



ANNUAL REPORT 2024



Prevention Works.
Recovery Happens.

Together, we are making Saratoga County a healthy community!



MESSAGE FROM THE EXECUTIVE DIRECTOR

AMY MCBRIDE, EXECUTIVE DIRECTOR

Amy McBride joined the agency in June of 2024 as the new Executive Director. She has over 20 years' experience in the non-profit sector, including various leadership roles. Amy had previously served on the Prevention Council's Board of Directors, and in 2017-2018, worked for the agency as the Director of Community Outreach and Coalition Development. She lives in Saratoga Springs with her 2 teenagers, husband, and dog, Jethro, who she enjoys exploring the great outdoors with.

ROBIN FETTERMAN, ASSISTANT DIRECTOR

Robin joined our team as the Assistant Director in November of last year, coming from the New York Council on Problem Gambling, where she helped develop and implement a new program in NYS to support those affected by gambling harm. With 25 years of experience in non-profit program management, her background includes work at the state and county levels in public health research, evaluation, data analysis, and program implementation across Connecticut, North Carolina, Colorado, and New York State. In addition to her dedication to prevention work, Robin enjoys spending time with her husband, her two sons, her hound dog, and flock of four birds. She is also an outdoor enthusiast all year long and can be found hiking, mountain biking, kayaking, swimming, and snowshoeing in her leisure time.

To my community, colleagues, and friends,

What a year it has been! I am honored to have joined the agency as the New Executive Director for the Prevention Council. A recurring theme this past year has been, "moving forward together." Without the unwavering support of the Prevention Council leadership team and staff, our volunteers, Board of Directors, Saratoga County, our funders, our partners, and the community, we could not provide the level of services and support that we do.

Every day, our staff are assisting families in our community to make life saving changes and in turn, helping to create a healthier County. In 2024, we expanded our prevention education programs throughout our elementary schools in Saratoga County and educated parents and school personnel on youth drug trends. While in our recovery program, we continue to reduce the stigma around addiction and provide education and support directly at the center and in the community. This past year, we expanded our family support space, our sober social activities, and added on new recovery support groups. We are providing hope to individuals and families, with a person-centered approach, meeting people where they're at in their recovery journey.

I am proud to lead this organization, always moving forward and together. I am hopeful that we will continue to grow to meet the needs of the community together in 2025 and beyond.

Yours in service,

Amy McBride
Executive Director



OUR MISSION

Our mission is to provide education, information and referral services on the subjects of alcohol, tobacco, other drugs and violence prevention to individuals and local communities, thereby enhancing the quality of life for all citizens by diminishing the adverse effects of substance use and violence.



Thank you Janine Stuchin

Janine Stuchin, Executive Director, retired after 23 years with the Prevention Council in late Spring 2024. Congratulations on your retirement and all the incredible years of work you put into getting there. We thank Janine, for all of her time and dedication to making Saratoga County a healthy community!



"This program really helps me to not get so angry at home with my brother. I really like it."
- 3rd grade student, Burnt Hills Ballston Lake Schools



Prevention Works.

Our Prevention Educators provided lessons to **3,800** students across Saratoga County, primarily in grades K-7. Our curricula

included: Too Good For Drugs; Protecting You, Protecting Me; Too Good for Violence, An Apple a Day, and Escape the Vape. Universal primary prevention programs provide youth, regardless of personal circumstances, the tools necessary to develop healthy decision-making and coping skills. These tools emphasize identification of feelings, encourage empathy and teach the ability to express emotions in a healthy and productive manner.

Over **100** parents and other adults participated in evening programs we hosted to assist adults in better understanding drug use trends with our "Right Under Your Nose" interactive program. In addition, we presented to more the **300** school personnel during superintendent's days and training days on youth drug trends and how to help youth using substances.

Elementary Schools Book Donations

We delivered over **300** age-appropriate books to every public elementary school in Saratoga County to serve as a resource to help improve the lives of children who may have a loved one struggling with a substance use disorder or in recovery.

STOP DWI Outreach

In the Spring of 2024, in lieu of our Annual Safe Spring Conference, we encouraged SADD clubs in Saratoga County to apply for a grant to use for events that would encourage students to make healthy life choices. Through this initiative, we distributed **4 grants** to SADD clubs in four Saratoga County schools. Also, in late December, 7 SADD Clubs received sweatshirts with the Stop DWI message, and \$1,250 checks to use towards their Stop DWI initiatives.

"All of the topics covered in this program are so important and very timely. We've been able to use the strategies on the playground to diffuse some disagreements."

-1st grade teacher, Saratoga Springs Schools



"We so appreciate the funds for our SADD club, we have so many great ideas but often lack the funds. Now we can really get our message to all students."
- SADD Advisor



"My son loved the program(TGFV-3rd grade), he would tell us all about it at dinner after each lesson. He was sorry it ended."
- parent

"Having a counselor from your agency in our building is so important for the kids who have few other resources"
- HS Counselor

Recovery Happens.

Healing Springs Recovery Community and Outreach Center provides FREE support to families and individuals impacted by addiction. With our Certified Recovery Peer Advocates (CRPA) and Family Support Navigators, we provide support to those in need. **WE HAVE RESOURCES. WE OFFER SUPPORT. WE CONNECT PEOPLE.**

On average,
924
INDIVIDUALS
utilized our
services
per month.

“ This place is a gift to our community! All the staff go above and beyond to help not only the person struggling but the family. They work endlessly to get the resources you need and are always there to talk or help in any way. Healing Springs and their staff are such a gift!! ”

“ I am grateful for this wonderful healing community that offers many outreach services & classes. Thank you for your service in our community! ”

“ Friendly, welcoming, and attentive staff. A comfortable and safe environment to find out more about community and recovery. We do recover. ”

“ I cannot thank this organization and these people enough for what they did for us. They are truly caring people and I will forever be grateful. ”

“ Everyone should know about this place. They saved my loved one's life. ”

Read To Recovery

In 2024, we assisted Saratoga Springs Public Library in starting their Read to Recovery program. One of only two programs in the country, Read to Recovery is a recovery-oriented collection of FREE-to-KEEP books focused on recovery from addiction and harm reduction items which are accessible without having to consult with library staff. Shortly thereafter, we assisted both the Mechanicville and Schuylerville Public Libraries to start the same initiative.

400 RECOVERY-ORIENTATED BOOKS
were donated to **3 LOCAL LIBRARIES**

“ In May of 2024 two librarians launched a project in Saratoga Springs to provide free to keep books supporting recovery from addiction, trauma, abuse, mental illness, and grief. Jumping into a new world and requiring a guide, Amy McBride and Healing Springs became our home base for advice, support, innovation, and collaboration. Peer navigators and the Prevention Council duplicated our carefully curated resources for Read to Recovery and donated them to two regional libraries where overdoses were a concern. Healing Springs took us into the community of those addressing despair and stigma and gave us a base in the larger recovery circle. Reciprocal benefits abound and connections bring about gratifying outcomes. ”

- Mary Ratzer, Saratoga Springs Public Library



Our Family Support Office Expansion



In 2024, the need arose to expand our Family Support space. With funding from OASAS, we were able to add two new offices and a separate conference/meeting room to meet the growing needs of families/loved ones in our community who want to learn new ways to support their loved ones with a substance use disorder. Addiction is a family disease. Families recover together.

Our Family Support Navigators worked with **492 FAMILIES**, 228 were new and had **1,578 CONTACTS** with those families.

Healing Springs Recovery Center employs Certified Recovery Peer Advocates (CRPAs)

Peer support services are an important part of the treatment and recovery process. Certified Recovery Peer Advocates (CRPAs) draw from personal experience with substance use. CRPAs also help those in recovery identify goals and develop their wellness plan.



3,133
INDIVIDUALS
utilized our
CRPA services
to either begin,
or further, their
recovery from
addiction.

OVER 1,530
were new
individuals to
the Center.

We provide sober, social activities!

Addiction is a disease of isolation; people recover together!



26 UNIQUE INDIVIDUAL SOBER SOCIAL ACTIVITIES with **57 TOTAL**
held throughout the year with over **OVER 1,100 INDIVIDUALS AND FAMILIES** attending.



2024 ACCOMPLISHMENTS

By the *Numbers*



28 UNIQUE ADDICTION RECOVERY SUPPORT GROUPS were held at Healing Springs Recovery Center with a total of **965 TOTAL GROUPS** that had almost **12,000 INDIVIDUALS AND FAMILIES** attend.



OVER 1,400 NARCAN KITS were distributed to Saratoga County Residents.

Our CRPA embedded in Saratoga Hospital provided peer-support services to **428 INDIVIDUALS**.



Our CRPA embedded in the Saratoga County Jail engaged with **614 INCARCERATED INDIVIDUALS** to discuss recovery and provided a release plan.



We delivered giveaways and "I Pledge" banners to **7 SADD CLUBS** throughout Saratoga County to use for their Red Ribbon Week activities.



Our CRPA embedded in the Saratoga County Mental Health Addiction Program worked with **513 INDIVIDUALS**.

We have worked with **27 VETERANS** addressing substance use concerns through our relationships with Saratoga County Veteran Services and the Veteran Community Housing Coalition.



In 2024, we provided post overdose support to **111 FAMILIES AND INDIVIDUALS** across Saratoga County through our Second Chance Program with local law enforcement agencies.



DWI Victim Impact Panel program reached **494 COURT MANDATED DWI/DWAI OFFENDERS**.

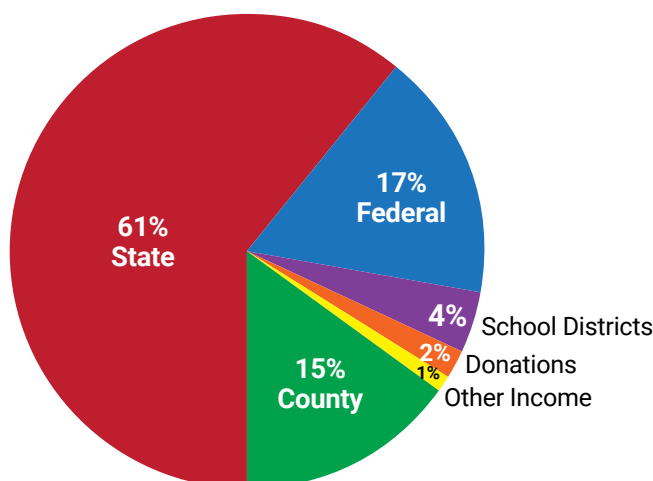


OVER 150 STUDENTS ACROSS 2 SCHOOL DISTRICTS received mental health support services during the school year.

2024 FINANCIALS

COUNTY	330,587.55
STATE	1,292,796.00
FEDERAL	357,629.82
SCHOOL DISTRICTS	79,200.00
DONATIONS	39,826.25
OTHER INCOME	25,975.16

TOTAL \$2,126,014.78



2024 DONORS

We are incredibly grateful to the many donors and program sponsors whose gifts enable us to innovate and sustain programs across Saratoga County. Many families have shared with us in their darkest moments of grief and we are honored to be a part of their family's remembrance.

\$2,500

The Sueess Charitable Fund

\$1,000

The Light Rain Foundation
Ann Crowell & Steven Shultz
Lynn Furman

\$600

Pam Havens, in remembrance of
David Cassidy

\$500

Alison Gorton Birthday Fundraiser
Kimberly Goodwin
Ballston Spa National Bank

\$300

Lindsey Connors Birthday Fundraiser
Hannaford Community Bag Program

\$250

Julie Ramsey
Lee Steuber
Renee Rosebrook

\$200

David Christensen
Keirsa & Mark Chappell
Joan Mercier
Evelyn Dalton
Miriam Davis-Doern
Donna Cohen
Kristen Zorda

\$100

Lynn Gaudio
Ben Deeb
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St. Gabriels Faith & Spiritual Group
Kristina Gwinn
Heather McLean Miller
Suzanne Peck
David Spina
Linda & Elliott Glansberg
Katie Lahoff
Nancy DeFilippo
Dorothy Christiansen
Chelsie Henderson

Up to \$100

Rita DiCaprio
Chris Kirms
Claire Williams-Sauer
Linda MacFarlane
Jeffrey Donohue
Sharon Farry
Paige Morgan
Dede Potter
Nicholas Harrison

Shelby Countermine Ride \$4,924

Dan Provost Memorial Walk \$20,050

Krasnicki, Naughton and Roohan Families
\$22,500 – In-kind

Anonymous Donations

\$331.50 via United Way 10/22
\$16.57 via United Way 10/22



**Interested in becoming
a donor in 2025?**

Please visit us at
www.preventioncouncil.org/donate/

We've made every effort to ensure all of our donors are acknowledged in this report. Please let us know if we've made an error.
We appreciate your support and understanding.

We couldn't have done it **without you!**

Thank you to our donors: Dan Provost Memorial Walk for Awareness & Recovery, Ballston Spa National Bank, The Shelby Countermine Memorial Ride.



Our Volunteers are the heart of our Center!

Healing Springs Recovery Community and Outreach Center couldn't be who we are without you. We are always looking for volunteers who would like to lend their time, talent & recovery experience by assisting in answering phones, greeting members, helping with sober activities and more.



56 VOLUNTEERS
delivered
2,564 HOURS
of service at our
Center in 2024

New Outreach Vehicles

Thanks to support from The NYS Office of Addiction Services and Supports (OASAS), we were able to purchase **2** new vehicles to expand our outreach efforts and services.



The PREVENTION COUNCIL
Helping youth navigate life's challenges

2025 BOARD OF DIRECTORS

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**Visit us at preventioncouncil.org
to learn more!**

HEALING SPRINGS RECOVERY COMMUNITY & OUTREACH CENTER

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(Rear Parking Lot, Blue Awning)
518.306.3048



@PrevCouncil



The Prevention Council
of Saratoga County