

events

community programs

counseling services

school programs

family programs

training

### ABOUT THE PREVENTION COUNCIL

The Alcohol and Substance Abuse Prevention Council of Saratoga County, Inc. is a nonprofit, community-based organization. Our mission is to provide education, information and referral services on the subjects of alcohol, tobacco, other drug and violence prevention to individuals and local communities, thereby enhancing the quality of life for all citizens by diminishing the adverse effects of substance abuse and violence.

# Helping youth navigate life's challenges



## The PREVENTION COUNCIL

### Core Organizational Values

Prevention, intervention and referral services must be based on current research that confirms the effectiveness of programs and strategies. Such research reinforces the current approach of reducing risk and enhancing resiliency and protective factors in individuals, schools, families and communities.

The most effective prevention involves the entire community including individuals (both children and adults), families, schools, and community institutions.

Universal and selected level school programs are available to all children and youth in specified age groups and their families. Indicated programs are also offered to at-risk young people where possible. Every effort must be made to involve parents in school-based prevention and intervention programs.

The agency work environment must be consistent with the principles of comprehensive wellness to every degree possible.

Confidentiality, as defined by the law and standards of professional ethics, must be maintained in all professional interactions.

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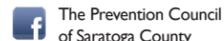
### EXECUTIVE DIRECTOR

Janine Stuchin, MS, CHES



The PREVENTION COUNCIL  
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# 2013 Accomplishments

Dear Friends,

2013 was a year of change and growth for the Prevention Council. Throughout Saratoga County, and beyond, we provided prevention programs that created positive, supportive environments for all our families. We hope you enjoy reading about our accomplishments on these next pages and join us as we continue to build a strong and dynamic future!

*Janine Stuchin*

Janine Stuchin  
Executive Director

## Drug Free Communities Grants: Launched in South Glens Falls, Wrapped Up in Saratoga Springs

After 3 years of grassroots collaboration, the South Glens Falls Coalition for Family Wellness was awarded a much-coveted DFC grant in September 2013. On the flip side, in spite of the Saratoga Partnership for Prevention's DFC grant expiring, the agency will continue its good work with the district.

## 3 Social Norms Campaigns, One Goal

**Shen Strength in Numbers** was launched in Spring 2013 via social media, in-school posters, and giveaways to reinforce the fact that the majority of Shen teens don't use alcohol or drugs. The results of the coalition's Fall 2013 "drug survey" will determine if students' behavior was affected by the strong anti-drug messages.



A similar campaign, called **Toga True**, was launched at Saratoga Springs High School in Fall 2013 in collaboration with the school's SADD Club. Positive



no-use messages were broadcast via in-school posters, giveaways, and Twitter, with the goal of reducing a *perception* of widespread substance use and, *ultimately*, use itself.



A truly student-led effort, South High created its own social norms posters that have been displayed throughout the school year. It's time to celebrate the 71% of high school students who are choosing to NOT drink alcohol!

## 192 Sixth Graders Benefited from All Stars Camp

We had another great summer in 2013, helping incoming Saratoga Springs 6th graders transition to Maple Avenue Middle School. All current 5th grade student families receive registration forms by mail in March. But make sure to send them back ASAP. Registration fills up in a flash!



## ALL STARS CAMP

For over 10 years the Prevention Council has partnered with the Saratoga Springs School District to provide All Stars Camp for students transitioning from elementary to middle school. We know that All Stars Camp provides skills and confidence for these students. When students are well-adjusted for school, then more learning can take place.



### Sample Parent Comments

"Well done! It was a great camp with loads of energy and great information."

"Hopefully this program will continue for a long time."

"I am impressed at the certified teachers who taught/organized this camp AMAZING way with children- very organized, friendly and qualified! Very happy with the quality of this program. Thank You!"

"Loved the ideas, materials you covered. Great conversation starters and I learned a lot about my son."

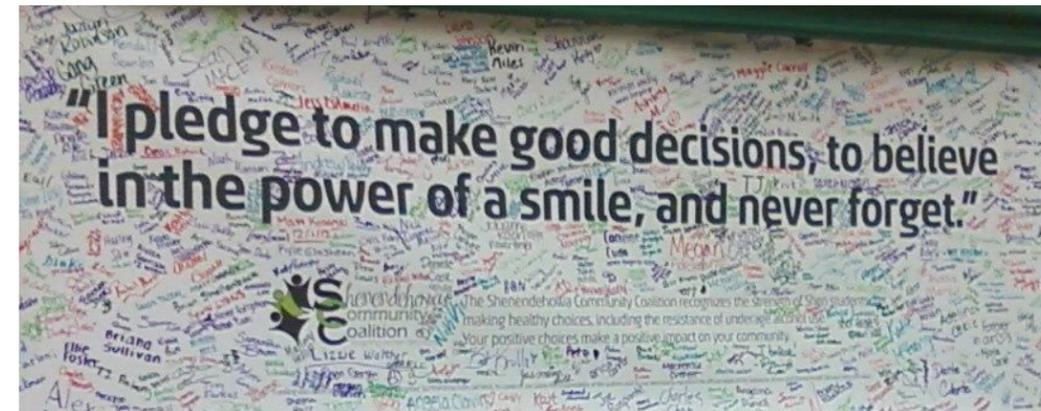


## Over 750 Families Enjoyed Smoke-Free Rental Property Policies

In addition to their policy work with rental property owners and managers, the Southern Adirondack Tobacco-Free Coalition also collaborated with dozens of towns and municipalities in 2013. Municipalities with new smoke-free outdoor policies include Argyle, Fort Edward, Saratoga Springs, and White Creek.



**280 Students Attended 31st Annual Safe Spring Student Leadership Conference** 280 students from throughout Saratoga County came together at Skidmore College last spring to bond with motivational speaker Jeff Yalden and to brainstorm ways to bring substance-free messages and initiatives back to their classmates, and to celebrate being substance free. Inspirational day all the way around!



**3,900 Students Received Prevention Education** Our four Prevention Educators brought evidence-based prevention programming to schools throughout Saratoga County this year. These include Protecting You, Protecting Me, Too Good for Drugs, Too Good for Violence, Working Against Violence Everywhere (WAVE), and Yellow Dyno.



Top left, Prevention educator presents the Protecting You, Protecting Me program. Bottom left, Prevention educator shows students a jar of tar during tobacco prevention lesson.



In 2013, we provided:

- ✓ Victim Impact Panels for 789 DWI and DWAI offenders in collaboration with Saratoga County Youth Bureau and District Attorney's Office
- ✓ Court-mandated Substance Abuse Prevention Education classes for 83 teens and young adults
- ✓ In-school Student Assistance Counseling and general counseling for 450 students seeking mental health support services
- ✓ Support services such as counseling, school supplies, and holiday assistance for 180 homeless or unaccompanied students by our staff at Ballston Spa Central School District
- ✓ Reconnecting Youth classes for 54 at-risk students in Stillwater and South Glens Falls to increase self esteem, communication skills, and healthy decision making
- ✓ TIPS responsible beverage training for 50 bartenders and servers

Your support has helped us continue to provide high-quality outreach, collaboration and hands-on services for over 31 years.

**Prevention works!**