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## Learning to Recognize Teen Anxiety & Depression



More than 250 community members attended our latest Parent Presentation, which focused on the topic of Teenage Anxiety & Depression. The panel was led by (pictured below, left to right) Janet O'Shea, LCSW, health teacher/drug and alcohol therapist Vickie Shaw, and Caroline, a 16-year-old high school student who bravely shared her personal story of teen depression after being cyberbullied, and how she overcame that difficult time.

Caroline provided insight into the challenges teens face during adolescence, and why they find it difficult to communicate their feelings. She said it was difficult to tell her parents about the bullying she suffered, because "there were no bruises to show them," and she was ashamed about how she was being treated.

O'Shea offered tips for how to differentiate between normal teenage mood swings and more serious signs of depression. "Trust your gut," she advised. "If something feels wrong, don't wait—talk to your child, and get help."

Visit our website to view [a copy of Janet O'Shea's presentation](#). Additional resources for parents are also provided there.



## Empowering Young Women Through Motion

As part of the MMA's focus on building self-esteem, we are sponsoring the Spring 2014 "Run Like a Girl" program from March 29th through May 31st. Specially designed for girls in grades 4 through 8, the program uses fitness training as a tool to inspire confidence, build courage and boost self-esteem while preparing girls to participate in their first 5K event. This emphasis of this non-intimidating program is to help young women set and achieve worthwhile goals.

This program is being offered in collaboration with [Empowering Women Thru Motion](#), a 501(c)3 not-for-profit organization created to empower women through physical exercise such as walking, hiking and running.



Participants will take part in the [REACH Foundation 5K charity event](#) on Sunday, June 8 at the Torne Valley Sports Complex in Hillburn, NY. Registration for the Family Fun Run/Walk is open to the public; visit [www.reachfoundation.org](http://www.reachfoundation.org) for info. The Spring program is full, but will be offered again in the Fall, preparing girls ages 10 to 14 for the [October 12, 2014 Fun Run/5K in Mahwah](#). Watch the MMA website for more information. To learn more about Empowering Women Thru Motion visit [www.empoweringwomenthrumotion.org](http://www.empoweringwomenthrumotion.org).

### MARK YOUR CALENDAR!

- **Empowerment thru Motion**  
March 29 through May 31
- **Car Raffle**  
Ticket sales begin in April
- **Academy Registration**  
Sign up online in April
- **DARE Graduation**  
June 6
- **DARE Pool Party**  
June 18 (Grades 4 & 5)
- **Youth Leadership Academy**  
June 23 through June 27
- **Junior Police Academy**  
July 7 through July 18

## About Mahwah Municipal Alliance

The Mahwah Municipal Alliance grew from a simple idea: how can we help kids make great decisions?



Established in 1985 by the Mahwah Police Department, the Mahwah DARE Alliance began providing programs designed to teach adolescents about the dangers of alcohol and substance abuse, how to avoid violence as a means of conflict resolution, and provide positive role models for children in a safe learning environment.

In 2006, under the stewardship of Chief James Batelli, the organization expanded its outreach efforts, and was renamed the Mahwah Municipal Alliance. The MMA quickly grew into a nationally-recognized and highly-respected organization, thanks to a dedicated group of individuals who work together towards one common goal:

helping the youth of Mahwah build their self-esteem and become great decision makers.

The MMA is a collaboration between our Nationally Accredited CALEA-certified Mahwah Police Department, parents, elected officials, and local businesses in Mahwah. The central tenet of our organization is leadership.

We are committed to delivering innovative, educational programs that directly target and benefit the children of Mahwah. We focus on a variety of key issues affecting young people today, such as internet safety, bullying, teenage depression, prescription drug abuse, dating abuse, building self-esteem, and empowerment for young women.

The work that we do is both inspiring and rewarding, and it would not be possible without the generosity of our community. We thank you for supporting our efforts through your participation in our events and educational programs, and through your donations. With your help, we will continue this mission to help the youth of Mahwah become great decision makers for many years to come.

### MMA Members

- Sam Aldersio
- Chief James Batelli
- Carolyn Blake
- Sue Coley
- Don Floyd
- Chris Howard
- Captain Stephen Jaffe
- Mayor Bill Laforet
- Jim McQueeny
- Vickie Shaw
- Klaus Stewen
- Joan Stewart
- Valerie Tzaneteas
- Todd Van Duren

## Law Enforcement Update: Working Together to Help Our Youth



More than any other era, today's youth face a host of social issues made more complicated by advancements in technology and the internet. In an effort to foster open, productive dialogue between educators, parents, and law enforcement officials on the unique challenges that impact our daily lives, the Mahwah Municipal Alliance hosts a variety of public awareness programs for both parents and students. The MMA's outreach is driven by our deeply-rooted mission to provide a solid foundation for our youth, so that they can make positive life decisions and become good leaders. Whether it's through our Leadership Academy, Internet Safety programs or Town Hall Meetings, this unified message of partnership extends to all aspects of our community.

Mahwah was recently named the safest community in the State of New Jersey. Our officers take pride in providing a high level of professional law enforcement services to our residents, including the use of innovative tools to improve public safety. I encourage you to download the [Mahwah Delivers - Stay Connected](#) Application, a free app that quickly puts residents in touch with all Township Departments whenever there's problem or concern that needs to be addressed.

*The Mahwah Municipal Alliance is a partnership of law enforcement, parents, school officials, and business owners working together to provide a safe and educational environment for our youth.*

—James N. Batelli, Chief of Police  
Township of Mahwah



For iPhone

For Android

## Sign up for our Summer Academies!

*The primary objective of the Youth Leadership Academy is to continue the recruit's growth process from child to adolescent to adult leader.*

Back by popular demand, our Summer 2014 Academies will open for registration in April.

The **2014 Youth Leadership Academy** will run from June 23-27, and the **Junior Police Academy** will be held July 7-18. Space is very limited, so please [check our website](#) in April for information on how to register for this year's programs.

The YLA is open to boys and girls currently in grades 7 through 11. Eligible participants in the JPA are incoming 6th graders who have completed 5th grade in a public or parochial school. The MMA Academies are open to Mahwah residents only.

For details on these programs, please see the [YLA](#) and [JPA](#) brochures available on our website.



**Photos from past Academy groups, clockwise from top left: training exercises with the U.S. Coast Guard, a visit to the Battleship New Jersey, and a trip to the Philadelphia Museum of Art, where participants re-enacted the famed "running up the steps" scene from the movie Rocky.**

## Enter to Win a 2014 Mercedes GLX

Just in time for summer, it's our Car Raffle fundraiser! For just \$100 a ticket, you can enter to win a luxurious, brand-new Mercedes Benz GLK, and support the MMA at the same time. All proceeds from the raffle will help fund a variety of community programs. Only a limited number of tickets will be sold. This year, the car raffle is sponsored in cooperation with our friends at [Prestige Mercedes Benz](#). The 2014 Mercedes GLX is a top-performing luxury vehicle with an MSRP of \$45,870. Don't miss out on your chance to drive the car ranked in the Top 8 for luxury compact SUVs by US News & World Report. Tickets will be available for purchase soon on our website, at the Mahwah Police Station, and at Mahwah Sunoco.





The Mahwah Municipal Alliance (MMA) is an innovative, 501 ( c ) 3 non-profit collaborative community organization that helps to inspire the youth of Mahwah to become contributing, productive members of the community. Generous donations from supporters like you help us provide programs and services for the Mahwah community. All donations are tax-deductible.

Donations are accepted [online](#), or mail your check to:

Mahwah Municipal Alliance  
c/o Township of Mahwah Police Department  
221 Franklin Turnpike  
Mahwah, NJ 07430

201-831-2002

[mahwahalliance@mahwahpd.org](mailto:mahwahalliance@mahwahpd.org)



## We Want to Hear From You!

The Mahwah Municipal Alliance is dedicated to serving the needs of our community, and your feedback is very important to us. We'd love to hear your input on our programs, and any suggestions you might have on how we can improve our outreach efforts. Email the MMA at [mahwahalliance@mahwahpd.org](mailto:mahwahalliance@mahwahpd.org) and we will be happy to answer questions or hear your comments. Thank you for your support!



— Carolyn Blake, MMA President

Visit us on the web: [www.mahwahalliance.org](http://www.mahwahalliance.org)

## Mayor's Message



It is no secret that the challenges our children face growing up in today's highly-charged social media-driven environment are difficult. This generation is coping with issues that were not as prevalent when their parents were their age: cyber-bullying, poor self-esteem, anxiety and depression have all risen sharply over the last decade. Compounded by the usual stresses associated with being a growing adolescent, these problems can often seem overwhelming.

That is why Mahwah is so fortunate to have the dedicated men and women of the Mahwah Municipal Alliance. They offer support and guidance through innovative programs such as the Junior Police Academy, Youth Leadership Academy, as well as events and workshops that help boost self-esteem and foster leadership skills. Sponsored talks for parents on how to cope with myriad issues facing today's young people serve to enrich and enlighten our community.

Under the leadership and vision of MMA President Carolyn Blake and Police Chief James Batelli, this collaborative community endeavor is instrumental in helping our children make good decisions. There are no singular heroes in the MMA: it is simply a group of dedicated residents who have committed themselves to making a difference in the lives of children. Over the years, the MMA has continued to grow, and our township is the better for it.

—Mayor Bill Laforet



### SUBSCRIBE TO OUR NEWSLETTER!

We hope you found this newsletter informative. Please [contact us](#) if you'd like to automatically receive the next issue via email. Be sure to include your name & email address.

*\*We respect your privacy; our email list is not shared with anyone, and you may unsubscribe at any time.*