



The PREVENTION COUNCIL

Helping Youth Navigate Life's Challenges



(Top to bottom) Panelists at Opioid Forum at Burnt Hill-Ballston Lake High School; SADD students marching in South Glens Falls Holiday Parade with Super Parenting banner; Saratoga Springs SADD Chapter students signing banner during Red Ribbon Week; Recovery Advocates and staff at the Annual NYS Recovery Conference.

(On the cover) Together We Rise! Recovery Celebration with Healing Springs Recovery & Outreach Center



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The PREVENTION COUNCIL

Helping youth navigate life's challenges

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The Prevention Council



The Prevention Council of Saratoga County

From our Executive Director

Dear Friends,

In 2017 we expanded recovery services with the opening of 3 Recovery Community Centers in the Southern Adirondack region. The Healing Springs Recovery Community & Outreach Center is here in Saratoga Springs (right next door to our administrative offices), along with Centers in Johnstown and Hudson Falls. Individuals and families impacted by addiction have gathered at these Centers for programs, workshops, and conversation. These Recovery Centers are funded by NYS OASAS as part of their growing commitment to the continuum of recovery services. We are honored to be a part of that expansion and provide peer-led services to complement the many treatment services in our region. In addition, our annual report highlights our ongoing delivery of prevention programs to every school district in Saratoga County. We have also collaborated with county level partners including the Saratoga County Public Health Department, Mental Health & Addiction Services, Youth Bureau, and Sheriff's Department to bring programs and prevention education to communities throughout Saratoga County.

As we begin 2018 we remain committed to bringing insight and compassion to the disease of addiction as well as enriching our communities with prevention resources and information.

Sincerely,



Janine Stuchin  
Executive Director



Need tips? Visit [PreventionCouncil.org](http://PreventionCouncil.org)



*"You are the only reason I am going to college, no one else believed in me."*  
- 17 YEAR OLD FEMALE, FIRST IN FAMILY TO ATTEND COLLEGE

In 2017, we provided:

ALCOHOL AND SUBSTANCE ABUSE EDUCATION Course and Risk and Responsibility Classes

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

**908** 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 **200** students

seeking mental health support services.

PROBLEM GAMBLING OUTREACH to **4,982** people

with billboard impressions reaching over 10,000 people.

BRIDGES OUT OF POVERTY

**40** 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

**20** retail establishments

CHOICES new class for young adults served

**23**

COOL OUT OF SCHOOL

**661** youth

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

TRAINING TO 70 VOLUNTEERS resulting in

**1,051** hours of service

to Healing Springs Recovery Center



TUFF eNUFF 2017 was a fun, muddy adventure for all!

Over 500 participants splashed their way through the Kids Course and Teen/Adult Challenge! This event is our annual agency fundraiser and support from individuals and local businesses help us to fulfill our mission of **Helping Youth**

**Navigate Life's Challenges.** Thank you to our generous sponsors: Race Presenter AYCO, The Light Rain Foundation,

Adirondack Trust Company, Bond, Schoeneck & King, Conboy & Manion, Northshire Bookstore and Stewart's Shops. Thank you to Nemer of Saratoga for sponsoring our Kids Race!

**TUFF eNUFF 2018 will be held on Saturday, June 2nd! Visit our website for information and sponsorship opportunities.**



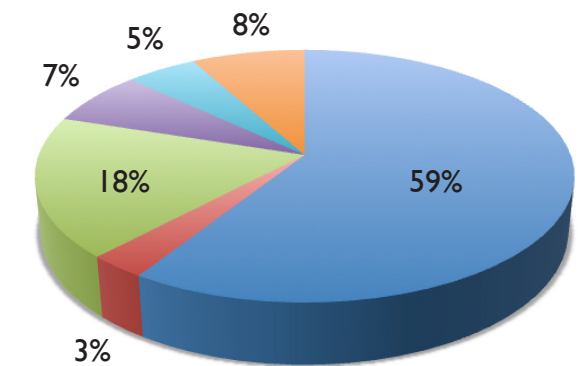
Right Under Your Nose

Our community outreach team brought a new program to Parent University programs at several local school districts in 2017. This program utilizes

a mobile teen bedroom with a number of drug paraphernalia and drug references hidden throughout the scene. Participants, parents and other adults, have the opportunity to "search" the bedroom and note what they find. When all participants have completed their search, the Prevention Specialist walks them through a Power Point presentation and describes the hidden items and their use.

2017 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 2017! Your support and generosity makes our work possible!



STATE GRANTS PROGRAMS  
DONATIONS COUNTY GRANTS  
FEDERAL GRANTS SCHOOL DISTRICTS



**Prevention Education in Schools**

Our team of prevention educators presented drug and alcohol prevention programs to nearly 4,000 students in 12 school districts across Saratoga County. Programs were presented to youth K-12. A number of schools added the kindergarten program, An Apple A Day, which is a literacy-based alcohol and substance abuse prevention program that focuses on building self-esteem and developing healthy habits in children.



*“Thank you so much for coming into our Health Classes. We so appreciate your expertise and passion for this information that is so important to our students. Looking forward to seeing you again next semester.”*

**BALLSTON SPA HIGH SCHOOL HEALTH TEACHERS**

*“The most valuable part of the program was that the Prevention Specialist related examples from their lives! She “gets” 8-9 year olds!”*

**LORINDA STACEY, 3RD GRADE TEACHER, CORINTH ELEMENTARY SCHOOL**



*“RAIS is a voice for the recovery community; I am a part of that community and Saratoga is my home. RAIS is a great way to give back.”*

**- TODD BISHOP, RAIS MEMBER**



**RAIS: 2017 was a busy year for Recovery Advocacy in Saratoga (RAIS). In conjunction with the Prevention Council, RAIS sponsored the following events:**

- **Soberbowl Party** – a well-attended event where attendees could celebrate the Super Bowl game at an alcohol-free venue.
- **Stand Up For Recovery Day** – members showed support in Albany by attending a rally followed by meetings with elected officials.
- **Overdose Awareness Day Vigil** – held on August 31st at Congress Park to remember and honor those lost to, and saved from, substance overdoses.
- **Reversing the Stigma** – showing of the OASAS produced documentary about the stigma of addiction and the hope of recovery.
- **South Glens Falls Holiday Parade** – members marched in the holiday parade and distributed information on recovery resources in our area.
- **Tree of Hope** – was present at Saratoga Springs' First Night Celebration. People were invited to personalize and add hand ornaments in support of recovery and to recognize addiction.

In addition, RAIS members participated in numerous education and community forums throughout Saratoga County.



*“We have had numerous comments about the usefulness of the Deterra packets and can barely keep them stocked.”*

**DONNA NICHOLS, Director at the Moreau Community Center**



The **Community Coalition for Family Wellness (CCFW)** completed its 4th year of community projects as an organization of caring community members working proactively to reduce youth substance use and risky behavior, while providing families with resources, education, and activities that promote safety, health, and wellness. During 2017, the coalition distributed 1,200 Deterra bags to 50 different business locations in Northern Saratoga County. Deterra bags provide people with a safe and secure manner to get rid of prescription medication so it is not misused. In addition, 150 medication lock boxes were distributed to realtors and home owners in Northern Saratoga County. CCFW's work is supported by a Federal grant from SAMHSA and serves Northern Saratoga County.



**2017 Y2Y**

Youth 2 Youth leadership conference is a way for students to gain the leadership skills necessary to become peer leaders to their classmates, and evoke real change regarding challenging obstacles they face in their everyday lives. After attending this national conference, the CCFW Youth Coalition was formed in South Glens Falls High School.

**AFTER PROM**



For the 4th year in a row CCFW has organized the After Prom Party at South High. The after prom party is a way for teens to stay safe on prom night. It offers a safe space for teens to have fun with their friends, with plenty of activities and food, in a safe location without drugs and alcohol. CCFW and South High rewards students for making the positive decision to stay sober on prom night with an amazing night to remember.



**Healing Springs Recovery Community and Outreach Center** opened its doors in May 2017. It was created to demonstrate hope, build recovery resources, and help sustain long term recovery for those in need. Individuals who experience a relapse often lose a connection to their community and their sense of purpose. By providing them, and their families, with information, peer support services, recovery community events and meetings, it is our hope that each individual will find something to engage their interests and find their sense of purpose.

In our first year, we assisted 217 individuals with a range of services. Some have become members and utilize the center for programming, some for support, while others come to volunteer. The Center provides 18 ongoing programs (yoga, arts, music) some on a weekly basis, and hosted 10 sober social events. Nearly all programs and services are free of charge for people in recovery and their families.





**STOP-DWI in Saratoga County was highly successful, billboard ads were viewed over 26,000 times!**

Media campaigns encouraged parents to begin conversations with their teens as well as promote safe driving messages on billboards in Saratoga County. Educational information was presented to high school students throughout the county encouraging health and safety at high school health fairs and tabling events. Prevention programs and presentations were coordinated and held at several school districts discussing topics such as drug awareness, distracted and impaired driving. Parents throughout Saratoga County received prom safety brochures supporting communication about safe after prom activities.



**All Stars Camp**

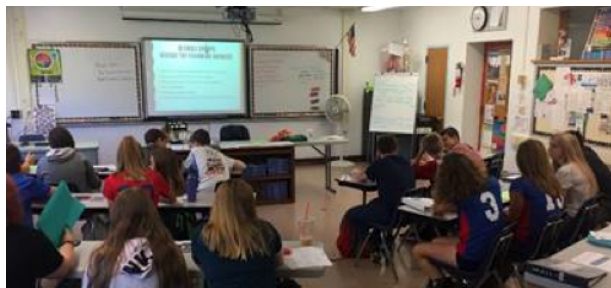
Nearly 200 students transitioning from elementary to middle school in the Saratoga Springs School District participated in our annual All Stars Camp, held in collaboration with the district. During the school year there are more fun educational and team building experiences through the lunch and after-school All Stars booster sessions. Thank you to the following agencies and businesses for the activities they brought to camp in the summer of 2017: Wilton EMS, Eight Star Martial Arts, Wilton Preserve, The Saratoga Battlefield National Park, and Saratoga Juice Bar.



*"I give All Star camp five stars! The kids were warmly welcomed daily and cared for in a high energy, caring and nurturing environment. Communication at pick up was awesome and it was refreshing to feel like the staff were genuinely passionate about working at the camp. The take home assignments were great, giving me an opportunity to reflect on important issues as well as help process the day with my daughter!"*  
**– ALL STARS CAMP PARENT**



**In 2017 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 ninth grade health classes in which youth examined popular advertisements for gambling activities and gained knowledge of the specific techniques that are used to influence both beliefs and actions. Capacity building was also a focus among teams of youth to share what they have learned with community members and to address the importance of reducing youth access to gambling activities.



The **Amy Stock Memorial** is a moving tribute to Saratoga Springs resident Amy Stock who was killed by a drunk driver in the summer of 2015. Her family worked with others to create this powerful display and it travels throughout NYS. We were honored to have it as part of the Safe Spring Student Conference in March 2017 where it was viewed by over 250 local high school students and SADD advisors.

*"Students loved the conference especially the distracted driving workshop with Officer Paul Pecor. It really opened their eyes to the dangers of distracted and impaired driving"*  
**KATHY HENRY-STARCE, BURNT-HILLS HS**



**2017 Safe Spring Student Conference**

Our annual Safe Springs Student Leadership Conference brought together nearly 260 high school students from every district in Saratoga County. Student leaders gather every March for a day of workshops and sharing of ideas to bring back to their districts for a safe and healthy spring.

Interactive and engaging workshops included the following topics: alcohol marketing, healthy relationships and everyday consent, Sources of Strength (suicide prevention), driver safety, bullying prevention, allyship through action and the consequences of drinking and driving.

We are grateful to the following groups for their support of the conference: Ballston Spa Elks Lodge 2619, Ballston Spa Lions Club, Saratoga Wilton Elks Lodge 161, Saratoga Springs Lions Club, VFW Post 358 Ballston Spa & Stop DWI Saratoga County.



**Responding to the Opioid Epidemic**

The Prevention Council participated in several community forums across Saratoga County in 2017, providing information and resources to assist residents in better understanding the risks of opioid pain-killers. We shared information on treatment services as well as support for families with a loved one living with addiction. Nearly 100 people attended the free Narcan trainings that were held monthly in Saratoga Springs. Participants learned how to use Narcan in an overdose situation, and received a Narcan kit to take with them. We worked with law enforcement monthly setting up Drug Take Back Days in 12 communities across Saratoga County; over the year, 300 households turned in unwanted medications for safe disposal.