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Panhandle

Public Health District

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For immediate release

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Driven to Inspire

Motivational speaker will share critical message of highway safety, positive choices, and leadership at upcoming assembly series in multiple Panhandle schools.

Panhandle Public Health District and Nebraska Department of Transportation (NDOT) Highway Safety Office are offering school assemblies to four Panhandle middle and high schools on March 10 and 11. Cara Filler will provide education and awareness around the importance of highway safety, positive choices, and leadership.

Filler watched her identical twin sister, Mairin, die in a speed-related car crash the day after their 18th birthday and the summer before their graduation from high school. Since Mairin's death, Filler has spoken to more than 2 million students and parents worldwide. During her talk she will provide powerful takeaways that offer real-life tips for building resilience, becoming an impactful leader, and making positive choices while navigating the "roadtrip" of school.

The following schools offering this impactful & informational assembly include:

- Chadron High and Middle School: March 10th @ 9:30 am
- Sioux County High and Middle School: March 10th @ 1 pm
- Mitchell High and Middle School: March 11th @ 8 am
- Leyton High and Middle School: March 11th @ 11 am

To date, Cara has spoken at 11 schools across the Panhandle, reaching over 1,500 students and community members. Here's what one school staff member had to say about the experience, *"Thank you for the work you do. I love the way you're sharing your story with so much humor, kindness, and also some good confrontation. What you said to those kids in 42 minutes was incredible and I hope life-saving. Our school is fairly small, but some days I can't fathom all the heartbreak and difficult things our students are dealing with. Your presentation was a gift. So, thank you!"*

The most recent Nebraska Teen Motor Vehicle Safety Surveillance Report shows two Panhandle counties in the top ten Nebraska counties of teen driver and passenger-involved crash rates. Scotts Bluff and Box Butte rank in the top 10 in at least three categories of either overall crash, improper driving, speeding, and distraction.

PPHD is working with local and statewide organizations to increase access to Driver's Ed. Only 20% of Panhandle teens take Driver's Ed courses compared to the state average of 50%. Driver's Ed reduces crashes and traffic tickets enhancing individual and community safety.

For additional information regarding these assemblies please call Nicole Berosek at 308-279-3496 or email nberosek@pphd.ne.gov.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.