



Notre Dame High School

Established 1957

December 15, 2016

I am writing on behalf of Tricia Baker and the Attitudes in Reverse organizations with whom we have worked for the past 6 years. After AIR's first visit with our seniors, we recognized how important their message was for our students here at Notre Dame High School. Tricia gives a personal, yet professional presentation about the reality of mental health issues that affect so many of our young people, the signs that many young people may exhibit when they are struggling with mental health issues, and the hope of effective treatments that can truly save the lives of our kids. Tricia and AIR are passionate advocates for mental health awareness and suicide prevention. Beyond this, they have been deeply compassionate helpers and healers in the wake of our own loss of a senior to suicide last year.

After our first encounter with AIR, we immediately requested that they come to speak with our Freshman each year during their Freshman Spirituality Day, which they have done faithfully twice a year for the past 6 years. Our students respond very well to their gentle yet powerful and enlightening message. Following the suicide of one of our students last winter, Tricia called and asked if she could be of any assistance and we enlisted her help with speaking to our parents on two occasions and with our faculty on another occasion. Again the response was overwhelmingly grateful and positive. This year, we have asked Tricia to come back and revisit our students as a part of their Junior Spirituality Day in addition to our freshman to go a little more in depth with suicide signs and prevention. The first Junior Spirituality Day was in November and the response was wonderful. It was an emotional day as many of our students are still grieving the loss of their classmate, but ultimately healing and hope filled.

This is a very difficult subject to address with students and therefore must be approached with the utmost care. We at Notre Dame High School have maintained that it must be addressed and have found Tricia Baker and AIR to be a voice of knowledge and care that is helping us to become a more aware, alert and responsive community to the mental and emotional struggles of young people. Please feel free to call either myself or our principal, Ms. Mary Liz Ivins with any questions or concerns. We welcome the opportunity to share our experience and mutual concern for the students we serve.

God Bless you and your students.

Sincerely,

Tracey Reed
Assistant Administrator for Catholic Mission
Notre Dame High School, Lawrenceville, NJ