

Herren Project empowers students to live healthier, happier lives. We are committed to raising awareness of substance use disorder, preventing the misuse of substances and promoting personal wellness. Herren Project's message of hope and empowerment doesn't just pertain to people affected by the disease of addiction, it pertains to everyone. Bringing Herren Project's message into your school allows for more compassionate discussions about addiction, more attention on personal wellbeing and more camaraderie between students and faculty alike.

## **ABOUT US**

Herren Project is a non-profit organization focused on treatment, recovery and prevention of substance use disorder. We offer a variety of services free of charge. These include assistance with treatment placement, long-term recovery support for individuals and families (including virtual online support groups and recovery coaching), as well as financial support for treatment programs and recovery housing. Herren Project also partners with schools and communities to provide education on self-care and mindfulness practices for the development of healthy coping skills to prevent the misuse of substances while empowering young people to be leaders in their community.

Herren Project was founded in 2011 by former professional basketball player, Chris Herren, who has been in long-term recovery since August 1, 2008.

## **BRINGING HERREN PROJECT CLUBS TO YOUR SCHOOL**

There are many different ways to bring Herren Project's message to your school in preparation for, or following, Chris Herren's presentation. We are working to fuel a movement of empowerment, health, prevention and healing and we invite your school to join us. Bring your students together and encourage healthy choices with the help of Herren Project and Herren Project Clubs.

You can download printable posters on our website to spread the message of "being you" and get students excited about Chris's upcoming visit. You can start a Herren Project Club to continue empowering students and help prevent substance use. You can host events, fundraisers and spirit weeks to coincide with Chris's speech and keep the momentum going. The possibilities are endless.

Herren Project Clubs create a peer network in schools to empower youth to make healthy choices. They encourage overall wellness, development of coping skills and leadership in schools and communities. Through club meetings and events, students learn self-care, decision-making skills & stress management techniques so that they can cope with life's challenges substance-free.

Whether you already have a Herren Project Club at your school or are starting a new one, be sure to register with us! All registered schools receive exclusive access to a digital toolkit.

Schools can also participate in our Awareness Week, which takes place in March. The intention of this week is to raise awareness of substance use disorder and promote personal wellness in schools and communities all across the country. This is a great time to organize school-wide events like pep rallies and substance-free dances to spread the message of "being you" and making healthy choices.

## **For more information:**

**W:** [herrenproject.org/herren-project-clubs](http://herrenproject.org/herren-project-clubs)

**E:** [outreach@herrenproject.org](mailto:outreach@herrenproject.org)