ayúdame!

Tengo pensamientos en hacerme daño o hacia otra persona y necesito hablar con alguien.

Necesito que alguien venga a mi hogar porque estos sentimientos no pueden ser tratados por teléfono. Puedo esperar hasta dos horas.

No puedo esperar a que alguien venga a mi hogar después. Necesito a alguien ahora.

Llamar:

Línea de la Prevención del Suicidio Nacional
1-800-273-TALK (8255)
Línea de Crisis de Arizona del Maricopa
602-222-9444 or 1-800-631-1314
Línea de Crisis de Arizona del Sur
1-866-495-6735
Línea de Crisis de Arizona del Norte
1-877-756-4090

Llamere al 911 y comunicar que: "Estoy teniendo una crisis mental y necesito a la policía y un equipo de crisis."

o
Maneje hacia su sala de emergencia mas cercana en un hospital y comparte que tiene una crisis de salud mental y necesita ayuda.

Otros Números Que Podran Ser Útiles

Boys Town National Hotline: **1-800-488-3000**

Para Todo los Jóvenes y Padres. La línea de asistencia está abierta las 24 horas al día y 365 días al año y tiene personal asignado como consejeros. Ayudan con cosas como: la prevención del suicidio, el abuso sexual, los problemas de crianza, la ira, el abuso físico, problemas escolares, dependencia de sustancias químicas, problemas de pareja, depression, abuso emocional, fugitivos, y mucho más.

Línea de texto de crisis: **Envía TALK al 741741** para hablar con un consejero 24 horas al día, siete días a la semana.

Línea Nacional de Violencia Doméstica: **1-800-799-SAFE (7233)**

Línea Nacional de Asalto Sexual (RAINN): **1-800-656-HOPE (4673)**

Línea Nacional de Abuso Relacional (LovelsRespect.Org): **1-866-331-9474**

Padres

Si necesita hablar con alguien.

Línea de apoyo de Arizona: **1-888-404-5330** (4:30 to 10:30 p.m., 7 dias de la semana)

Línea de apoyo de Maricopa: **602-347-1100** (24 horas, 7 dias de la semana)

Línea de apoyo de Pima: **520-770-9909** (8 a.m. to 10 p.m., 7 dias de la semana)



**If you or a loved one is suffering
If you are worried
If you want to find help**

**Call us!
602-258-6797**

**For 24/7 help,
call National Suicide Prevention Hotline :1-800-273-8255**

¡ Hablamos español!
valledelsol.com | @valledelsolaz