



**FOR IMMEDIATE RELEASE**  
**MEDIA ALERT** – Friday, September 9, 2022  
**Fargo Public School District #1**

## **INSPIRATIONAL SPEAKER NATHAN HARMON TO PRESENT AT NORTH, SOUTH**

An international inspirational speaker is visiting North High School and South High School to share a message focused on the importance of mental health, suicide prevention, substance abuse prevention, and perseverance.

**WHAT:** Nathan Harmon to Speak at North, South High Schools  
**WHEN:** **Tuesday, September 13, 2022 at 9:10 a.m. (North) and 1 p.m. (South)**  
**WHERE:** North High School, 801 17<sup>th</sup> Avenue South, Fargo  
South High School, 1840 15<sup>th</sup> Avenue South, Fargo  
**CONTACT:** **Todd Bertsch**, South High School Principal, 701.446.2004 or [bertsto@fargo.k12.nd.us](mailto:bertsto@fargo.k12.nd.us);  
or **Travis Christensen**, North High School Principal, 701.446.2404 or [christt@fargo.k12.nd.us](mailto:christt@fargo.k12.nd.us) for more information.

On Tuesday, September 13, the 4-6-3 Foundation, Fargo Police Department, and Fargo Cass Public Health will host inspirational speaker Nathan Harmon for presentations at North High School and South High School. He will present at North from 9:10 a.m. to 10:25 a.m. and at South at 1 p.m. to 2:30 p.m.

This event is a return to a series of school assemblies hosted by the Fargo Police Department focusing on important topics relevant to the Fargo-Moorhead area, and a continuation of a suicide prevention initiative. Following two completed suicides by students in the area, FPD felt it was important to focus on suicide prevention. In lieu of assemblies the last two years during the COVID-19 pandemic, FPD opted to produce a video resource called “Break the Silence” focusing on suicide prevention, which is available for free at [breakthesilencetogether.org](http://breakthesilencetogether.org). With the ability to return to school buildings with assemblies, FPD, FCPH and the 4-6-3 Foundation are partnering to bring Nathan Harmon to North and South.

The 4-6-3 Foundation, founded by Elizabeth and Todd Medd, is focused on reducing the stigma of mental health, building hope, and preventing suicide. The Medd family established the foundation in memory of their son Liam Medd, a former Davies High School student, who died by suicide in 2021.

Harmon, who has spoken at more than 1,100 schools since 2017, speaks from the experience of a troubled past. In his younger years, he struggled with suicidal ideation, self-harm, alcohol and drug addiction, bulimia and was eventually jailed. In 2009, a passenger in his vehicle was killed in an accident while Harmon was driving drunk and he was sentenced to 15 years in prison. He is now 10 years sober and is driven to share his message of hope for a successful future with others.

[END]