

# 2018 ANNUAL REPORT



The **PREVENTION COUNCIL**

*Helping Youth Navigate Life's Challenges*





## From our Executive Director

Dear Friends,

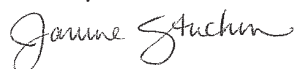
As our country continues to struggle with the opiate and prescription drug epidemic, we forged ahead with innovative and evidence-based programs across Saratoga County. In 2018 we expanded our addiction recovery services with the establishment of a Family Support Navigator (FSN). Our FSN travels extensively across Saratoga, Warren and Washington counties and in the first year of the program he reached over 100 families. In the fall of 2018 we began a partnership with the Saratoga County Sheriff's Department and the county jail providing outreach to both inmates and families. Many individuals are incarcerated due to their drug use, and when we can foster and support sobriety, everyone benefits.

In its second year, the Healing Springs Recovery Community Center continued to provide resources, referrals and hope to families and individuals on a daily basis. We began in January with about 60 people stopping in the Center, and by December, 460 stopped in, in that month alone. People recovering together is experienced every day at Healing Springs.

We continue to bring alcohol and other drug prevention education lessons to every school district in the county. Our agency has responded to the increase of vaping among youth with numerous programs for parents held in collaboration with local school districts. We have also provided trainings for staff, teachers and school administrators. This series of programs "Right Under Your Nose" are interactive and include a tour of a mock teen bedroom.

We remain steadfast in our belief, and witness every day, that prevention works and people recover from addiction.

Sincerely,



Janine Stuchin  
Executive Director

## In 2018, we provided:

### RISK AND RESPONSIBILITY CLASSES

**123** participants between the ages 15-21 attended

**879** 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

**190** students seeking mental health support services.

### BRIDGES OUT OF POVERTY

**41** 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

**63**

### COOL OUT OF SCHOOL

**653** youth

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

### TRAINING TO 49 VOLUNTEERS resulting in

**2,034** hours of service

at Healing Springs Recovery Center





Throughout 2018, **The Community Coalition for Family Wellness (CCFW)** worked to reduce the harm of drug and alcohol use by young people in Northern Saratoga County. Removing unwanted/unused medications in the community continued to be a priority. In 2018, several drug take-back events were held in collaboration with Hannaford and the Moreau EMS. Over 1,000 Detera kits, (drug destruction kits) to be used at home, were distributed with local partners. The Super Power Your Parenting media campaign expanded to empower parents to talk with youth about marijuana use and its negative health impacts. In the spring a community forum was held on opiates and youth went to local alcohol retailers with the Sticker Shock Campaign, reminding consumers not to purchase alcohol and provide it to someone underage. CCFW worked with the South Glens Falls School District in hosting the 5th annual After Prom Party in May. 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 supports students for making the positive decision to stay sober on prom night with an amazing night to remember. We're excited to report that we were successful in applying to the Federal Government for another 5 year grant to continue funded projects in South Glens Falls through 2023!



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



**Healing Springs Recovery Community and Outreach Center** celebrated its 1 Year anniversary in May of 2018! The Center 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 2018, we had 5,723 visits from individuals seeking our support and resources. We more than tripled the amount of programs/events we offer at the center to 67 from the previous year. We offer such programs as Reiki, art, yoga and numerous support meetings such as AA, NA, and more! We offer hikes and golf outings. Nearly all programs and services are free of charge for people in recovery and their families.





and reached over 100,000 viewers.

Educational information was presented to high school students throughout the county encouraging health and safety at high school health fairs and tabling events. As well as support for SADD Clubs, helping to recruit new members and encouraging students to make a difference in their school.

Our Stop DWI Saratoga County program involves four key focus areas: Students, Parents, SADD Club support, and Community Outreach! In 2018, we ran two billboard campaigns, one in the Spring, during prom season, to inform parents about the risks of underage drinking and preventing the purchase of alcohol for minors ran throughout Saratoga County and one during the holiday season, reminding all drivers to be safe and plan for a ride if they will be drinking. Each campaign ran in multiple locations in Saratoga County



We were also able to reach hundreds of parents and community members with alcohol prevention messaging through tabling at school health fairs, open houses, tabling events, community informational displays and local running events. Over 5,000 Prom safety brochures were given to parents in nearly all districts across Saratoga County, for the 5th consecutive year.

In December, we brought nationally known speaker, Officer Jermaine Galloway to present his High in Plain Sight training free of charge to educators, administrators, service providers and police officers in Saratoga County. This training provided comprehensive information on the latest alcohol and drug use trends in the United States. With increased knowledge on these topics, we can recognize and prevent impaired driving in our community.

## 2018 Safe Spring Student Conference

Our annual Safe Springs Student Leadership Conference brought together 250 high school students from every district in Saratoga County. Under the theme, **You Have an Impact, Make it A Good One**, student leaders gathered for a day of workshops and sharing of ideas to bring back to their districts for a safe and healthy spring. Our keynote speakers from **Sweethearts & Heroes**, Tom Murphy and Rick Yarosh focused on leadership through empathy. Empathy activation and what it takes to carry hope and take action for someone.

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: Malta Sunrise Rotary, Saratoga Wilton Elks Lodge 161, Saratoga Lions and Stop DWI Saratoga County. A hearty thank you to the Saratoga Auto Museum for bringing the distracted driving simulators!



*The Keynote presentation of Sweethearts & Heroes was very motivating and inspiring for our SADD club members. The Advisor Workshop is always a great way for us to network with other advisors and share ideas with other SADD Clubs.*

— SADD ADVISOR



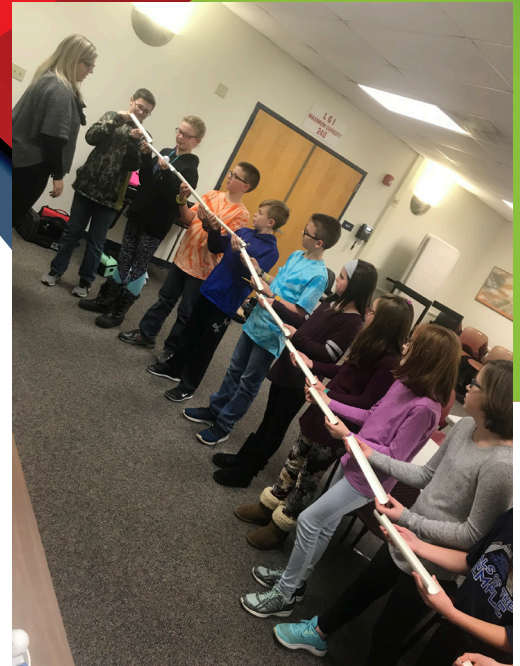


*My son had a very positive experience. He enjoyed it so much that he thinks he would like to be a helper when he is eligible.* — **ALL STARS CAMP PARENT**



## All Stars Camp – Preparing Students for Middle School

During the summer of 2018, we partnered with the Saratoga Springs School District to provide a fun, educational experience for nearly 200 students transitioning from elementary to middle school in the Saratoga Springs School District. During the school year, the fun educational and team building program continues with the All Stars booster sessions held during the lunch and after-school programs. Thank you to the following agencies/businesses for their special programs during our summer camps: Wilton EMS, Eight Star Martial Arts, Wilton Preserve and Saratoga Springs Police Department.



*I think we are very lucky that you offer this camp to us, thank you!!!!* — **ALL STARS CAMP PARENT**



## Family Support Navigator

In early 2018, Brendan Norton, our **Family Support Navigator** joined our team to provide support and resources for families impacted by addiction in Saratoga, Warren and Washington counties. Many people don't know what to do or where to go when they have a loved one who is struggling with an addiction. We provide introductions to community agencies, insurance providers and assist in

navigating barriers to addiction recovery services. Best of all, our services are FREE. Every month our Family Support Navigators assists about 20 families in our region. Throughout 2018, Brendan held 32 weekly family training groups at Conifer Park on the Science of Addiction and Recovery, as well as three community presentations at Excelsior College and the Corrections Academy. In the fall of 2018 we expanded our services to assist families with loved ones incarcerated in Saratoga and Washington County jails. We are grateful to continue this collaboration with law enforcement in the current year.



*Brendan Norton is a testament that recovery is possible. He is extremely knowledgeable, professional, kind and compassionate. Addiction is a family disease and we all suffer. What Brendan offers is priceless and can calm the chaos as he navigates your family through this devastating disease.*

— **QUOTE FROM A FAMILY**

## Narcan Training

**Narcan training** saves lives and offers hope for recovery for those with an opiate use disorder. Every month, Healing Springs Outreach and Community Center offers FREE Narcan Training to the community. In 2018, nearly 100 individuals were trained in the administering of Narcan. They learned the signs and symptoms of an opioid overdose, how to use Narcan to respond to an overdose and each individual received a free Narcan kit.



**COMMUNITY MEMBERS  
LET US SAVE LIVES!**

**FREE training on Heroin/Opioid  
Overdose Prevention**

**HEALING SPRINGS  
RECOVERY CENTER**  
125 High Rock Ave.  
Saratoga Springs, NY  
(parking lot, entrance at blue awning)

**2019 DATES:  
SECOND TUESDAY  
EVERY MONTH  
@ 6pm**

- Learn the signs and symptoms of heroin and opioid overdose.
- Learn how to use Naloxone (Narcan) to respond to an overdose
- Each individual will receive an Intranasal Naloxone kit as part of the training

**FOR MORE INFORMATION AND TO REGISTER  
(518) 306-3048**

SPONSORED BY: PREVENTION COUNCIL OF SARATOGA COUNTY, HEALING SPRINGS RECOVERY & COMMUNITY CENTER, AND NYC OFFICE OF ALCOHOLISM & SUBSTANCE ABUSE SERVICES







*The children LOVE the puppets as an added bonus to the Protecting You, Protecting Me Safety program! I often catch myself laughing, as do the kids as she presents the lessons with animated skits that really keep the children's attention! The children look forward to her presentations!!*

**– LAURA HENZEL,  
2ND GRADE TEACHER,  
TANGLEWOOD  
ELEMENTARY SCHOOL,  
SOUTH GLENS FALLS**



## Prevention Education in Schools

Our team of Prevention Specialists presented drug and alcohol prevention programs to over 4,000 students in 14 school districts across Saratoga County. Programs were presented to youth K-12.

*The Prevention Council has been coming into my classroom for over twelve years and I still look forward to the presentations to the 3rd graders on anger management, conflict resolution and anti-bullying messages! The puppets are the kid's favorite and Mrs. Lane always makes it fun to learn with her interactive approach. A valuable asset to the Prevention Council!!*

**– DIANE WAKULENKO, 3RD GRADE TEACHER,  
STEVENS ELEMENTARY SCHOOL, BURNT HILLS- BALLSTON LAKE**



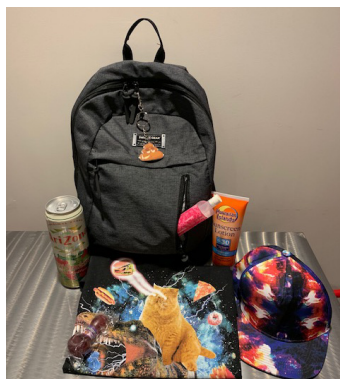
## In 2018, in conjunction with the Prevention Council, RAIS sponsored the following events:

- **Soberbowl Party** – a well-attended event where attendees could celebrate the Super Bowl on the BIG screen 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 to request much needed changes in substance abuse prevention, treatment, intervention and education.
- **Overdose Awareness Day Vigil** – held on August 31st at Congress Park to remember and honor those lost to, and saved from, substance overdoses.
- On a raw, rainy Saturday in October we held the **1st Annual Dan Provost Memorial Walk for Awareness and Recovery** at Skidmore College with over 200 friends, family and community members!
- **South Glens Falls Holiday Parade** – members marched in the holiday parade and distributed information on recovery resources in our area.

In addition, RAIS members participated in numerous educational forums and panels. They meet monthly with speakers connected to addiction recovery and welcome members who want to advocate for recovery.







## Trending Topics: Vaping & Marijuana

In 2018, we provided 8 interactive workshops to educators, administrators and parents in communities and school districts throughout Saratoga County. Our

outreach team delivered the program “Right Under Your Nose” which 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.

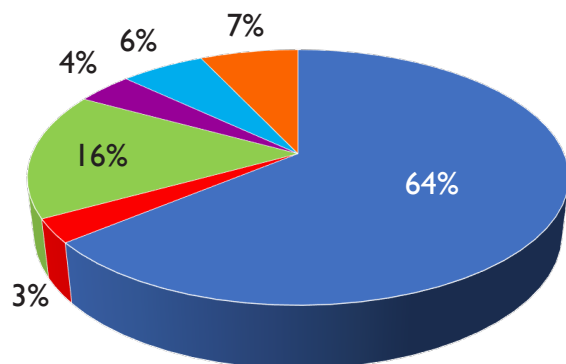
Our Prevention Specialist also explains Vaping – the latest trend for kids.



*“I thought I knew what was up. This was eye opening, so much has changed in the last few years.”*  
– **SCHOOL ADMINISTRATOR**

## 2018 Funding Sources

Our work is made possible through various federal, state and county grants. Schools, programs and donors also support prevention education, recovery and outreach in Saratoga County. Thank you to everyone who donated to The Prevention Council in 2018!



STATE GRANTS	PROGRAMS
DONATIONS	COUNTY GRANTS
FEDERAL GRANTS	SCHOOL DISTRICTS



**TUFF eNUFF 2018 was a super fun, super muddy adventure and a great success!**



Nearly 500 participants splashed their way through the kids course and teen/ adult challenge. This event is our annual agency fundraiser and support from local businesses help us to fulfill our mission of Helping Youth Navigate Life’s Challenges. Thank you to our generous sponsors: Wesley Health Care Center, Four Winds, Priority One Payroll, Jaeger & Flynn, Thomas and Betsy Porter, Conboy and Mannion, Roohan Realty,

Cudney’s Launderers & Dry Cleaners, Ayco, Fidelis, Ballston Spa National Bank, Kodiak, Granite Excavating, West & Company CPAs PC, Turf Hotels, Hampton Inn & Suites Saratoga Springs, The Dance Lab, Wellspring, Adirondack Trust, Marshall & Sterling, Stewarts, The Christopher Dailey Foundation, Gateway Dermatology, Union Coachworks, DA Collins, BOA/Merrill Lynch, Byrne Orthodontics, Kohls, Light Rain Foundation and Bond, Schoneck, and King.

**TUFF eNUFF 2019 will be held on Saturday, June 1st! Visit our web site for more information and sponsorship opportunities!**







## 2019 BOARD OF DIRECTORS

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(Top to bottom) Certified Recovery Peer Advocate (CRPA) class photo with Instructor Ginger Cato; Officer Galloway and Prevention Council staff; Renegade Pigs presenting a check from Bikers Against Bullying event and Prevention Council staff; Healing Springs entrance, "Back lot, blue awning" with volunteer Alan Murawski, Associate Director Lillian McCarthy and Brendan Norton, Family Support Navigator; Healing Springs Advisory Committee members: Kathy McNeice, Dr. Renee Rodriguez-Goodemote and William Suess.

Front page photos, clockwise: Officer Paul Pecur with students at our Safe Spring Conference, All Stars Camp with Saratoga Springs Police mounted patrol, Prevention Educator Amalia Currier with students at Harrison Elementary School, South Glens Falls, Maple Ave Middle School All Stars lunch-time program.



**The PREVENTION COUNCIL**

*Helping youth navigate life's challenges*

### ADMINISTRATIVE OFFICE:

125 High Rock Avenue  
Saratoga Springs, NY 12866  
518.581.1230 fax 518.581.1240

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

### HEALING SPRINGS RECOVERY

#### & OUTREACH CENTER:

125 High Rock Avenue  
Saratoga Springs, NY 12866

(Rear Parking Lot, Blue Awning)

 @PrevCouncil

 The Prevention Council  
of Saratoga County