

ALUMNI NEWSLETTER



HAPPY PRIDE MONTH!

LMTI and our parent agency, Partners in Prevention, have put together a toolkit with LGBTQ+ Education & Resources for Pride Month that is completely FREE! Our toolkit has been developed to help any interested party learn more about the LGBTQ+ community and its history in the United States. Our goal is to educate our communities and provide resources for prevention and treatment professionals, schools, youth-serving organizations, parents, and anyone looking to become a better ally.

To gain access to the toolkit visit www.pipnj.org/pride and scroll down to the form where you will be asked to enter your contact information. Upon completion, the toolkit will be sent immediately to the email address you provided.

pipnj.org/pride

GRANT ANNOUNCEMENT

We are thrilled to share the good news that we were awarded a grant through the Salem Health & Wellness Foundation to not only fund students from throughout Salem County to attend our Leadership Conference, but also work with them throughout the year to develop and implement a peer to peer curriculum about mental health, substance use prevention, and social media. Through this project, we will also be able to provide Youth Mental Health First Aid trainings to adults in the community and create resources and assets that can be shared. We can't wait to get started on this awesome project!



WAYS TO GET INVOLVED THIS SUMMER

If you're looking to give back in a big way this summer, a great way to stay involved is to volunteer at camp! You can facilitate a Process Group or Action Group, chaperone a cabin, be on care team, be the camp photographer, lead the arts & crafts activities, and so many other things! If this is something you're interested in, you can sign up to volunteer at:

<https://form.jotform.com/220674032824148>

After registering, an LMTI member will reach out via email to discuss what your volunteer role will look like. If you have any questions at all, feel free to email Rachel at rtaylor@pipnj.org



WRITE TO A YAC OR CATS

Have advice for an incoming YAC or CATS before camp? Write them a letter full of positivity to read on the Sunday before camp! Send letters to the LMTI office addressed to Madie Jones by 8/5, or email them to mjones@pipnj.org.

*LMTI Attention: Madie Jones
110B Meadowlands Parkway
Suite 302
Secaucus, NJ 07094*

AMAZON WISHLIST

Camp is just a few months away! Want to help make it happen? Please consider donating an item from our Wish List! Every donation helps and is appreciated. Everything on it is supplies for camp that we will need throughout the week. **Our Amazon wishlist can be found [here!](#)**



CONNECTION CORNER



VOLUNTEER DAY

Come support us as we get ready for camp! We need all hands on deck in our last minute preparations! We'll have snacks, good music and some special LMTI swag for those who join us. You can come for the entire time or just pop in for a bit. We hope to see lots of friendly faces there!

WHEN? August 12th, 1-4pm

WHERE? Hudson CMO Training Room.
110A Meadowlands Parkway
Secaucus, NJ 07094

Sign up [here!](#)

ALUMNI SPOTLIGHT: JAMIE WADDINGTON (2015)

Natural high: helping animals!

Favorite part of camp: the sense of welcomeness and family that you find, even after just a week of being there!

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How she keeps her TI fire burning: remember the feeling you have while at camp, and how someone else's kindness effected you- and try to pass that feeling on to others, small acts of kindness can have a ripple effect !



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FREE VIRTUAL TRAINING

YOUTH MENTAL HEALTH FIRST AID TRAINING

We're so excited to offer this training for free to LMTI volunteers and alumni!

When: Saturday, July 23

Time: 10AM - 4PM

Where: Zoom



For more details on what the course covers, check out the description below or email Kchontow@pipnj.org with any questions.

Please register by 7/10

Youth Mental Health First Aid USA is an 8-hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care. Individuals who take this course will receive a 3-year Youth Mental Health First Aid Certification.

For this course, participants will complete two hours of online self-paced pre-work and then meet for 6 hours for an instructor-led session. The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder. Participants do not learn to diagnose, nor how to provide any therapy or counseling – rather, participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step action plan.



LMTI is a program of Partners in Prevention. Learn more at www.njlmnti.org or reach us at 201-552-2264

BEYOND CAMP

VIRTUAL COLLEGE TRACK

LMTI's Track program focuses on providing participants with the resources necessary to transition smoothly from high school to the next stage of their lives. This FREE virtual program is open to all 18-21 year olds to learn about life after high school!

WHEN? July 11, 6:00 - 8:30

WHERE? Zoom



Register today at <https://forms.gle/hwJXu8QY17mQN1L2A>

SOCIAL MEDIA

Join the conversation and connect with LMTI and other alumni on our social media pages. Tell us your stories, share your ideas, send us your pictures, and let us know how the TI fire has impacted your life!



ALUMNI GROUP

And to keep the TI fire burning even brighter, be sure to join our Alumni Group on Facebook. It's like a cabin hangout, s'mores at the campfire, and sunrise share all rolled into one.



[facebook.com/groups/129510640450004](https://www.facebook.com/groups/129510640450004)

