



FOR IMMEDIATE RELEASE:

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***Fairfield PTA Council and Fairfield Cares Community Coalition
Host Screening of BREAKING POINTS:
Documentary Film Explores Stress, Anxiety Among High School
and College Students and Unhealthy Ways Many of Them Cope***

Fairfield, CT, March 1, 2018 - Fairfield PTA Council and Fairfield Cares Community Coalition will hold a special screening of [BREAKING POINTS](#), a new, short documentary film that raises awareness about the level of stress that high school and college students experience and the unhealthy ways that many of them cope.

The film explores behavior that is becoming normalized among students – abusing prescription (Rx) medicines not prescribed to them, including Rx stimulants for Attention Deficit Hyperactivity Disorder (ADHD). The film was directed by [Tucker Capps](#), known for his work on A&E's "Intervention," and is a part of the Partnership for Drug-Free Kids' [Medicine Abuse Project](#), a national action campaign with the goal of preventing and addressing medicine abuse among teens.

BREAKING POINTS includes candid perspectives from high-school and college students and nationally recognized experts, challenging the misperceived "safety" and effectiveness of abusing prescription stimulants without a doctor's prescription. The film serves as a catalyst to inform discussions about what parents and communities can do to support teens who are struggling to manage stress and anxiety.

Last year alone, local First Responders were required to administer life-saving Narcan 30 times to Fairfield residents.

"We hope this film serves as a wake-up-call to parents – seeing how normalized Rx stimulant abuse is in school settings will help put this dangerous behavior on parents' radar," said Reini Knorr, Fairfield Cares Programming Committee. "We are proud to partner with Partnership for Drug-Free Kids on local screenings like this one, providing key opportunities for parents, educators and community leaders to explore what steps they can take to help young people manage stress better and, in turn, help curb teen Rx medicine abuse."

Along with interviews with high-school and college students from across the country talking about their own personal experiences with stress, the film also features interviews with Dr. Nora Volkow, Director of the National Institute of Drug Abuse; Denise Pope, Author, Stanford Senior Lecturer, Co-Founder of *Challenge Success*; and Alan Schwarz, Pulitzer Prize-Nominated National Correspondent for *The New York Times*, among others.

Following the 30-minute documentary will be a panel conversation with local prevention and recovery experts from Fairfield Public Schools, Fairfield University, Law Enforcement, and Fairfield Cares.

A dedicated website for *BREAKING POINTS* is available at www.drugfree.org/breakingpoints/. The website also features extended interviews with experts from the movie and shareable infographics with statistics on teen Rx medicine abuse, stress and anxiety

To learn more about the *BREAKING POINTS* film and RSVP for the event, visit <https://fairfieldtheatre.org/shows/stageone/breaking-points>.



About Fairfield PTA Council

The Fairfield PTA Council is a body of elected and appointed people that focus on town-wide issues with the nexus of education. There is no topic that is irrelevant to the PTA Council because we understand how, as a town, education is important but is one of many important things to our town. PTA Council helps to keep our PTAs informed of information about our town, as well as education and child-related information on the town, state, and federal level.

About Fairfield Cares

Fairfield Cares, established in 2009, is a town-wide organization of parents, school representatives, local business leaders, law enforcement, clergy, counseling professionals and youth services organizations. The organization is dedicated to preventing underage drinking and substance abuse, increasing awareness of the risks of addiction, promoting healthy choices and behaviors to increase personal wellness, and strengthening community well-being and resilience.

About Partnership for Drug-Free Kids

The Partnership for Drug-Free Kids is dedicated to reduce teen substance abuse and help families impacted by addiction. We develop public education campaigns that drive awareness of teen substance abuse, and lead teen-targeted efforts that inspire young people to make positive decisions to stay healthy and avoid drugs and alcohol. On our website, drugfree.org, and through our toll-free helpline (1-855-DRUGFREE), we provide families with direct support and guidance to help them address teen substance abuse. Finally, we build healthy communities, advocating for great access to adolescent treatment and funding for youth prevention programs. A national nonprofit, we depend on donations from individuals, corporations, foundations and the public sector and are thankful to SAG-AFTRA and the advertising and media industries for their ongoing generosity.