



THE COURAGE TO SPEAK® FOUNDATION

Saving Lives by Empowering Youth to be Drug Free

Ginger Katz, CEO and Founder

Courage to Speak® Foundation to Implement a Drug Prevention Education Program for Parents in Your Community: (Single Session)

The Courage to Speak® Foundation has developed a Drug Prevention Education Parenting Program called: “Courage to Speak®-Courageous Parenting 101 “Parenting through the Opioid Crisis and Beyond”™ also known as *A Double Dose of Prevention™*

About the Program:

Funding was given from the Federal Government to the CT Department of Mental Health and Addiction Services to disperse through a State Opioid Response (SOR) Initiative for the Opioid Crisis in the country. The Courage to Speak Foundation was selected under this response initiative to deliver this program in a single or double session.

This Double Dose of Prevention™ is offered in one or two parts:

Part 1: Begins with a live presentation by Ginger Katz, Founder of the Courage to Speak Foundation. Ms. Katz tells the story of her son Ian’s losing battle with drugs and provides guidance to parents to help them reduce the risk of drug use.

Part 2: Taught by a Courage to Speak® professional in the field of substance use and prevention such as: school counselors, health class teachers, social workers, law enforcement officers and mental health facilitators.

Responsibilities of the organization that partners with the Courage to Speak Foundation would include:

1. Host and market a venue or an online event in your community
2. Provide logos of partnering organizations for promotion

Some topics covered in this new program include:

- Addiction and its physiological consequences
- Misuse of prescription medications
- Parental communication and listening strategies
- The dangers of Fentanyl - and how marijuana, pills, and vapes can often be laced with it
- Helping children handle strong emotions and stress
- Understanding signs of drug use and how to intervene
- Vaping and Marijuana Information

One of our Hartford Partners said:

"On behalf of all of us here at the City of Hartford, we would like to thank you for providing our community with such a compelling training... Thank you for all that you do for the youth and families in our communities"

-Kristina Baldwin, Grants Manager Department of Families, Children, Youth and Recreation

Some parent results from pre-and post-test surveys show up to:

- **40% Increase in knowledge** about the dangers of opioids and other drugs
- **50% Increase in confidence** in knowing how to talk to their teens about drugs
- **50% Increase knowledge** in how to recognize if their child was using drugs
- **40% Increase confidence** in teaching their children how to refuse drugs

The Courage to Speak® Foundation has collaborated and partnered with over 45 collaborators to deliver this program in locations throughout Connecticut and beyond which includes:

Southington Schools, the CT Department of Corrections, National Alliance on Mental Illness, Connecticut Alliance for Foster and Adoptive Families, Department of Children and Families, Housatonic Valley Coalition Against Substance Abuse, Greater Hartford Harm Reduction Coalition, Greenwich United Way, Boys and Girls Club, Greater Hartford Harm Reduction Coalition, Danbury High School, Southing Public Schools, Ponus Ridge Middle School, Jockey Hollow Middle School, Naugatuck Youth Services, New London Community and Campus Coalition and African Caribbean American Parents of Children with Disabilities, CCAR, Greenwich United Way, Nathan Hale Middle School, Side by Side Charter School, Old Saybrook, Palm Springs Unified School District California, Delhi Middle School Ohio, Archdiocese of Boston MA, Littleton Schools New Hampshire and more.

For more information on how to bring this program into your community

Office: 203-831-9700 or e-mail gkatz@couragetospeak.org

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