

# **Borough of Midland Park**

## **Bergen County Department of Health Services:** **Stigma Free Mental Health “First Aid” Initiative** **Training**

- For:** Students in Grades 9 through 12
- When:** Monday, November 16, 2015    **You must be available**  
Tuesday, November 17, 2015    **to attend both nights**
- Time:** 4:00 PM – 8:30 PM (Pizza Dinner Provided)
- Where:** Midland Park Jr./Sr. High School  
Room 35
- Purpose:** The Community would like to train 30 High School Students to reduce the stigma associated with seeking mental health services. This interactive workshop will feature a powerpoint, videos, group activities and a presentation on signs and symptoms of mental health and substance abuse issues, as well as resources for getting help.
- Register:** To sign up for this important and informative community initiative, please contact:

Mrs. Nancy DeRitter    or    Mr. Craig Rush  
[Nderitter@mpsnj.org](mailto:Nderitter@mpsnj.org)    [Crush@mpsnj.org](mailto:Crush@mpsnj.org)

THIS TRAINING IS OPEN TO ALL  
MIDLAND PARK HIGH SCHOOL STUDENTS  
(The Course is Limited to 30 participants)

Midland Park Public Schools  
Midland Park, NJ

Permission Slip for:

Bergen County Department of Health Services:

Stigma Free Mental Health "First Aid" Initiative Training

November 16 & 17, 2015 from 4-8:30pm in Room 35

I, \_\_\_\_\_ (print name) will be attending the above initiative training on the nights of Nov 16 & 17, 2015 at Midland Park High School from 4-8:30 pm. I understand that I must attend both nights to complete the initiative training.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parental Signature \_\_\_\_\_ Print Parent Name \_\_\_\_\_

Class will fill on a first come, first serve basis. Please return this permission slip to the attention of Mr. Rush as soon as possible.