

Student Recommendation

Attitudes in Reverse

To all Superintendents,

This is a letter of recommendation for Tricia Baker. As you may know she's the Co-founder of Attitudes in Reverse (AIR). I would like you to know it's been a great honor working with her, as she is very compassionate and empathetic the way she works. Although her organization resides in Princeton, I asked her to come work with me and one other group at our school (Hunterdon Central Regional High School) to advocate about mental illness. Specifically, trying to abolish stigmas. AIR made me believe that it is important to treat mental illness like a physical illness, (quoted from Tricia's daughter). AIR also made me realize it is necessary to educate the youth of signs of suicide and how stigmas could affect people with a mental illness.

Most importantly, this incredible organization made me realize that it's okay to have depression, bipolar, or anxiety. It's okay to be different. This shows me that as a society everyone should treat everyone with acceptance and respect.

Thus, I would like to thank Tricia for working with me, and I hope to work with her in the near future, and I hope her organization spreads out and awares different communities.

Best,
Shalini Gossain
Hunterdon Central Regional High School