



The PREVENTION COUNCIL

Helping Youth Navigate Life's Challenges



The Prevention Council board and staff gathered in March to recognize board members whose terms ended in recent years.

(Left to right) James Lee, David Semo, Judy Tirelli, Deirdre Ladd, Richard Ferguson, and Christina Pastore. Thank you one and all.

THE PREVENTION COUNCIL BOARD OF DIRECTORS

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The PREVENTION COUNCIL
Helping youth navigate life's challenges



(Top to bottom)
RAIS Tai Chi class; All Stars
after school program; Youth2Youth
Conference Rhode Island; Too Good
for Drugs lesson, Waterford-
Halfmoon Elementary School



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Visit us at preventioncouncil.org to learn more!



@PrevCouncil



The Prevention
Council



The Prevention Council
of Saratoga County



From our Executive Director

Dear Friends,

Throughout 2015, The Prevention Council led local efforts to reduce the harm of addiction across Saratoga County, with prevention programs, trainings and services. This report highlights many of our projects and achievements. Our staff is in the community on a daily basis, assisting youth, parents, business and community leaders in responding to the challenges we all face in preventing and treating alcohol and other drug addiction. Follow us on social media and visit our website for parent resources. As our communities face new challenges, we are busy implementing solutions and supporting one another along the way. Join us in making Saratoga County a healthy place to live, work and play!

Sincerely,

Janine Stuchin
Janine Stuchin
Executive Director



In 2015, we provided:

Court-mandated SUBSTANCE ABUSE PREVENTION EDUCATION CLASSES for **90 teens and adults**

847 **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 **300 students** seeking mental health support services.

PROBLEM GAMBLING OUTREACH to **500 people** with billboard impressions reaching over 1000 people.

RECONNECTING YOUTH CLASSES for **118 at-risk students** in Stillwater and South Glens Falls to increase self-esteem, communication skills and healthy decision making.

TIPS RESPONSIBLE BEVERAGE TRAINING for **25 bartenders and servers**

75 individuals RECEIVED NARCAN TRAINING

Cool Out of School SUMMER YOUTH PROGRAM PROVIDED to **487 youth**



TUFF eNUFF 2015 was a tremendous success due to the generosity of The Adirondack Trust Company, NEMER Motor Group, Stewart Shops, Light Rain Foundation, Healthy Living Market, and Infusion Sales Group. We are also very grateful to Kohl's, Conboy & Mannion, Four Winds Hospital, Kodiak Construction, West & Company, Gateway Dermatology, Palio + Ignite, Merrill Lynch Wealth Management, Guttenplans, Cisco, Ayco, Frontier Food Brokerage Inc. and to all the runners who participated!

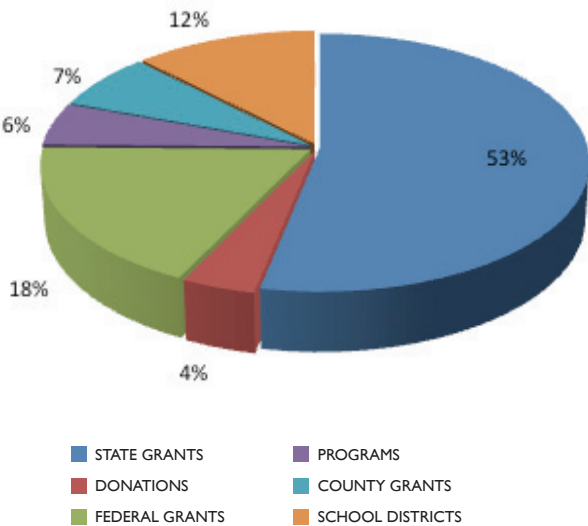
TUFF eNUFF 2016 will be held Saturday June 4! Visit our website for information and sponsorship opportunities.



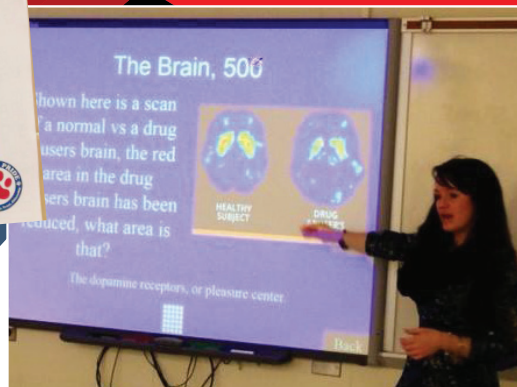
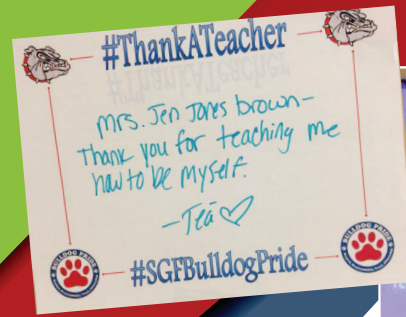
Parents are key to creating a healthy community. The Prevention Council works with several school districts, Saratoga Springs, S. Glens Falls and Stillwater, in presenting parent seminars – Parent University – to address common concerns. Programs focus on: Teens and Stress; Social Media & Teen Self-Esteem; Respectful Interactions: Stop Bullying; Adolescent Brain Development; Addiction & Recovery; Trends in Adolescent Substance Use. In 2015, nearly 350 parents attended 7 programs across the county.

2015 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 2015! Your support and generosity makes our work possible!



Cover photo: 2015 Safe Spring Student Leadership Conference, Corinth High School SADD Club



“The Reconnecting Youth class has completely changed my world. My teacher has given me the strength, and the tools to turn my life around. If not for this class I wouldn’t be getting ready for college. I wouldn’t be trying to get healthy. I wouldn’t be such a positive person.”

FAITH

4,235 students in all 12 school districts in Saratoga County received prevention education programming in 2015!

Prevention education covered topics such as: underage drinking, substance use, life and social skills, bully prevention, distracted driving, media literacy and interpersonal skills. From elementary to high school, prevention educators deliver curricula that research has shown makes a difference in children’s lives.



This has been a monumental year in changing the conversation and treatment of drug use, abuse and dependence.



So much has begun to change at the state, and national levels and RAIS is the emerging local voice for Recovery. Recovery Advocacy in Saratoga (RAIS) is a volunteer led project supported by The Prevention Council. RAIS’s mission is to eliminate the stigma associated with addiction by promoting long-term recovery as a life affirming movement to unite communities and families. Throughout the year, monthly meetings are held at Saratoga Springs Public library. In April RAIS partnered with FOR-NY (Friends of Recovery) in hosting a Community Listening Forum at which nearly 20 community members in recovery spoke about their experiences and areas of need to a collection of community leaders. In late summer, RAIS held a candlelight vigil on International Overdose Awareness Day to honor those lost to addiction. Nearly 100 individuals and families gathered in Congress Park to share memories. As 2015 wrapped up, RAIS volunteers participated in First Night Saratoga by bringing a Tree of Hope to the event. Many First Night participants stopped at the Tree and added an ornament in memory of a loved one or to celebrate a recovery. Learn more about RAIS at: www.RAISaratoga.org



“We became involved with RAIS after we lost our son to a drug overdose. We support the positive recovery message of RAIS and its efforts to educate our community that life in recovery can be full and rewarding.”

MAUREEN & KEN PROVOST, RAIS Advocate

The Prevention Council collaborates with the Community Coalition for Family Wellness to promote a variety of substance abuse prevention strategies in the South Glens Falls area.

2015 was a great year of prevention, education, and community building! Examples of the coalition’s accomplishments supported by the Drug Free Communities grant in the past year include:

Healthy Activities for Teens Pine Knolls Alliance Church organized an After Prom Party for South High Juniors. The event was a success with over 60 students in attendance.

71 students attended the Student Leadership Conference at Camp Chingachgook.

Mentoring Big Brothers/Big Sisters facilitates an afterschool transition program, matching 8th graders with a sophomore or junior for the school year.

Changing Perceptions The social norms campaign entered a new phase with improved numbers. Fewer teens are using alcohol and marijuana.



Community Coalition Receives \$627K Partnership For Success Grant to Combat Heroin Abuse

PFS grant accomplishments:

- Surveyed 12 – 25 year olds about prescription drug and heroin abuse in the South Glens Falls area.
- Coalition growth: new member involvement with law enforcement, healthcare providers, first responders, and recovery groups.
- The Saratoga County Sheriff’s Department installed a permanent, 24 hour, prescription drug dropbox. It’s free, anonymous, and you don’t have to wait for a semi-annual takeback event to get rid of unwanted, unused, or expired medications. Location: County Farm Rd, Ballston Spa



“As a district, along with the Community Coalition for Family Wellness, we want to **educate our students and their families** about the best practices for keeping our kids safe.”

MIKE PATTON, Superintendent of Schools, South Glens Falls Central School District

STOP DWI New York

SARATOGA COUNTY
Community Focused. Saving Lives.



STOP DWI in Saratoga was highly successful reaching over 12,000 people!

Education and prevention programs were held throughout the county on topics such as internet safety, the teen brain and distracted driving. Innovative engagement was done through a series of Drug Jeopardy contests. Educational outreach via materials educating on prom safety, destructive decisions and more were distributed and posted throughout Saratoga County. The Saratoga Youth Action was created which is a network of youth groups throughout Saratoga County whose focus is to encourage their peers and community to make healthy life choices. Learn more at: <http://saratogacoyouthaction.weebly.com>



Did you know that nearly 1 in 3 students report being bullied during the school year

and that school-based bullying prevention programs decrease bullying by up to 25%. Thanks to the generosity of the Saratoga Chapter of the Renegade Pigs the Prevention Council provided bullying prevention assemblies in several Saratoga County School Districts.

In 2015 we received a second round of funding from the New York Council on Problem Gambling to continue The You(th) Decide Project which raises awareness among youth and adults about the risks of youth gambling. Sessions were conducted on media literacy where youth examined popular advertisements for gambling activities from scratch-offs to casino games, and scrutinize methods advertisers use to engage their audience. Policy resolution was also a focus with teams of youth and adults working with community organizations addressing the importance of reducing youth access to gambling activities.

FROM A PARENT ATTENDING YOUTH DECIDE PROGRAM:

"... I want to thank you for presenting a **program on gambling**, more parents should have been here. I didn't know how risky it (gambling) is and I think we all got a lot of information to take home and talk about."

When YOUTH gamble, they *LOSE* more than money.



FRIENDS TRUST
FUTURE ABILITY
DREAMS TO STOP
HAPPINESS

LEARN THE RISKS AT PreventionCouncil.org OR YOUthDecideNY.org



All Stars Camp – Preparing Students for Middle School

During the summer of 2015, 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: Wilton EMS, Eight Star Martial Arts, Wilton Food Pantry, Spa State Park, and The National Center for Missing & Exploited Children/NY Capital Region Office.



2015 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 youth advocacy and activism, pop-culture, the media and interactive presentation skills. During workshops students practiced these new skills for their local Student's Against Destructive Decisions (SADD) club projects.

The official conference hashtag is **#MakingEpicChanges**.

You Can Save A Life!
FREE training on Heroin / Opioid Overdose Prevention

Saratoga Springs Public Library, Sussman Room
49 Henry Street, Saratoga Springs

2nd Monday of every month 3pm – 4pm

Monday, November 9
Monday, December 14
Monday, January 11
Monday, February 8
Monday, March 14

- Learn the signs and symptoms of heroin and opioid overdose
- Learn how to use NARCAN nasal spray to respond to an overdose situation
- Receive a FREE Intranasal Naloxone (NARCAN) kit to carry and use

EVERY O.D. IS SOMEONE'S SON OR DAUGHTER

To register or for more information contact
The Prevention Council at 518-430-3363 or office@preventioncouncil.org

For other NARCAN training dates contact
Project Safe Point of Catholic Charities at 419-351-1330

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

This year The Prevention Council led multiple community education forums about the issue, provided trainings on Narcan- the lifesaving medication that can stop or reverse the effects of an opioid overdose and conducted community assessments to gauge the scope of addiction and perceptions regarding opioids and heroin.



"It was good to see enthusiastic and committed people **making a difference** in their schools and community."

KATHY SHAKER,
Waterford Halfmoon SADD advisor