

Intradistrict Communication

DATE: September 3, 2026

TO: All School Administrators

FROM: Michael Anderson, Associate Superintendent
Buddy Alger, Director of Student Services
Angie Rasmussen, Student Services Specialist

SUBJECT: **FREE** Mental Health Education for Parents and Caregivers

Jordan District has partnered with the Cook Center for Human Connection to provide ongoing mental health education for parents and caregivers. This collaboration offers FREE access to live, virtual educational sessions covering various topics. **Student Services will share these links to Parent Square for all JSD school communities to access. Please print, post, and assist families with access as you work with parents in your schools.**

- A calendar for **September's Mental Health Series sessions** is attached. Sessions are offered in both [English](#) and [Spanish](#). Previously recorded seminars can be accessed through a comprehensive library of sessions and resources for each topic. You can access the library of recorded sessions at any time by visiting this site: <https://parentguidance.org/mhsindex>.
- September is Suicide Prevention Month. A topic that is highlighted for parents this month is ["What Parents Need to Know about Suicide Prevention."](#)
 - In this session, parents will gain an understanding of the dynamics surrounding suicide, including its underlying reasons, warning signs, and appropriate responses. We'll explore what to say, what not to say, and where someone who might be contemplating suicide can go to seek help. By addressing suicide openly and empathetically, parents can de-escalate suicidal ideation and guide their children toward appropriate support and intervention. Unwavering support and understanding are essential in helping children navigate life's challenges.
- [Ask a Therapist](#) live virtual event. This is an anonymous opportunity to ask questions from a licensed family therapist about your child's mental health. It is a live event on **Sept. 29th at 6 pm** with access to the recording afterwards. Registration Link: <https://cookcenter.info/ATLSept29>
- Included in the mental health series is a "[Watch Together Series](#)." While the Mental Health Series is designed for parents, these "Watch Together" events are for the whole family, especially teens and young adults. In each episode, you'll meet a new animated character facing real challenges that teens and young adults experience. Together, you and your family can watch their story and learn how to start meaningful conversations at home.

Should you have any questions please reach out to Angie Rasmussen at angie.rasmussen@jordandistrict.org.