



Contact:

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**TriCounty CMO, Attitudes In Reverse® and other Mental Health Organizations
Host Event to Build Awareness and Prevent Suicide**

May 6-12, 2018 Is Children's Mental Health Awareness Week; May Is Mental Health Month

BRANCBURG, NEW JERSEY (April 19, 2018) – Teens and their parents are invited to attend an event that aims to increase understanding, empathy and kindness towards those who might be struggling with mental health challenges in silence and encourage them to seek help, with the ultimate goal of preventing suicide. The event will take place on Monday, May 7, 2018 from 5:30 p.m. to 8:00 p.m. at Raritan Valley Community College. It is sponsored by TriCounty Care Management Organization (CMO); the Family Support Organization of Hunterdon, Somerset and Warren Counties; Children's Mobile Response and Stabilization Services; and Catholic Charities, Diocese of Metuchen. Individuals can register at <https://tinyurl.com/yborcapm> through April 23, 2018.

“We are thrilled to partner with Attitudes In Reverse and bring this important program supporting our children’s mental health to the tri-county area,” said James Parauda, LSW, Executive Director of TriCounty CMO. “We believe it is essential to highlight the struggles that kids with mental health challenges face and let them and their families know there is support and help in the community.”

“AIR is proud to partner with fellow NJAMHAA members to bring forth a program to help educate people about children's mental health struggles and successes. There is so much need. We must partner together to help children and save lives,” said Tricia Baker, Co-Founder of AIR, referring to the New Jersey Association of Mental Health and Addiction Agencies, a trade association whose members include AIR, TriCounty CMO and Catholic Charities, Diocese of Metuchen.

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This event will feature a keynote presentation by Alyssa Bainbridge, Miss Pennsylvania's Outstanding Teen 2016 and Miss Appalachian Trail 2018, whose platform focuses on mental health, and a panel discussion with youth and adults affected by mental health disorders and suicide.

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The TriCounty Care Management Organization (CMO) understands that the health, wellness, and safety of the family matters. In affiliation with the system of care and community partners, the organization brings together resources to meet the current needs of children and their families with complex behavioral, emotional, social and mental health challenges. Their primary objective is based upon the principle of keeping families strong. TriCounty CMO uses a wraparound philosophy of care that is based on the strengths of the child/youth and family. It is a process designed to coordinate and organize the delivery of services to children and youth with serious emotional and behavioral disorders. It is a family-centered, needs-driven, individualized, culturally and linguistically appropriate approach. For more information, visit www.tricountycmo.org.

The Family Support Organization of Hunterdon, Somerset & Warren Counties works to ensure that families of children with special emotional, behavioral, mental health, intellectual/developmental disabilities and substance use challenges are provided with a community-based, compassionate and culturally-competent support system that will provide them with ongoing family-oriented support, information, education and advocacy. For more information, visit <https://fso-hsw.org/>.

Catholic Charities, Diocese of Metuchen, incorporated in 1982, is a nonprofit agency dedicated to service, quality and outreach for members of the community, especially those who are poor, devalued and in need of help. Committed to serving all those in need, Catholic Charities' programs focus on the value of family, individual knowledge and the right of every client to be treated with dignity and respect. Through its Children's Mobile Response and Stabilization Services (CMRSS), this agency provides immediate crisis response on-site (home, school, or community) and coordinates subsequent stabilization services to youth, their families, and caregivers. In addition, CMRSS assists families with identifying informal supports that can further help to aide a family in a time of need. For information, call CMRSS' warm-line at 908-782-7905 or visit www.ccdom.org.

Attitudes In Reverse® (AIR™) was established by Tricia, Kurt and Katelyn Baker of Plainsboro, NJ, in 2010, soon after their son/brother Kenny died by suicide following a long battle against severe depression and anxiety. Their mission is to save lives by educating students about mental health, related disorders and suicide prevention. AIR also offers Youth Mental Health First Aid instruction; the AIR Dogs: Paws for Minds™ program, bringing dogs into schools to help students de-stress and engage in conversations about mental health; and a lunch-and-learn program for businesses. For more information, please visit www.attitudesinreverse.org or call 609-945-3200.