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# MPTCS

STUDENT SUPPORT NEWSLETTER

*Preparing student's for life's challenges and opportunities.*



**MPTCS**  
STUDENT SUPPORT  
NEWSLETTER

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# The Village View with Superintendent Mincy



Dear MPTCS Village,

Can you feel the energy? We are almost at the finish line! May marks our last full month of the school year and our campuses are abuzz with excitement and anticipation.

**Our 3rd-9th and 11th-grade scholars are prepped, primed, and ready for the NJSLA (New Jersey Student Learning Assessment).** These assessments are vital, providing a snapshot of academic progress to help us evaluate our curriculum, bridge learning gaps, and ensure our scholars are ready to meet the demands of their college and career choices. Between working hard all year, targeted tutoring, Saturday Academies, and high-energy pep rallies, our students are prepared. However, parents, we need your partnership to help our scholars shine. Please ensure your children get plenty of rest, enjoy a nutritious breakfast, and arrive ready to excel. Additionally, your words of encouragement are the fuel they need to walk through our doors with confidence! Testing takes place from May 5-20.

As we focus on academic achievement, we must also honor the incredible team making it happen. **May 1st was Principal Appreciation Day, and May 4-8 is Teacher Appreciation Week.** I want to share my deepest gratitude for our school leaders and their dedicated teams.

Please join me in thanking our staff for the relentless work they do to educate, support, and inspire our scholars every single day.

Beyond testing, May is a time for celebration. On May 1st, dubbed "**Decision Day,**" our seniors revealed their exciting plans for life after high school. I was incredibly eager to hear about the Class of 2026's aspirations and plans and they did not disappoint. Their hard work has paid off and the entire village is so proud of them.

As we push toward the end of the school year, let's also remember that **May is Mental Health Awareness Month.** In the midst of the hustle of life, please take a moment to breathe and check on one another: our children, our families, and yourselves. Let's be a village that truly cares. If you are not okay, help is a phone call away at 988, and our students can always speak with our dedicated school counselors and social workers.

I truly hope you all find time to enjoy the May weather. Let's hope for consistent warmth and sunshine as we journey through the month.

With Tiger Pride and Purpose,

*Angela N. Mincy*  
Angela N. Mincy  
Superintendent

May is

# Mental Health Awareness

Month

Mental Health Awareness Month is a reminder that caring for your well-being is not a luxury, **it's essential**. As educators, care takers and parents, you give so much of your time, energy, and attention to others each day. Taking moments to care for yourself helps you stay grounded, present, and resilient. Whether it's pausing to breathe, setting healthy boundaries, or simply allowing yourself to rest, small acts of self-care can make a meaningful difference. Prioritizing your mental health supports not only you, but also the students and communities you serve.

## Self-Care for Educators

|  |                                 |                                     |
|--|---------------------------------|-------------------------------------|
|  |                                 |                                     |
| Connect with uplifting colleagues  | Treat yourself when you need it | Remember to start fresh every day   |
|  |                                 |                                     |
| Do physical activities you enjoy   | Take a break when you need one  | Use positive self-talk              |
|  |                                 |                                     |
| Go for a walk or spend time outside  | Read a good book (just for you) | Plan an activity to look forward to |
|  |                                 |                                     |
| Leave work at school for the night or weekend                              | Spend less time on social media | Bring healthy snacks and meals      |
| <a href="http://www.thepathway2success.com">www.thepathway2success.com</a> |                                 |                                     |
| Be comfortable saying "no" to more obligations                             |                                 |                                     |

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*"Small, STEPS Matter."*

## Self-Care Tips



### 1. Take care of your health

Take breaks from caregiving whenever you can. Give yourself time to rest and relax, time to recharge your batteries as it were. Keep in mind, 'A happy caregiver is a good caregiver'.



### 2. Don't ignore your social life

Try to schedule some time to be social even if it is hard. Spending time away from caregiving, in the company of friends will help renew your spirits and boost your energy levels.

### 3. Get a support team

You don't have to do everything alone. Ask for help with what you cannot manage.

- Ask family or friends to help with tasks
- Join a support group for caregivers with similar situation to learn from others' experiences
- Make use of community resources such as home medical services, meal delivery, respite care facilities etc.



# MENTAL Health MATTERS

# SANKOFA ACADEMY



# HIGHLIGHTS: FAMILY, LEARNING, SEL & COMMUNITY

## SANKOFA ACADEMY



### A STRONG START: SANKOFA SCHOLARS TEE OFF WITH FIRST TEE

Our scholars at Sankofa Academy recently stepped onto the course for their first experience with First Tee, launching an exciting partnership that will extend throughout the school year. This opportunity opens the door to a new world of learning—one that blends sport with life skills in powerful ways. Through First Tee, scholars are not only developing foundational golf skills, but also strengthening *confidence*, *focus*, *perseverance*, and *integrity*. The program emphasizes **goal-setting**, **decision-making**, and **self-management**—skills that translate directly into success in the classroom and beyond. For many of our scholars, this experience also expands access to spaces and opportunities they may not have previously encountered, helping them envision new possibilities for their future.

We are proud to provide experiences that nurture the whole child and create pathways for growth, leadership, and excellence. This partnership marks just the beginning of what promises to be a continued path of discovery, achievement, and scholar success—on and off the course.



MRS. STAMPS-MOORE, SANKOFA ACADEMY  
MANAGER OF OPERATIONS & CULTURE



# **STEAM ACADEMY**

# THE FAMILY ZONE



**STEAM** FAMILY & COMMUNITY ENGAGEMENT



## May Calendar

| 2026 |     |     |     |     |     |     | MAY |  |
|------|-----|-----|-----|-----|-----|-----|-----|--|
| SUN  | MON | TUE | WED | THU | FRI | SAT |     |  |
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| 17   | 18  | 19  | 20  | 21  | 22  | 23  |     |  |
| 24   | 25  | 26  | 27  | 28  | 29  | 30  |     |  |
| 31   |     |     |     |     |     |     |     |  |

**MR. WILLIS AND  
KYLO  
PK4**

PK 3 SCHOLARS INTERLOCKING PLASTIC BRICKS (DUPLO/LEGO), FOAM BLOCKS, AND CARDBOARD BRICKS. THESE SETS FOSTER STEM SKILLS, FINE MOTOR DEVELOPMENT, AND SPATIAL REASONING.

National Week of the Young Child took place at the campus. This annual celebration highlights the importance of early childhood education (birth through age 8), focusing on children, their families, and teachers through themed daily activities. The week promotes high-quality early learning and recognizes the role of community support.



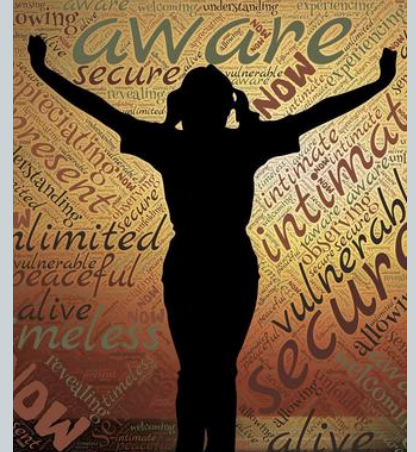
**FAMILY GAME DAY!  
WE WERE THRILLED TO INVITE OUR  
NEW FAMILIES TO THE ANNUAL  
CELEBRATION.**

**ARIF VISITED OUR KINDERGARTEN FOR A DAY!  
TRANSITION DAYS FOR PRE-K 4 ARE DESIGNED TO HELP  
FOUR-YEAR-OLDS ADJUST TO A NEW SCHOOL  
ENVIRONMENT, ROUTINE, AND TEACHER, OFTEN  
INVOLVING A GRADUAL START OR A "STEP-UP" DAY TO  
BUILD CONFIDENCE AND INDEPENDENCE.**



# ALL ABOUT SOCIAL EMOTIONAL LEARNING

## STEAM ACADEMY



THROUGHOUT THE MONTH OF APRIL, WE FOCUSED ON BUILDING SOCIAL AWARENESS AND ENCOURAGING SCHOLARS TO EMBRACE WHO THEY ARE WHILE RESPECTING THE INDIVIDUALITY OF OTHERS. SCHOLARS ENGAGED IN MEANINGFUL DISCUSSIONS AND ACTIVITIES THAT PROMOTED EMPATHY, UNDERSTANDING, AND SELF-EXPRESSION. WE ALSO PRIORITIZED CREATING A SAFE AND SUPPORTIVE ENVIRONMENT WHERE SCHOLARS FELT COMFORTABLE SHARING AND EXPLORING THEIR EMOTIONS.



Dear Families,

We recognize that many families may be experiencing stress, uncertainty, or major transitions related to immigration matters. Please know that our school community is here to support you and your child during this time.

If your child may benefit from additional emotional support, school-based counseling services are available. Counseling sessions are confidential and designed to provide students with a safe and supportive space to talk. Please note that confidentiality may only be broken if a student expresses intent to harm themselves or others, in accordance with safety requirements.

We encourage families to reach out if support is needed. On the next page, you will find mental health and community resources available to students and families.

Together, we remain committed to supporting the well-being, safety, and success of every child.



MS. VALDEZ, STEAM ACADEMY, SCHOOL SOCIAL WORKER



# IMMIGRATION LAW RESOURCES

## RESOURCES FOR INDIVIDUALS

## RECURSOS PARA INDIVIDUALES

**NJCIC Guide to Immigration Court & SIJS and Asylum**

**NJCIC Guia de la Corte de Inmigracion sobre SIJS y Asilo**



English + Español + Haitian Creole

**Immigrants' Rights  
Toolkit for NJ**

**Kit de herramientas sobre los  
derechos de los inmigrantes  
en Nueva Jersey**



English + Español

**Power of Attorney Form  
Formulario de poder notarial**



English + Español

**Power of Attorney FAQ  
Document**

**Preguntas frecuentes sobre  
poderes notariales**



English + Español

**ICE Detainee Locator  
System**

**Sistema de localizar los que  
están detenidos por ICE**



English

**List of Pro Bono Legal Service  
Providers**

**Lista de proveedores de  
servicios legales gratuitos**



English

**EOIR Automated Case  
Information System**

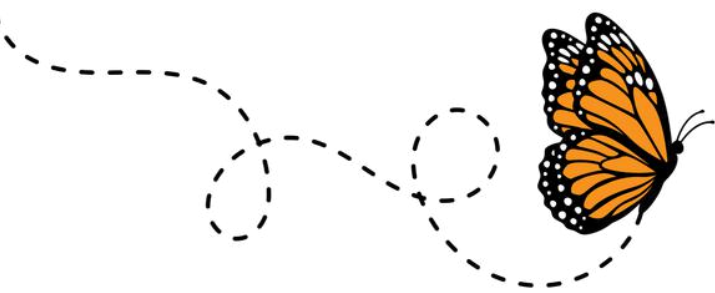


English

**Sistema Automizada de  
Información para la Corte  
de Inmigración**



Español





New Jersey Consortium  
for Immigrant Children

## IMMIGRATION LAW RESOURCES

### RESOURCES FOR PROVIDERS

**Refer an Adult in Detention to Legal Services**  
**Referir un adulto en detención para servicios legales**



**Refer A Child to NJCIC For Legal Representation**  
**Referir un niño a NJCIC para representación legal**



**Order Know Your Rights Cards ("Red Cards") or Print Your Own**  
**Ordenar tarjetas de conocer sus derechos o imprimirlas**



### RECURSOS PARA PROVEEDORES

**Refer Raid Victims to AFSC**  
**Referir víctimas de redadas de ICE a AFSC**



**Refer A Child to NJCIC Who is at High Risk of Removal**  
**Referir un niño a NJCIC que tiene riesgo elevado de deportación**



**Sign Up for NJCIC's Mailing List**  
**Subscribirse para la lista de correo electrónico de NJCIC**



### **Advisory to Nonprofit Organizations and Social Service Providers Regarding Immigration Enforcement**

NJCIC and partner organizations offered a training: Briefing on Immigrant Rights Preparedness for Nonprofits. To request a link to the recording of this presentation, please contact [info@njcic.org](mailto:info@njcic.org)

### **Consultoría a las organizaciones sin fines de lucro y proveedores de servicios sociales sobre aplicación de las leyes de inmigración**

NJCIC y organizaciones aliadas ofrecieron entrenamiento: Informe sobre derechos de inmigrantes, preparaciones para organizaciones sin fines de lucro. Para solicitar un enlace de la grabación de la presentación, contacte a [info@njcic.org](mailto:info@njcic.org)



# VILLAGE SPORTS



Marion P. Thomas  
CHARTER SCHOOL



# SPORTS NEWS

FROM THE VILLAGE ATHLETIC  
DEPARTMENT



## MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear Students, Parents, and Staff,

Our sports teams at both PAC and STEAM are up and running successfully for the spring season. PAC volleyball currently has a record of 1-1. They beat Union Ave Middle School of Irvington, NJ, but fell short to Robert Academy in a close match. The PAC soccer team currently has a record of 0-3. They have competed with energy and excitement in all matches played. This is PAC's soccer and volleyball teams first season, and our scholar-athletes are making the most of their opportunity. Steam's soccer and volleyball teams are off to a slow start, but they have a young team and this experience will only help to improve their chances of winning outright in the near future. STEAM volleyball and soccer teams are off to a slow start as well, but have competed extremely hard in every game. STEAM volleyball has a record of 0-3 and STEAM soccer has a record of 0-3 as well. The STEAM soccer team loss in a close math 2-0 to defending CSAL Champion College Achieve, Somerset, NJ. This shows promise and the bright future for this team. Please check out our district athletics page for additional updates and schedules. Let's come out to support our sports teams. I hope to see everyone there soon. Go TIGERS!!!!

Best,  
Rashon Mickens



### ATHLETIC REQUIREMENTS

The Marion P. Thomas Charter School Athletic Department has administered a new behavior and academic contract for athletes eligibility. For more information on the newly adopted athletic eligibility requirements you can visit the Marion P. Thomas Athletic Page.

### SPORTSMANSHIP CORNER

Thank you for the support of our amazing fans and school community. Your cheers and encouragement help motivate our student-athletes. Remember, it's not just about winning—let's keep the spirit of sportsmanship alive!

### GET INVOLVED!

We're always looking for volunteers to help with events, coaching, team parents, and more. If you'd like to get involved, please contact Executive Director Mickens at [rmickens@mpics.org](mailto:rmickens@mpics.org)

Thank you for supporting Marion P. Thomas athletics! Let's go, Tigers!

MAY 2026

A photograph of a multi-story brick building with a classical entrance, serving as a background for the text 'PAC ACADEMY'. The building features a prominent white portico with columns and steps leading to the entrance. The facade is made of red brick with white window frames and decorative elements. The text 'PAC ACADEMY' is overlaid in large, bold, blue letters across the center of the image.

# PAC ACADEMY

# THE FAMILY ZONE



**PAC** FAMILY & COMMUNITY ENGAGEMENT



| 2026 |     |     |     |     |     |     | <a href="#">Click Here</a> |  | MAY |  |
|------|-----|-----|-----|-----|-----|-----|----------------------------|--|-----|--|
| SUN  | MON | TUE | WED | THU | FRI | SAT |                            |  |     |  |
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| 31   |     |     |     |     |     |     |                            |  |     |  |

**OUR “TOAST TO THE YES” EVENT WAS A HUGE SUCCESS! NEWLY MATCHED FAMILIES JOINED US AT PAC TO CELEBRATE THE START OF AN INCREDIBLE JOURNEY. WE'RE GRATEFUL FOR THE OPPORTUNITY TO BUILD A SUPPORTIVE COMMUNITY TOGETHER.**



**PRE-K  
CELEBRATED  
WEEK OF THE  
YOUNG CHILD**



**3<sup>RD</sup> -8<sup>TH</sup> GRADE  
FAMILIES MET TO  
LEARN ABOUT  
NJSLA**



**NJSLA PEP  
RALLY**

# ALL ABOUT SOCIAL EMOTIONAL LEARNING PAC ACADEMY



SEL GROUPS ARE IN MOTION



SHOUTOUT TO OUR CHEERLEADERS AND  
STUDENT COUNCIL/AMBASSADOR MEMBERS  
FOR PARTICIPATING IN THE “YES” EVENT.”



MRS. STACKHOUSE, PAC ACADEM,  
SCHOOL SOCIAL WORKER

# HIGH SCHOOL

marion p. thomas  
★  
CHARTER SCHOOL

# ALL ABOUT SOCIAL EMOTIONAL LEARNING

## HIGH SCHOOL



SEL for the month of April: Coloring and writing a “note to self” in order to practice mindfulness and self-management.

Happy Autism Awareness Month!



MS. DOUGLAS, HIGH SCHOOL, SCHOOL SOCIAL WORKER

# Autism

## AWARENESS VS ACCEPTANCE

Neurodiversity is not just a conversation topic! Help build a community that welcomes Autistics into your world, into your and your children's friendships, into your neighborhood gatherings, into your workplace, places of worship, schools and playgrounds!

**1** Awareness means you know it exists

Acceptance means you connect personally and learn more

**2**

Awareness means you can identify it

Acceptance means you talk to people and gain understanding, compassion, and sensitivity

**3** Awareness means you know something is happening

Acceptance means you offer help and support without judgement

**4**

Awareness means you cope with it deal with it tolerate it

Acceptance means you embrace it, grow from it, and build relationships with people who have it not only those who love someone with it!

**5** Awareness Is Not Enough

acceptance is the next step towards a truly inclusive and community driven society!

Amanda J Friedman  
AtlasForAutism.org



# THE FAMILY ZONE



HIGH SCHOOL FAMILY & COMMUNITY ENGAGEMENT

**How to contribute?**

**Spring Cleaning:**

- If you're not using gardening items, ask us if we can use them to give them a new home!

**Monetary Contributions:**

- Please donate to the Breakfast Club for any monetary contributions, which will be used to buy supplies and equipment.

**Amazon Wishlist:**

- Scan the QR code to view our Amazon wishlist, which includes items we need to get started.

For more information, please email [abernardino@mptcs.org](mailto:abernardino@mptcs.org)

*"It takes a Village"*

Scan below!

## CREDIT RECOVERY

- Orientation June 26<sup>th</sup> @ 9am
- Attendance required from June 29-July 17th.
- Sessions take place Monday-Friday, 8:15am-12:45pm
- Mandatory** for any student who is 10 or more credits deficient.

**REGISTER NOW**

2026 [Click Here](#) MAY

| SUN | MON | TUE | WED | THU | FRI | SAT |
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| 31  |     |     |     |     |     |     |

## THE HIGH SCHOOL BULLETIN: MONTHLY EVENTS , INITIATIVES & SHOUT OUTS

- Greenhouse Revival:** We are officially bringing the school greenhouse back to life! To get things growing, we are seeking donations of gardening supplies or equipment. Visit this [link](#) to see the Amazon wish list.
- Summer Credit Recovery:** Does your student need to catch up on credits? Ensure they stay on track for graduation by making sure they are enrolling in our Summer Credit Recovery program.
- May Calendar:** Keep abreast of all the events and activities happening in May at the High School, click on the calendar for more details.



HS Students read to Pac Academy students to cultivate a love of reading amongst our younger scholars



Tanisha & Lashonda Ramsey were honored with the Parent Spotlight for their dedication to the HS community.



CONGRATULATIONS to our Cooperman Scholarship Recipient, Ayeyi! She will receive a 4-year college scholarship, textbook stipend, laptop, and access to a portfolio of additional supports.



# COLLEGE & CAREER

## COLLEGE TOURS & INFO SESSIONS



OUR SCHOLARS RECENTLY HAD THE EXCITING OPPORTUNITY TO GO ON A COLLEGE TOUR OF BLOOMFIELD COLLEGE OF MSU. DURING THE VISIT, THEY EXPLORED THE CAMPUS, LEARNED ABOUT VARIOUS ACADEMIC PROGRAMS, AND GAINED INSIGHT INTO STUDENT LIFE AT THE COLLEGE. THE TOUR PROVIDED THEM WITH A FIRSTHAND LOOK AT WHAT BLOOMFIELD HAS TO OFFER AND HELPED THEM ENVISION THEIR FUTURE EDUCATIONAL PATHS.

ADDITIONALLY, FAIRFIELD DICKERSON CAME IN TO CONDUCT AN INFORMATION SESSION FOR OUR SCHOLARS. THEY SHARED VALUABLE INSIGHTS ABOUT THE COLLEGE APPLICATION PROCESS, TIPS FOR SUCCESS, AND ANSWERED QUESTIONS FROM THE SCHOLARS. THE COMBINED EXPERIENCE OF THE TOUR AND THE INFO SESSION WAS BOTH EDUCATIONAL AND INSPIRING, LEAVING THE SCHOLARS MOTIVATED AND BETTER INFORMED ABOUT THEIR COLLEGE CHOICES.

MRS. FREDERICKS, SCHOOL COUNSELOR




# MPTCS FOUNDATION SCHOLARSHIPS

## YOUR FUTURE STARTS HERE!

The Marion P. Thomas Charter School Foundation is excited to support YOU as you take the next step after graduation!

Apply for **scholarships** that recognize your hard work, leadership, growth, and service.

### UPCOMING SCHOLARSHIP OPPORTUNITIES

 Marion P. Thomas Charter School Foundation  
Scholarship Awards Due 5/11

Academic Excellence  
Rev. Charles E. Thomas Legacy  
Dr. Karen Thomas Leadership Legacy  
Ernestine Watson Community Service Scholarship  
Scholars of Promise  
Hands on Skills Scholarship  
Sandra Shanks Books and Supplies Scholarship

Rho Lambda Lambda Chapter Scholarships: Due 4/27

CLA Foundation Scholarship: Due 5/19

MS. YOUNG, SCHOOL COUNSELOR





**Marlon P. Thomas**  
CHARTER SCHOOL

# MPTCS Foundation Scholarships

The MPTCS Foundation is excited to support YOU as you take the next step after graduation! Apply for scholarships that recognize your hard work, leadership, growth and service.

## WHO CAN APPLY?

- Be a graduating senior at MPTCHS.
- Have a GPA of 2.5 or higher (some scholarships require a higher GPA).
- Plan to attend a college or post-secondary program (culinary or trade school)

## WHAT YOU NEED TO APPLY:

- Completed Application
- Transcript
- Proof of acceptance to college, culinary or trade school
- 2 Recommendation letters
  - Teacher or administrator
  - Community member (no relation to student)
- Personal Statement
- Response to Essay Question
- Proof of Community Service

## AVAILABLE SCHOLARSHIPS

- Academic Excellence – \$3,0000  
(GPA 3.5+ | Must demonstrate strong academic performance)
- Rev. Charles E. Thomas Legacy – \$2,750  
(Must have attended MPTCS continuously since early elementary, PreK-3<sup>rd</sup> Grade)
- Dr. Karen Thomas Leadership – \$2,500  
(GPA 2.75+ | Strong Leadership)
- Ernestine Watson Community Service – \$2,500  
(GPA 2.75 + | 30+ hrs of community service)
- Scholars of Promise – \$1,000  
(GPA 2.75+ | Academic Growth)
- Hands-On Skills – \$450  
(GPA 2.5 | Interest in vocational or technical pathway)
- Sandra Shanks Books & Supplies – \$300  
(GPA 2.75 | Needs-Based)

SCAN ME



**NOTE:** Two scholarships will be awarded from each category and are needs-based. Students are only eligible to win one scholarship.

**DEADLINE TO APPLY:**  
**MONDAY, MAY 11, 2026**

**QUESTIONS? CONTACT**  
MGRIFIN@MPTCS.ORG OR  
(973) 621-0060, EXT. 1010

Scan the QR code or [click here](#) to access the application

# RESOURCES



# NEED HELP?

VISIT [ERESCCARES.ORG](http://ERESCCARES.ORG)



Find free or reduced-cost resources like food, housing, financial assistance, health care, and more.

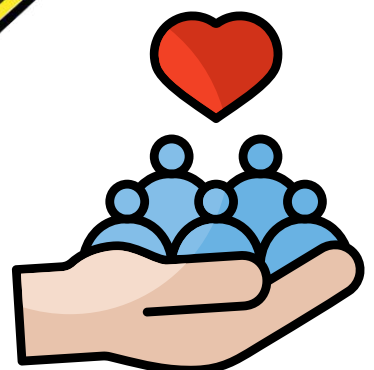
To learn more about Essex Regional Educational Services Commission McKinney-Vento or Migrant Education Programs contact us!

SCAN THE QR CODE!



E-mail:  
[MKV@eresc.com](mailto:MKV@eresc.com)  
or [MEP@eresc.com](mailto:MEP@eresc.com)

[www.eresc.org/special-programs-and-grants/](http://www.eresc.org/special-programs-and-grants/)



Click Here



# YOUTH MENTAL HEALTH FIRST AID

## WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

**10.2%**

of youth will be diagnosed with a substance use disorder in their lifetime.

Source: Youth Mental Health First Aid\*\*

**1 IN 5** teens and young adults live with a mental health condition.

Source: National Alliance for Mental Illness\*

**50%**

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry\*\*\*

## WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.

## WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

## Learn how to respond with the Mental Health First Aid Action Plan (ALGEE):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

## THREE WAYS TO LEARN

- **In-person** – Learners will receive their training as an 8-hour, Instructor-led, in-person course.
- **Blended** – Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, Instructor-led training. This Instructor-led Training can be:
  - » A video conference.
  - » An in-person class.

### Sources

\* National Alliance on Mental Illness. (n.d.). Kids. <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids>

\*\* Mental Health First Aid. (2020). *Mental Health First Aid USA* for adults assisting children and youth. National Council for Mental Wellbeing.

\*\*\* Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2005, June). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*. 62(6); 593-602. doi: 10.1001/archpsyc.62.6.593



# MENTAL HEALTH FIRST AID

## WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

**On average,  
130**  
people die by  
suicide every day.  
*Source: American Foundation  
for Suicide Prevention*

**From 1999 to 2019,  
841,000**  
people died from  
drug overdoses.  
*Source: Centers for Disease  
Control and Prevention*

**Nearly  
1 IN 5**  
in the U.S. lives  
with a mental illness.  
*Source: National Institute  
of Mental Health*

### WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

## WHAT IT COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

### Learn how to respond with the Mental Health First Aid Action Plan (ALGEE):

- A**ssess for risk of suicide or harm.
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- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

## THREE WAYS TO LEARN

- **In-person** – Learners will receive their training as an 8-hour, Instructor-led, in-person course.
- **Blended** – Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, Instructor-led training. This Instructor-led Training can be:
  - » A video conference.
  - » An in-person class.

Sources  
 American Foundation for Suicide Prevention. (n.d.). *Suicide statistics*. <https://afsp.org/suicide-statistics/>  
 Centers for Disease Control and Prevention. (n.d.) *Drug overdose deaths*. <https://www.cdc.gov/drugoverdose/deaths/index.html>  
 National Institute of Mental Health (NIMH). (n.d.). *Mental illness*. <https://www.nimh.nih.gov/health/statistics/mental-illness>

# 2NDFLOOR

SUPPORT FOR YOUNG PEOPLE. ANYTIME. ANYWHERE.

## App Launch Social Media Toolkit

The new 2NDFLOOR app is here! 2NDFLOOR is a free, confidential, and anonymous mental health support app available 24/7/365 to New Jersey youth and young adults.

2NDFLOOR provides a forum in which adolescents are empowered to take control of, and improve, their emotional, mental, physical, psychological, and social well-being. Now in its 20th year of existence, 2NDFLOOR remains New Jersey's only multi-service program geared toward 10-to-24-year-olds. The new 2NDFLOOR app consists of **one-on-one chat and call functions** that allow youth to connect to counselors any time, day or night, to discuss any issue that they are facing. Also included is an **online community message board**, in which youth can anonymously post and respond to messages on a wide array of mental health topics.

Please join us in spreading the word!



**GIVE YOURSELF A  
SECOND  
WHEN YOU NEED  
SOMEONE TO  
TALK TO**

**2NDFLOOR**  
SUPPORT FOR YOUNG PEOPLE. ANYTIME. ANYWHERE.

**DOWNLOAD THE APP FOR 24/7 SUPPORT:**  
Chat anonymously with professional counselors about whatever is on your mind with the all new 2NDFLOOR™ app or by texting or calling us at 888.222.2228. It only takes a second to get help.





# WHY ATTEND PARENT WORKSHOPS?

Research reveals that when parents are engaged in their child's education, it fosters a thriving learning environment that leads to improved academic outcomes and well-rounded personal growth.

By attending our diverse range of workshops, seminars, and interactive sessions, you'll gain valuable insights into:

- ◆ Effective communication strategies with educators and your child.
- ◆ Building a supportive and nurturing home learning environment.
- ◆ Understanding modern teaching methods and curriculum trends.
- ◆ Navigating challenges such as social media and mental health awareness.
- ◆ Strengthening parent-child relationships through shared learning experiences.
- ◆ How to successfully advocate for your child.



**MPTCS**  
STUDENT SUPPORT  
NEWSLETTER

# SPECIAL THANKS TO OUR NEWSLETTER TEAM

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