



The PREVENTION COUNCIL

ANNUAL REPORT 2025



Prevention Works.
Recovery Happens.

Together, we are making Saratoga County a healthy community!



MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear friends,

2025 brought about an unprecedented level of anxiety and uncertainty for many. Saratoga County was not immune to this; the rising cost of living coupled with funding cuts pushed many small nonprofits like ours to the limit. Not surprisingly, the community stepped up to provide support to those in need across the county. We were fortunate to be recipients of that generosity and support. This allowed us to do what we do best; provide the community with education, support, and hope.

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.

Last year, our agency looked through the lens of wellness. How could we promote health and wellness to the community? To those we serve? To each other? We took on several new initiatives last year, that we hope to continue with in the coming years. In January, we took a leap of faith and began a Teen All Recovery Group. "If we build it, they will come" was our motto. We know there are teens who are isolated, who want connection, who want to live happy lives free of substances. We are proud to say this group is growing larger and stronger every month! That may sound like an oxymoron, to be glad teens are growing in numbers to attend a recovery group but let me explain. We know teens are struggling with anxiety, with trauma, and using substances to "cope." We are grateful to be able to show them a different path and a chance to find connection with other teens who are seeking a healthier path.

In June, we celebrated employee wellness month, which included the kickoff of our first ever couch to 5k run/walk group, Forward is a Pace. 2 amazing community members and avid runners, Jessica Hauprich and Jeff Casale volunteered to coach us and help us prepare for the Malta 5k. Not only did we race in the Malta 5k, but we were selected by both iRun Local and Fleet Feet of Malta as their charity of choice! This will allow us to keep our Forward is Pace run/walk group going well into 2026.

We had been dreaming of creating a community garden outside of Healing Springs for years. Last year, with the generous support of Pitney Meadows Community Farm, Brandy Novick from Greene Road Gardens, Malta Farm and Garden, Tom Roohan, Dave Christensen, and our staff, that dream finally became our reality. We can't wait for the spring thaw to begin again.

These are just some of the ways we promoted wellness last year. I hope you will take a moment to read on and see the other important initiatives from this past year.

Yours in service,

Amy McBride
Executive Director

Front row: Ben Deeb, Amy McBride, Erin Webster.
Back row: Robin Fetterman, Lillian McCarthy, Kate Baker.



Prevention Works.

prevention programs provide youth the concepts and tools, to develop healthy decision-making and coping skills, regardless of personal circumstances. These tools address the protective factors of increasing social skills and opportunities for prosocial involvement, while also addressing the risk factors of substance use and promoting healthy emotional growth.

Our Prevention Educators provided lessons to more than 3,000 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 W.A.V.E (Working Against Violence Everywhere); and individualized programs in high school, such as Escape the Vape, and our student assistance counseling program at Galway and Ballston Spa High Schools. Universal primary

Prevention in Action



Red Ribbon Week Red Ribbon Week is a nationwide campaign held each year from October 23–31 to promote drug-free lifestyles and healthy choices among youth. The week encourages students, families, and communities to stand together in support of substance-free living. This year, the Prevention Council of Saratoga County delivered banners to 7 SADD clubs throughout Saratoga County, giving students the opportunity to sign a pledge to stay substance free. In addition to the pledge banners, clubs received other giveaways to help promote awareness and spark conversations about making healthy, positive choices.

Student Leadership

Conference Our Student Leadership Conference brought together close to 60 student leaders from 7 school districts throughout Saratoga County to develop and implement a year-long social norming campaign. These campaigns highlight the positive actions and statistics related to substance use by showcasing the majority of students do not use substances

STOP DWI Outreach Through our Stop DWI deliverables, the Prevention Council of Saratoga County continues to advance innovative impaired-driving prevention efforts across Saratoga County. This year, our BUI (Boating Under the Influence) efforts included placing educational lawn signs at 11 waterbody locations in 8 towns, and a social media campaign reaching more than 47,000 individuals; spreading awareness about the dangers of operating watercraft while impaired. We also launched a new billboard design highlighting the risks of driving impaired by cannabis, reinforcing the message that impairment is impairment—regardless of the substance. In addition, eight schools received mini-grants to support Safe Spring initiatives and after-prom celebrations. Three high schools used their funding to host powerful crash re-enactments, inviting our team to participate. We were proud to provide interactive educational trivia games focused on substance use prevention at Stillwater High School, Shenendehowa High School, and Burnt Hills-Ballston Lake High School, helping students engage in meaningful conversations about safety and responsibility.



Lock Bag/med box distribution

The Prevention Council of Saratoga County recently delivered over 500 medication and cannabis lock bags to dispensaries throughout Saratoga County to distribute free to the public. The lock bags are designed to promote safe storage and help prevent accidental ingestion or misuse. Each bag also includes important resource information for Upstate New York Poison Center, along with a connection to our Healing Springs RCOC program, ensuring families and youth have access to support, education, and prevention resources.



Partnership with Waterford Police Department

New partnership with Waterford Police Department and participation with their First National Night Out event with both a Prevention Council and Stop DWI table to educate the Waterford Community regarding our services.

Recovery Happens.

Healing Springs Recovery 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.

WELLNESS IN RECOVERY: Sober Activities, Stronger Connections

**Addiction is a disease of isolation;
people recover together!**



to pick and take home what they helped grow. The Garden Club is more than just gardening; it's about nurturing growth, practicing patience, and celebrating the rewards of hard work in recovery—one seed at a time.

Garden Club

We launched our new Garden Club at the Recovery Center! This sober social group gives our members a welcoming space to connect, build community, and enjoy the therapeutic benefits of gardening together. Throughout the season, members planted and tended a variety of vegetables, fresh herbs, and colorful flowers—then enjoyed the opportunity

Youth All Recovery Group

Our CRPA provides a safe place for youth, ages 13 to 17 years, to receive support if they are considering substance use, or they are negatively impacted by their own or another individual's substance use. This group is gaining momentum with regular participation of an average of 7 to 8 youth. There is an opportunity for parents or caregivers to connect with one of our Family Support Navigators for resources.

Running

We also kicked off a Running Club to encourage healthy habits and positive connection through movement. Members lace up, run together at their own pace, and cheer one



another on every step of the way. The club promotes physical wellness, accountability, and camaraderie—reminding everyone that in recovery, no one has to go the distance alone.

On average,
3,224
INDIVIDUALS
utilized our
services
per month.

“ They help you on your recovery experience not force you into it. They offer a collection of events and always trying new ways to reach the community. ”

“ They work endlessly to get the resources you need and are always there to talk or help in anyway. Healing Springs and their staff are such a gift! ”



“ I love this recovery center!!! All the employees make you feel safe, comfortable and important, I would recommend it to anyone struggling with addiction, or that has loved ones that are struggling, the Family support is amazing! ”

The 2 FSN's worked with **157 NEW FAMILIES**, **454 TOTAL FAMILIES** with **2,264 TOTAL CONTACTS**. They also held **49 FAMILY GROUPS** with **390 FAMILY PARTICIPANTS**.



Megan's Painting Workshop

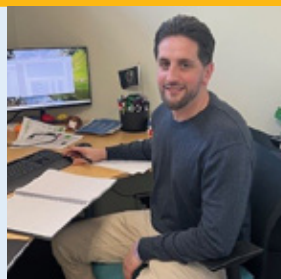
We also launched a monthly Guided Painting Workshop, offering another creative outlet for healing. Through step-by-step instruction in a relaxed, supportive environment, members can express themselves, reduce stress, and experience the restorative power of art. Each canvas becomes a reminder that recovery, like art, is a process—built one thoughtful stroke at a time.

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, and professional training to provide non-clinical support services as identified in the patient's treatment or recovery plan. CPRAs may also help those in treatment/recovery in the development of recovery plans, effective coping habits, and life skills for navigating recovery.

4,397 INDIVIDUALS used our CRPA Services to either begin or further their recovery from addiction. Over **1,974** were **NEW INDIVIDUALS** to the Center.

Our CRPA embedded at Conifer Inpatient Treatment program for the past 8 months, provided peer-support services to **269 INDIVIDUALS**, held **158 GROUPS** with **2,690 FAMILY PARTICIPANTS**.



New CRPA in Conifer Park

This past year Healing Springs partnered with Conifer Park Inpatient treatment program in Glenville to provide a trained Certified Recovery Peer Advocate (CRPA) to their programming. The CRPA provides individual one on one meetings with participants from detox through discharge. They are called in to help when an individual expresses they want to leave early to try and get them to stay to complete the services, bridge the gap and provide a smooth transition from the community to inpatient and then back to the recovery center. The peer also facilitates many groups throughout the facility. This is proving to be a great partnership.

2025 ACCOMPLISHMENTS

By the *Numbers*



38 UNIQUE ADDICTION RECOVERY SUPPORT GROUPS were held at Healing Springs Recovery Center with a total of **1,624 TOTAL GROUPS** that had **14,716 INDIVIDUALS AND FAMILIES** attend.



OVER 1,200 NARCAN KITS were distributed to Saratoga County Residents.

Our CRPA embedded in Saratoga Hospital provided peer-support services to **504 INDIVIDUALS.**



Our CRPA embedded in the Saratoga County Jail engaged with **738 INCARCERATED INDIVIDUALS** to discuss recovery and provided a release plan.



In 2025, we provided post overdose support to **91 FAMILIES AND INDIVIDUALS** across Saratoga County through our Second Chance Program with local law enforcement agencies.



Our CRPA embedded in the Saratoga County Mental Health Addiction Program worked with **397 INDIVIDUALS** or **722 TOTAL.**

We have worked with **151 VETERANS** addressing substance use concerns through our relationships with Saratoga County Veteran Services and the Veteran Community Housing Coalition.



The CRPA's working for Healing Springs Recovery Center have made **10,256 REFERRALS** to other community providers.



DWI Victim Impact Panel program reached **586 COURT MANDATED DWI/DWAI OFFENDERS.**

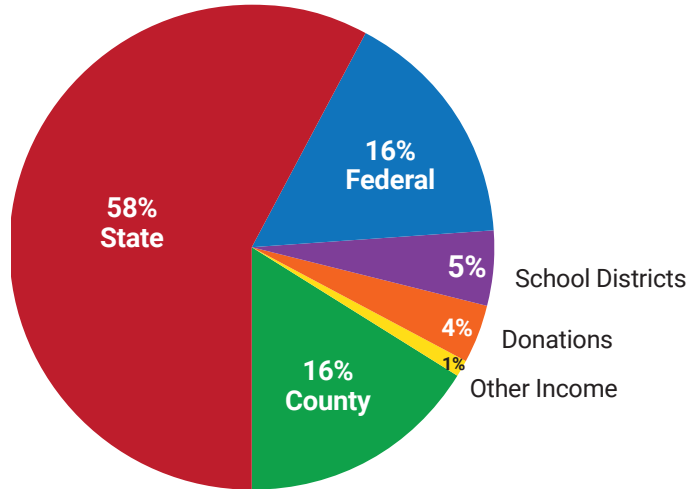


OVER 125 STUDENTS ACROSS 2 SCHOOL DISTRICTS received mental health support services during the school year.

2025 FINANCIALS

COUNTY	363,346.49
STATE	1,316,058.01
FEDERAL	361,955.16
SCHOOL DISTRICTS	82,620.00
DONATIONS	31,229.11
OTHER INCOME	125,471.54

TOTAL \$2,280,680.31



2025 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

Bill & Robbin Suess
Jim & Monica Fredell

\$2,443.93

Run for Shelby in memory of
Shelby Countermine

\$2,000

Renegade Pigs of Saratoga

\$1,750

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Linda Kendall, In honor of Shelby Countermine
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Hannaford Community Bag Program
Crystal Nolan
David Stores
Megan Riihimaki
Maddie Hilton's Birthday Fundraiser
Renee Rosebrook
Donna Cohon
Kristen Zorda
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Sebastian Modelowski

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Interested in becoming
a donor in 2026?

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 2025 sponsors!

\$1,000

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 Honorable Ann Crowell and
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Helping youth navigate life's challenges

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Visit us at preventioncouncil.org to learn more!

HEALING SPRINGS RECOVERY COMMUNITY & OUTREACH CENTER

125 High Rock Avenue
 Saratoga Springs, NY 12866
(Rear Parking Lot, Blue Awning)
 518.306.3048

@PrevCouncil

The Prevention Council of Saratoga County

Thank you to Dan's Derby

In October of 2025, we held a new event—**Dan's Derby & Walk**, A Community Event for Prevention, Recovery and Remembrance (formerly the Dan Provost Memorial Walk). We are incredibly honored to have taken over the Dan Provost Memorial Walk, a staple event in the community for the last 7 years that honors the life of Dan Provost and others whose lives have been taken too soon by the disease of addiction. Dan's Derby & Walk was a family-friendly event that drew in families, local businesses, and community organizations from all over Saratoga and neighboring Counties. The event featured a wooden derby-style race with 39 race cars run by local Scout Troop 4016, a silent auction featuring many beautifully hand-crafted and donated items, a community resource fair, and a 1-mile memorial walk through Gavin Park. We are proud to say that we raised over \$20,000, which will help us close funding gaps for the agency! Please save the date for our next event on Saturday, October 3, 2026.