



Courage to Speak Foundation

Saving Lives by Empowering Youth to be Drug Free

The Courage to Speak® Foundation Newsletter

July 2009

Welcome to our Summer Issue!

A Message from Thomas A. Kirk, Jr., Ph.D., Commissioner
State of Connecticut Department of Mental Health and Addiction Services about the Courage To Speak Foundation

Saturday, July 25, 2009
11th Annual Ian James Eaccarino Memorial 9-Mile Race Results
and Fundraiser

Learn more about Our Education Programs
Information on Sunny's Story

A Message From Thomas A. Kirk, Jr., Ph.D., Commissioner State of Connecticut Department of Mental Health and Addiction Services about the Courage To Speak Foundation

Healthy People, Healthy Communities. Let's Make It Happen!

Thomas A. Kirk, Jr., Ph.D., Commissioner
Healthy People, Healthy Communities. Let's Make It Happen!
May 15, 2009
A Message from the Office of the Commissioner

The facts are clear: one of the most powerful deterrents for alcohol and other drug use is simply talking with our youngsters. Though we think they may not be listening, we have to keep doing it. An innovative and effective way to reach youth was recently celebrated in Norwalk at the West Rocks Middle School Auditorium. The event was the **Courage To Speak Foundation Family Night**. There was a full house - families, youngsters, teachers, and local education, public safety and legislative leaders.

Ginger Katz started the Foundation after the death of her 20 year old son in 1996 to a drug overdose. Ian was every parent's dream child - bright, athletic, handsome and personable. It was a tragic loss, but she has turned her personal loss into something positive by visiting schools and telling Ian's story to large audiences of kids, teachers and parents. She gets to them. They listen, and they learn. The quotes below are from many of the letters she receives from school children attesting to this fact. They get what she is saying.

WHAT KIDS TELL US...

"I now know that drugs are deadly, they aren't a joke and the fact that regular people die from them is a reality." ~7th grader from Nathan Hale Middle School

"Every friend wants to keep a secret for another friend, but when the secret involves another person's life, tell." ~7th grader from Ponus Ridge Middle School

"You should have at least two adults you trust and you can say anything to them. I was shocked on how his [Ian's] friends didn't say anything to you." ~7th grader from Ponus Ridge Middle School

[CLICK HERE TO READ WHAT OTHER KIDS HAVE TO SAY AND FOR A LIST OF RECENT FAMILY NIGHT STUDENT SPEAKERS](#)

We can't stand by and watch this ongoing problem. We must not wait until it is too late. [Click here](#) for more information on the Courage to Speak Foundation, email Mrs. Katz at gkatz@couragetospeak.org or call 1-877-431-3295.

Ask about her Courageous Parenting 101 curriculum and Sunny's Story. Make the effort. It is your responsibility. Every youngster we reach may be a life saved.

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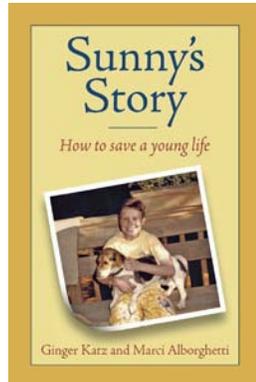
[click here](#)

Our Education Programs

THE COURAGE TO SPEAK® FOUNDATION, Inc. is committed to DRUG PREVENTION EDUCATION. View our programs for Elementary, Middle, and High School Students, together with our newest program designed just for parents, called: *Courage to Speak-Courageous Parenting 101*.

[CLICK HERE](#) to learn more

SUNNY'S STORY



Sunny's Story is a story for children, teenagers, parents, grandparents and teachers. It tells of joyful times and sad times and how a best friend was needlessly lost. It is narrated through the eyes of Sunny, the family beagle, and the ups and downs of his life with his young master, beginning with their meeting at an animal shelter. [CLICK HERE](#) to order your own copy of *Sunny's Story*, read reviews, and hear what community members are saying.

Visit us at our website today

and email Ginger at Gkatz@couragetospeak.org

[CLICK HERE](#) for the Courage To Speak® Website

Thank you for your ongoing support!

Sincerely,

Ginger Katz

CEO, Founder & Author of *Sunny's Story*

The Courage to Speak® Foundation. Inc.

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