



## **Empowering Students to be Leaders and Make Changes in Their Environment**

Dear School Administrators,

Rates of youth substance use in Marin County continue to be among the highest in California. We are facing new challenges with the legalization of cannabis, the ongoing epidemic of prescription drug use, and historically high rates of alcohol use among our youth. In order to bring awareness to these issues and empower youth to make positive choices, the Marin County Office of Education, the Department of Health and Human Services, and the County-wide substance use prevention coalition, the [Marin Prevention Network \(MPN\)](#), are working together to bring [Dr. Matt Bellace](#) to Marin County the week of **April 23<sup>rd</sup>, 2018** for a series of presentations to students and the community.

Dr. Bellace is a clinical neuropsychologist specializing in increasing resiliency in the face of stress. He demonstrates creating 'natural highs' as an alternative to substance use. An author and public speaker, he draws on experiences at Mount Sinai Medical Center in New York and the National Institutes of Mental Health. His presentations combine comedy, interactive demonstrations and inspirational stories.

In the upcoming week a representative of the Marin Prevention Network will be contacting you to offer more information for this no-cost opportunity to host a presentation with Dr. Bellace for your school. We encourage you to welcome this important conversation into your school community. Presentations length can range from 45 minutes – 2 hours depending on topics covered and time availability. **Space is limited** - to reserve your school's spot now please call Melissa Struzzo, 415-473-4230 or email at [mstruzzo@marincounty.org](mailto:mstruzzo@marincounty.org) .

Sincerely,

Mary Jane Burke, County Superintendent and Dr. Matt Willis, Marin County Public Health Officer