

Leonia Stigma Free Task Force
Minutes
7.6.21

In attendance: Caroline Garcia, Jacki Szabo, Bianca Nieto, Isabelle Van Sickell

- Mental Health First Aid Training
 - ❖ Jacki will reach out to Bergen County Department of Health Services
 - ❖ Caroline will reach out to the Rec Center to secure a training location.
 - ❖ Isabelle will contact the people who were interested the last time the training was organized (schools, Fire Department, Police Department, DPW, etc.)
- Web-Site
 - ❖ We will gather information to provide those who visit with a flow chart on what to do during a mental health crisis. We will also provide resources (NAMI, 2ndfloor.org, etc)
- Proposed workshop
 - ❖ Ask a Therapist/Navigating the Mental Healthcare System- participants can ask questions, presenters will provide information on mental health basics, through what to expect in the hospital, school policies, etc.
 - ❖ The ideal time-frame will be late September in order to follow back to school activities and Mental Health Awareness week.
 - ❖ National Suicide Prevention week= September 5th-11th