

# BreakDown

S T . L O U I S

## NEWS RELEASE

**For Immediate Release:**

January 16, 2012

**For More Information, Contact:**

Terri Kraham

Advancement Director

BreakDown STL

(314) 960-7625

[terri.kraham@breakdownstl.org](mailto:terri.kraham@breakdownstl.org)

### BREAKDOWN STL VOTED BEST LOCAL CHARITY

**Chesterfield, MO (January 12, 2012).** West News Magazine Readers voted BreakDown STL as the area's Best Local Charity.

BreakDown STL has been all the buzz lately. Jenna Imergoot, executive director for BreakDown STL was interviewed and featured in a [Ladue News Article](#) in December as well as being interviewed on a popular [Clear Channel Radio Show](#) that aired on several stations.

In both interviews Imergoot talked about the impact that BreakDown STL is having on our area teens, the need for preventative health education, peer-to-peer empowerment and how our community can step up, get involved and make a difference in the lives of teens.

And it must be working...in the January 11<sup>th</sup> issue of the [West News Magazine](#), readers voted BreakDown STL Best Local Charity.

Perhaps the following can sum up what the buzz is all about...

The below are quotes from a recent presentation at Hillsboro High School where BreakDown STL made quite an impact.

*"My boyfriend yells at me, cusses me out and hits me. I thought that was normal since my mom's boyfriend does the same thing to her. After seeing a BreakDown STL performance and talking to the Director I realized that I don't have to be in a relationship like that. I am going to talk to my counselor and end my relationship. What an eye opener. Thanks for inspiring me to break the cycle of abuse in my family."*

17 yr. old girl from Hillsboro High School

There is no better way to ensure today's youth understand the damaging cultural health epidemics affecting them and how they can reverse the outcome than to show them. By integrating dance, drama, motivational speaking and multimedia into a high energy presentation suitable for schools, as well as church and community groups.

*"...After experiencing yet another loss of student life this fall, and feeling frustrated and helpless as neighboring districts dealt repeatedly with similar issues, my staff and I decided we needed to turn to something or someone for help..."* stated Hillsboro High School Principal, Cathy Freeman *"...Just as we predicted, our students, faculty and staff were incredibly affected by BreakDown STL. "...our students clamored to speak with the cast, and then went on throughout the day talking non-stop about what they had seen and heard... that the dialogues from the scenes were so "real." Time and time again our students shared how moved they were, that their mind sets regarding many of the issues presented had changed, and that many felt that they would be better prepared to stand up against social pressure."*

BreakDown STL empowers and encourages even the most skeptical teen to value themselves and their long-term physical and mental health.

### **About BreakDown STL**

Established in 2006 by founder and Executive Director, Jenna Imergoot, BreakDown STL is a non-profit 501 (c) (3) organization that empowers teens to make positive choices regarding sex, relationships, drugs, alcohol, self-harm, bullying and suicide by providing candid and preventative health education in a variety of formats. BreakDown STL provides high energy peer-to-peer presentations in middle and high schools that integrate real-life situations with contemporary music, dance, drama, multi-media and motivational speakers at no cost to the school. Their presentations are also seen in church and community groups. Due to the tremendous impact they are making and the increasing demand for their program, they are in the process of expanding and adding an additional "OnStage" team, and additional programs such as their "OffStage" peer-to-peer follow up groups and "In Class" component that will provide a certified educator in the classroom. Learn more about BreakDown STL at [www.breakdownstl.org](http://www.breakdownstl.org) friend BreakDown STL on [Facebook](#) or follow the group on [Twitter](#). View promo videos on [You Tube](#).

###