

Stigma Free Task Force  
January 22, 2020 - Minutes

In attendance were Cesar, Caroline, Joanne, Stella, Isabelle, Michele

1. Welcomed new L-SFTF members: Cindi McLean and Michelle Zeigler. We are happy to have you join us and look forward to working together!

2. Reviewed the training arranged for Leonia's Teachers on Jan 20, 2020. Jennifer Velten, MA, LPC from Care Plus spoke on how trauma affects learning in the classroom. This workshop seemed to be well received by the teachers, administration, and staff.

The TF also donated a sheet cake (Shop Rite) and trays of food (ordered from in-town caterer) to the teachers' luncheon organized by the LHS HSA that same day.

3. Each school was also given a sign to post in or outside their respective buildings. At ACS, you can see the sign by Crescent Avenue/Broad Avenue.

4. Upcoming Projects for the first half of this year:

A) Offering **Mental Health First Aid Training (eight hours)**: *next steps*:

- Stella will reach out to organizations to determine who we will contract to offer the training - Care Plus or Bergen County Dept of Health Services depending on rates/fees. We will try and offer this training in two 4-hour sessions if possible.
- Caroline will identify available sites/locations in our community and set dates. We are hoping to offer this training in late March/April
- Isabelle will invite key community members and stakeholders to attend this training

B) Autism Awareness Month Events - Alissa and Aly will co-chair the activities for this month.

C) Mental Health Awareness Month - Isabelle and Caroline will co-chair the activities for this month

D) LMS Health and Wellness Fair - Jamie and Stella will arrange age appropriate activities; decide on give aways; and staff the table for this event in March

E) Leonia Day - Stella/ Isabelle will organize TF members to staff the table during Leonia Day

5. Budget: The task force was given \$3500 for this fiscal year. Last year's funds were used to pay for tshirts; signs/banners; stickers; standing sign; literature for handing out. Most of these items are being stored in Isabelle's basement until another location can be identified.

Isabelle and Stella will track expenses. So far, the LSFTF spent \$511.69 for the speaker fee (\$250.00) and for food and materials (\$261.69) for this event.

6. Fundraising: Michele will look into whether LSFTF can fund raise to supplement its budget

Please reach out directly to co-chairs if you would like to work on a particular month/event.

See you all at the next meeting!