



# Florence County Health Department

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## NEWS RELEASE

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### FLORENCE COUNTY AODA/MH COALITION HOSTS GUEST SPEAKER MIKE MCGOWAN

For young adults, middle school and high school is a time period of almost constant change. While we try to have a positive attitude, we need to ask for support when we need it. It is essential to be patient, flexible, responsible and kind to succeed. Data shows us that our youth are struggling with mental health concerns, substance use and dealing with feelings, which often times, are unsure how to ask for this help.

Keeping Florence County Safe and Healthy is the mission statement of the Florence County Alcohol and Other Drug Abuse and Mental Health (AODA/MH) Coalition. The Coalition hosted guest speaker Mike McGowan on Wednesday, August 24<sup>th</sup> during this year's Parent Student University, as requested by students. Mike's message to students and parents was made possible with grant funding through Marshfield Clinic Northwood's Coalition Projects. Mike McGowan has made presentations to the students at Florence Middle and High School many times in the past, and speaks to over 100,000 students every year in over 140 schools. Students and parents left the event feeling empowered to positively handle change and stress positively and encourage peers in all aspects of life with a relatable humor.

Florence County Health Department can be reached at 715-528-4837, located in the Courthouse at 501 Lake Avenue or visit our website at <https://florencewipublichealth.com/>.

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