



## **Community Planning Council**

The Community Planning Council was established by Greenwich United Way to encourage the most effective and efficient health and human service delivery system for Greenwich. Comprised of community leaders, nonprofit service professionals, Greenwich United Way board members, and community volunteers, the work of the Planning Council, particularly through its periodic Needs Assessments, has led to the development of some of the Town's most valued programs and institutions.

**Help us grow awareness and tell your network about this and other upcoming presentations by sharing on social media #GUW\_CommunityPlanningCouncil or visit [www.greenwichunitedway.org](http://www.greenwichunitedway.org)**

### **Community Planning Council Meeting Thursday 1/17, 8:30 am, Temple Sholom**

#### **Mental Health/Substance Abuse: Opioid Epidemic**

Ginger Katz, CEO and Founder, Courage to Speak Foundation

Larry Katz, Co-founder, Courage to Speak Foundation

Jeffrey LaBella, Program Director, Courage to Speak Foundation

**According to the Greenwich United Way's Needs Assessment, there has been a significant increase in the incidence of mental health issues and substance abuse problems among residents of all ages.**

#### **Highlights from the Presentation:**

Jouli Hessel welcomed everyone and introduced Ginger Katz. Ms. Katz opened the presentation by sharing the story of her son Ian and his battle with drugs. The presentation weaved prevention facts with personal experiences to help understand how to prevent drug addiction and abuse from happening, and how to recognize the warning signs of denial, enabling and abuse.

Ms. Katz provided information on the Courage to Speak Foundation which delivers drug prevention education programs to increase youth's ability to live healthy lives and empowers parents with skills to communicate effectively with their children about the dangers of drugs.

The Courage to Speak® Foundation developed, with teams of experts, The Courage to Speak® Drug Prevention Education Programs for Elementary, Middle, High School and an After-School Programs and Courage to Speak®-Courageous Parenting 101® a multi-session course offered in both English and Spanish were evaluated by Yale University School of Medicine. Courage to Speak®-Courageous Parenting 101 "Parenting Through the Opioid Crisis and Beyond"™ is the newest edition to the Foundations programming and covers topics specific to the Opioid Crisis.

Ms. Katz handed out copies of the book she authored *Sunny's Story*, a drug prevention book narrated by the family pet, and tells how his young master's life was needlessly lost to addiction. Mr. Katz provided additional information on the opioid crisis and approaches to address the issue.

Mr. LaBella further explained the Courage to Speak Drug Prevention Education Programs for elementary, middle and high school students, and parenting courses that are offered nationwide. Visit: [www.couragetospeak.org](http://www.couragetospeak.org)

#### **Next Community Planning Council Meeting:**

Thursday, 2/21, 8:30 am, Temple Sholom. Topic: Basic Human Needs – Youth Empowerment

500 West Putnam Avenue, Suite 415 • Greenwich, CT 06830 • 203-869-2221

[www.greenwichunitedway.org](http://www.greenwichunitedway.org)

Facebook /GreenwichUnitedWay • Instagram @greenwichunitedway • Twitter @GreenwichUW  
#GUW\_CommunityPlanningCouncil #WeAreGreenwich