

**Communications**

**Meetings**

**Speakers**

**Scholarships**

**After Prom**

**Advocacy**

**More!**

**Staff Appreciation**

**Hospitality**

**Senior Banners**

**Recognition**



**Mental Health**

**SAT Prep Classes**

**Mulch Sale**



Welcome to  
**AFTER PROM** MHI



# MHHS Parent Advocacy Groups



PTSA: Caroline Bodziak [www.mthebronptsa.com](http://www.mthebronptsa.com)

CAPS: Margaret Sui [msui1998@Hotmail.com](mailto:msui1998@Hotmail.com)

KASP: Il Minn [iminn1@gmail.com](mailto:iminn1@gmail.com)

Viking Backers: Jim Bahel [www.vikingbackers.org](http://www.vikingbackers.org)

PAAS: CJ Ridgely <https://mthebronpaas.wixsite.com/paas>

IASPA: Gopi Suri [gopi\\_suri@yahoo.com](mailto:gopi_suri@yahoo.com)

MHMU Boosters: Helen Morse [mthebronbands.org/music-boosters](http://mthebronbands.org/music-boosters)

[www.mthebronptsa.com](http://www.mthebronptsa.com)

[mthebronptsa@gmail.com](mailto:mthebronptsa@gmail.com)

Facebook Page: @MHHSPTSA

Twitter: @mthebronptsa

# Chinese American Parent and Student Association (CAPSA)

Contact: Margaret Sui [msui1998@Hotmail.com](mailto:msui1998@Hotmail.com)

Website: <https://capsamhhs.weebly.com/>

WeChat: Mt Hebron HS

Open to anyone interested in Chinese culture who wants to promote cultural awareness and understanding.



# Korean American Student and Parent Organization (KASPO)



Contact: IL Minn ([iminn1@gmail.com](mailto:iminn1@gmail.com))



KASPO is organized with Korean American families & works with PTSA and school staff throughout the year to make Hebron a better home for all students, teachers, & staff members.

# Marching Unit Boosters

## **Making the Mt Hebron Marching Unit work!**

- Largest marching unit in HoCo
- Includes Band, Lancers, and Cavaliers
- Performs at football games, parades, and more

## **Fundraising:**

- Sub & citrus sales, restaurant nights, spirit wear, bake sales, etc.
- Pay for uniforms, instruments, trips, etc.

## **Online:**

- FB: Mt Hebron Marching Band Parents
- Volunteer at any game, most events:

<http://signup.com/go/eaUfWpp>



# MT. HEBRON CONNECT: MENTAL HEALTH SUPPORT



## Know the facts:

- Suicide is #1 leading cause of death among people ages 10-24 in Maryland
- Approximately 20% of adolescents have a diagnosable mental health disorder, but only about 30% of them receive the care they need
- Untreated mental health may lead to poor school performance, strained relationships, self-harm behaviors, substance abuse, engagement in risky sexual behaviors
- About 50% of those who engage in self-harm begin around 14 and carry on into their 20s. Many of them report learning how to do so from friends and pro self injury websites.

# MT. HEBRON CONNECT: MENTAL HEALTH SUPPORT



## Resources:

- Student Services at Mt. Hebron
- Active Minds after-school club for students
- Your Child's Pediatrician
  
- Grassroots (Crisis Line 410-531-6677 or Text HOME to 741 741)
- National Alliance for Mental Illness (NAMI) – Howard County (parent support group) 410-772-9300
- Healthyplace.com
- Teenhealthmatters.org
- Thehorizonfoundation.org



# MT. HEBRON CONNECT: MENTAL HEALTH SUPPORT



## Next Steps:

- Tuesday, Sept 10<sup>th</sup> – PTSA Meeting @ 6:30pm
- Saturday, Sept 28<sup>th</sup> – Out of Darkness Walk (AFSP)
- Monday, Oct 7<sup>th</sup> – Screenagers (Part 2) at Mt. Hebron
- November - QPR Training - Question, Persuade, Refer – suicide intervention training for everyone
- Pi Day/Week Activities (March 14, 2020)
- Other presentations throughout the year
- Get involved, stay involved. Help remove the stigma...mental health can be discussed like physical health!
- Have questions? Ask!

# Mark Your Calendars

Meetings – 2nd Tuesday evening  
of the month in Media Center

Welcome Social 6pm Sept/Oct

Speakers @ 6:30pm:

Sept. 10 – Mental Health

Oct. 8 – Restorative Justice

Nov. 12 – ACT/SAT Testing

Nov. 12, Jan. 14, Feb 11, March  
10, April 14, May 12

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Sept. 28 – Out of Darkness Walk

Oct. 7 – Screenagers Part 2

Oct. 12 – Diwali celebration

Nov. 20 – Suicide Prevention  
Training

March 14 – Science Olympiad

May 2/3 – After-Prom @ YMCA



Mount Hebron High School  
**PTSA**

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# Mount Hebron High School PTSA

## Membership

Scholarship-Ready  
Family Favorite  
Family Ultimate  
Build-Your-Own

Table outside  
QR Code  
On-line  
Printed Form

[www.mthebronptsa.com](http://www.mthebronptsa.com)  
[mthebronptsa@gmail.com](mailto:mthebronptsa@gmail.com)  
Facebook Page: @MHHSPTSA  
Twitter: @mthebronptsa

# PTSA & Viking Backers

## Why two groups?

## Why support both?

