

2016  
ANNUAL REPORT



The PREVENTION COUNCIL

*Helping Youth Navigate Life's Challenges*



## From our Executive Director

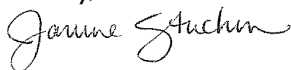
Dear Friends,

As our cover photo shows so well, through team work we can achieve much more than trying to do it alone! And in working together, we can enjoy the process as well as the outcome.

From prevention education in our schools, to Narcan trainings held throughout the county, The Prevention Council is working to reduce the harm of addiction. We have learned that joining with others is crucial to breaking through the stigma and isolation. Every day we work with individuals, families and communities to change perception of the disease and those affected by it. Follow us on social media to stay up to date with parenting information, and learn of local events and emerging resources.

Thank you for joining us in promoting health in Saratoga County.

Sincerely,



Janine Stuchin  
Executive Director



*"I am calling to thank you for the wonderful **Risk and Responsibility class** that my son completed earlier this summer. It was wonderful and he learned a tremendous amount. He enjoyed the class and I'm so thankful. He said there was a wonderful community feeling with the class and he really enjoyed it. Thank you."*

- PARENT

## In 2016, we provided:

ALCOHOL AND SUBSTANCE ABUSE EDUCATION  
Course and Risk and Responsibility Classes

**90** participants between  
the ages 15-21  
attended classes

**877** DWI and DWAI  
offenders

attended VICTIM IMPACT PANELS  
held in collaboration with The Saratoga County  
Youth Bureau and District Attorney's Office.

IN-SCHOOL  
STUDENT  
ASSISTANCE  
COUNSELING  
and general  
counseling for

**350**  
students

seeking mental health  
support services.

PROBLEM  
GAMBLING  
OUTREACH to

**550**  
people

with billboard  
impressions reaching  
over 10,000 people.

BRIDGES OUT OF POVERTY

**48** attended  
trainings

to learn about the economic environment of  
poverty and how to assist individuals to move  
out of the poverty environment.

TIPS RESPONSIBLE BEVERAGE  
TRAINING to

**5** retail establishments

CHOICES  
new class for  
young adults  
served

**15**

COOL OUT OF SCHOOL

**636** youth

ages 4-17 participated at 7  
different summer camp sites  
throughout the county.





### Meet the Pharmacist

Parent University in South Glens Falls School District hosted at the Moreau Community Center. Hannaford Pharmacist Marissa DeFoe presented on medication misuse and safety and students from the Coalition Youth Cohort performed a skit on teen prescription drug abuse. Thank you Hannaford Supermarkets!



### Red Thumb Reminder

During lunch periods at South Glens Falls HS, Burnt-Hills/Ballston Lake and Waterford High Schools the Students Against Destructive Decisions (SADD) clubs raised awareness about impaired driving. These SADD members provided their peers with statistics about texting and driving as well as reminding classmates to never drive drowsy. They are asking their peers to pledge to not text and drive. Those that signed the pledge had their thumb nails painted red. The #redthumbreminder will serve to not only remind the students of their pledge but also start conversations in the community and with parents. More information can be found at redthumbreminder.com

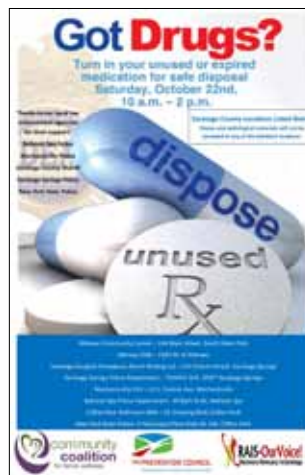


*“This has been an **amazing experience and a lot of new knowledge learned;** how to improve my filmmaking, ways to reduce stress, ways to love yourself and others, and how to get the most out of life without drugs.”*

**STUDENT,** Youth 2 Youth Summer conference

### Take-Back Unwanted Medications

The Prevention Council collaborated with the Saratoga County Sheriff's Department and other law enforcement agencies in the collection of unwanted medications during the DEA Drug Take-Back Days in April and October. Across the various collection sites in Saratoga County, over 1,400 lbs. of unused drugs were brought in last year. In addition, The Community Coalition for Family Wellness distributed nearly 1,500 Detera Kits to assure unwanted medications were safely disposed.





**STOP-DWI in Saratoga was highly successful reaching over 12,000 people!** Educational information to keep teens healthy and safe was presented to high school students across the county at school health fairs. Prevention programs and presentations were held at several districts on topics such as distracted driving, drug awareness and internet safety. Parents across Saratoga County received prom safety brochures. Media campaigns encouraging parents to start conversations with their teens as well as safe driving messages were posted online and on billboards across the county.



**In 2016 we received additional funding from the New York Council on Problem Gambling to continue the You(th) Decide Project.**



This project was designed to increase the awareness of underage gambling, as well as decrease youth access to gambling. Sessions were conducted on media literacy in which youth examined popular advertisements for gambling activities and gained knowledge as to the specific techniques that are used to influence both beliefs and actions. Policy resolution was also a focus among teams of youth and adults working with community organizations to address the importance of reducing youth access to gambling activities.



Great conversations and awesome music at the 2nd Annual Anti-Bullying fundraiser hosted by **The Renegade Pigs – Saratoga Chapter**. Their support enabled us to partner with Saratoga Children's Theater in bringing the production of "The New Kid" to districts across Saratoga County.



*"Best Safe Spring Ever! You guys keep outdoing yourselves! Thanks! My kids had a terrific time and learned a lot. So did!! You work hard to put this together. Thanks for ALL you do. The Prevention Council is the rock providing the positive prevention messages in our community."*

**KATHY HENRY-STARCE, BURNT-HILLS HS**





### All Stars Camp – Preparing Students for Middle School

During the summer of 2016, we partnered with the Saratoga Springs School District to provide a fun, educational experience for nearly 200 students transitioning from elementary to middle school. The program continued for another 7 months of the school year with booster sessions during lunch and after school. Thank you to the following agencies for their special programs at camp: Wilton EMS, Eight Star Martial Arts, Healthy Living Market, Wilton Preserve, Wilton YMCA and The Saratoga Battlefield National Park.

#### ALL STARS CAMP PARENT QUOTE



*“I cannot say enough good things about this program from start to finish. My daughter loved it! I think it is a terrific way to help kids transition, build up their character, make new friends, and learn to be leaders. The staff was amazing (adults and children). Thank you for a great week (and looking forward to being a part of the program again when my younger children hit 6th grade).”*



### 2016 Safe Spring Student Conference A Success!

Over 270 high school students from all 12 school districts in Saratoga County attended the annual Safe Spring Student Leadership Conference hosted by The Prevention Council and Saratoga County Stop DWI. Student leaders gathered to share and create resources for their district to be safe and sober while celebrating upcoming spring activities, such as the prom and graduation.

The conference focused on a variety of interactive topics including: expressing oneself through art and poems, recognizing the impact alcohol has on holidays, identifying fun, drug free activities for teens, social media awareness and substance use, driver safety, and banner making.



### New York is in the midst of a prescription opioid overdose and heroin epidemic

Over the past year, the Prevention Council led multiple community education forums providing information about the prescription opioid overdose and heroin epidemic. 187 people attended free trainings where they learned how to use Narcan in overdose situations, as it can stop or reverse the effects of an opioid overdose.



**This year, the Prevention Educators were in 12 districts, 34 schools and taught over 3,000 students in Saratoga County!**

This fall, educators piloted a new evidence-based program called “Refuse, Remove, Reasons” in Mechanicville High School. RRR is a multimedia, evidence-based program that employs video content and encourages self-reflection and active discussion in the classroom. The objective of this 5 lesson, program is to help students learn from and support each other in making positive decisions to assure a healthy future – especially when it comes to alcohol, tobacco, marijuana and other drugs.



“**Too Good For Drugs** is a powerful program that impacts the students’ future decision making.”  
**ANDREW FETSKO,**  
**SHENENDEHOWA**  
**CENTRAL SCHOOLS**

“**The Prevention Council programs** give students an opportunity to explore ways to positively interact with peers. It gives them the tools to be problem solvers. The program is engaging and uses a variety of ways to allow students to put into action what they are learning. The students respond positively and have fun doing it.”

**WENDY MCNEAL,**  
**BURNT HILLS-**  
**BALLSTON LAKE**  
**CENTRAL SCHOOLS**

**Recovery Advocacy in Saratoga (RAIS) is a recovery community organization under The Prevention Council.**



2016 was an extraordinary year for advancing issues related to addiction treatment and recovery. Recovery Advocacy in Saratoga (RAIS) is extremely proud and thankful of the work we did in cooperation with The Prevention Council over the last year. Here are a few of the highlights:

**Sober Bowl Party** - open to all and celebrated the fun and fellowship that sobriety and recovery offers.

**Recovery Advocacy Day** - RAIS members joined in a march on the state’s capital and met with elected officials to request much needed changes in substance abuse prevention, treatment, intervention, and education.

**Walk for Recovery** ending in High Rock Park, where a tree was planted in honor of those impacted by addiction.

**“Generation Found”** film about Recovery High Schools highlights the need for more of these schools in New York State and nationally.

**Tree of Hope** for people to hang ornaments and to recognize addiction and recovery. The Tree of Hope for 2017 was started again at Saratoga’s First Night Celebration this year.

We are excited about all that will be done this year, and encourage you to get involved! To learn more about RAIS, visit: [www.RAISaratoga.com](http://www.RAISaratoga.com)



“I am a person in long term recovery but I was one of the quiet ones. ...Over the last 3 years I have seen many changes of opinion and every time a goal is accomplished the satisfaction and joy are wonderful. The hurdles to treatment and the stigma are still high so I will continue to advocate. I am not Anonymous and have joined my voice with others in Advocacy thanks to RAIS (Recovery Advocacy in Saratoga).”

– **SUE MARTIN**





**TUFF eNUFF 2016 was awesome and muddy!**

We captured it in every possible way – Go-pro, drone, video and the Nemer Photobooth! A spring tradition!

Thank you to our generous sponsors: Gateway Dermatology, The Adirondack Trust Company, NEMER Motor Group, Stewart's Shops, Light Rain Foundation, Four Winds, West & Co., Jaeger & Flynn Associates Inc., Conboy & Mannion Contracting, Cudney's Cleaners, Hampton Inn Suites, Priority One Payroll, Ayco, The Wesley Community and Prospect Lending. Thank you to all the runners who participated!

**TUFF eNUFF 2017 will be held Saturday, June 3rd! Visit our website for information and sponsorship opportunities.**

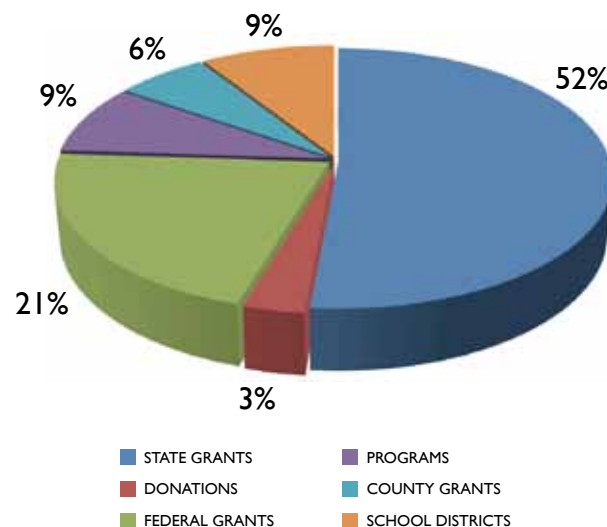


**Art Show**

On September 30th, The Prevention Council was the recipient of a benefit art show "Chasing the Dragon" hosted by attorney Andrew DeLuca. We are grateful to Mr. DeLuca and the local artists who generously gave of their time and talent to focus our community's attention on addressing the opioid epidemic. Community events like this art show help change public perception of the disease and those affected by it.

**2016 Funding Sources**

Our Prevention work is made possible through various federal, state and county grants. Schools and programs also support prevention education and outreach in Saratoga. Thank you to everyone who donated to The Prevention Council in 2016! Your support and generosity makes our work possible!





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*(Top to bottom)  
SOS youth, South Glens Falls  
HS; Red Thumb Day – No  
Texting, South Glens Falls  
HS; 5th Grade Too Good,  
For Drugs lesson at Tesago  
Elementary School; All  
Stars after school program,  
Maple Ave Middle School.*



**The PREVENTION COUNCIL**  
*Helping youth navigate life's challenges*

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Visit us at [preventioncouncil.org](http://preventioncouncil.org) to learn more!



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The Prevention Council



The Prevention Council of Saratoga County