



The Courage to Speak® Foundation is helping children and parents across the country end the Conspiracy of Silence™ surrounding drug abuse. A Connecticut-based nonprofit with a national reach, the Foundation provides scientifically evaluated, proven drug prevention resources to help break through the silence and denial that enables adolescent alcohol and drug use.

Children and teens communicate more today than ever before –through texting, emailing and gossip. But when it comes to what torments them and how they self medicate that pain with drugs and alcohol.... Silence. That “conspiracy of silence™” is killing our friends and children. They need the “Courage to Speak.”

Ginger and Larry Katz founded the organization in 1996 and is devoted to fulfilling a promise Ginger made to her son Ian, who died when he was 20 years old of an accidental drug overdose – to do everything in her power to prevent this tragedy from happening to another family. The heart of the work is our nationally renowned **Courage to Speak Presentation**. Ginger shows audiences how to avoid the heartache she suffered and has reached over a million people across the country telling Ian’s story and speaking honestly about how silence fed her son’s addiction

The Foundation’s programs were developed with a team of experts, and help parents and children discover “the courage to speak”. Visit www.couragetospeak.org for more information.

- **Courage to Speak Drug Prevention Education Curricula**, includes distinctive programs for elementary, middle and high schools taught by classroom teachers
- **Courage to Speak - Courageous Parenting 101™**, a free 5 session course designed so that parents can understand what their children face and to arm them with information and tools to keep their children safe.
- **Courage to Speak Annual Empowering Youth to be Drug Free Family Night and Media Event**. This year’s event drew 400 people on a weeknight to celebrate the commitment of the students in the *Courage to Speak Drug Prevention Curricula* to be drug free and be advocates with younger siblings and friends.

To date we trained over 100 classroom teachers and professional facilitators to teach the Courage to Speak programs throughout Connecticut and beyond.

Courage to Speak products and services include:

- **Information Help-Line: (1-877-431-3295)** Provides families seeking aid for addicted children with a broad base of information about treatment facilities, counseling, support and other relevant data.
- **Support Groups**: Meetings for parents/family members who have lost a child to drug abuse and another for parents who have children that are using drugs.
- **Educational Outreach Program**: Actively recruits and trains parents and family members who have lost a child to drug abuse to present the Courage to Speak program to schools, professional and community organizations.
- **Video/DVD**: The Courage to Speak Video Presentation and Facilitator’s Guide inspires an open and honest discussion between adults and children about issues facing our youth today.
- **Community Information Campaign**: Disseminates information to children, parents, educators and others through print, radio and television media. The Foundation is an important media resource for information related to drug prevention at the local, regional and national level.

Ms. Katz authored the book *Sunny's Story*, a compelling message of empowering youth to be drug free. *Sunny's Story* is narrated through the eyes, ears and mind of Sunny, the family beagle, who tells the ups and downs of life with his young master Ian, beginning with their meeting at an animal shelter, and ending with a futile effort to ward off disaster. Sunny tells a heart warming, but tragic story that makes readers, young and old, think twice about choices being made every day.

The Courage To Speak Foundation has formed alliances and collaborates with state and national organizations such as the Connecticut Department of Mental Health and Addiction Services, Community Anti-Drug Coalitions of America, the US Dept of Substance Abuse and Mental Health Administration, Mid-Fairfield Substance Abuse Coalition, National Institute on Drug Abuse (NIDA), and other local and state groups. For more information visit www.couragetospeak.org