



The PREVENTION COUNCIL

ANNUAL REPORT 2023



Prevention Works.
Recovery Happens.

Together, we are making Saratoga County a healthy community!



MESSAGE FROM THE 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.

Dear Friends,

Later this spring I will be retiring. It has been my privilege to work at the Prevention Council of Saratoga County for over 20 years, and to serve as Executive Director for eleven.

In 2023 we expanded our addiction recovery services with support from the Saratoga County Board of Supervisors and their allocation of NYS Opioid Settlement funds to support families impacted by addiction. We partnered with First Responder services, clergy and funeral home staff to assist families in times of crisis. Working with the Saratoga County Sheriff’s Department, we expanded outreach to families with follow-up after an overdose.

We continue to educate ourselves on emerging best-practices. We updated our family support services to offer Invitation to Change, a nationally recognized approach. Our staff offers this program, which trains families to handle their loved one’s addiction by inviting change, not demanding or forcing it. In addition, we trained providers with other human service agencies in our region with this model.

Every day our staff strives to reduce stigma, provide hope and understanding of substance use disorders. At our core, we provide young people with the skills to choose healthy behaviors. We are dedicated to achieving a compassionate and informed community where individuals and families are empowered to reduce their risk of addiction and obtain services they need.

We infuse our work with optimism and resiliency.

Thank you for your support,

Janine Stuchin
Executive Director

VOLUNTEER OF THE YEAR 2023

Recipient:
Rebecca (Beckah)
Turgeon



Beckah is a Reiki Master, who has been volunteering her services at Healing Springs Recovery Center since 2021. She has been helping people heal on their recovery journey. Not a week goes by that her Monday Reiki session slots aren’t filled up; Beckah has been a reliable and caring person in our community. “Beckah is a creative and a spiritual individual who loves to help. Thank you for giving your time to Healing Springs”, Megan Himmel, Volunteer Coordinator.



"The librarian just handed me the "goody bag" of amazing books and posters so kindly donated to our school! Such great things, thank you! I will be reading some of the books to the kiddos this week!"

-Teacher, Schuylerville Elementary School



"Thank you for being such a valuable source of information and support for both my students and me. This program provides them with facts and with the confidence to make the safe choices for themselves. It is the perfect recipe for prevention!"

- 5th grade teacher



"I learn something new every year from this program. I wish my own children had been able to have the TGFD program when they were in 5th grade."

- 5th grade teacher Ballston Spa (Too Good For Drugs)

Prevention Works.

Our Prevention Specialists provided lessons to 3,500 students across Saratoga County, primarily in grades K-7. Our curricula included: Too Good For Drugs; Protecting You, Protecting Me; Too Good for Violence and Life Skills. Universal primary prevention programs provided youth, regardless

of personal circumstances, the tools necessary to develop healthy decision-making and coping skills. These tools emphasized identification of feelings, encourage empathy and taught the ability to express emotions in a healthy and productive manner.

Over 250 parents and other adults participated in evening programs we hosted to assist adults in better understanding drug use trends. "Right Under Your Nose" was a popular and interactive program.



"My son comes home after each lesson and tells us about what he's learned. The more these children hear the positive messages you bring, the better they will be able to handle all of the craziness of our world."

- parent of Burnt-Hills Ballston Lake 3rd grader (Social Perspectives: Too Good For Violence)



"The music teacher at a local elementary school, just stopped to tell me one of their at-risk 5th grade kids asked to write a song about the risks of taking drugs. He applauds our program and said the kids were all talking about it"

- Patty Kilgore, Director of School Based Services



"Your student assistance staff does such great work with everyone at the High School. I'm happy that I'll be able to continue working with her and the Prevention Council."

- Student Assistance Director

Recovery Happens.

Peer-supported, addiction recovery services are growing and saving lives in Saratoga County. In 2023 we launched 3 new programs in collaboration with community partners. Our peer staff, Certified Recovery Peer Advocates (CRPA's), are making a difference at Saratoga Hospital, with Veterans, and providing support across Saratoga County after an overdose.

A Certified Recovery Peer Advocate (CRPA) is now embedded at Saratoga Hospital. In the first four months, 68 individuals received peer-support services within the hospital setting. This CRPA provides services to all departments.



“ We run a weekly recovery group on the Behavioral Health Unit as well as working within the emergency department and throughout the other floors. I like helping put individuals in a place to help themselves. It gives me a lot of gratitude. ”
- Brendan, CRPA



Peer support services are also expanding within the Veteran community. We have built partnerships and relationships with Saratoga County Veteran Services as well as the Veteran Community Housing Coalition. In the past 7 months we have worked with 18 veterans addressing substance use concerns. Our CRPA provides a weekly All-Recovery group at the Veteran women's house and the men's house.

“ We attend peer meetings as well as go into the county jail to meet with Veterans who are incarcerated and have a substance use disorder. I am deeply honored and moved when I meet and work together with our men and women Veterans, to hear their stories and struggles. I meet them where they are at, and work with these individuals who have served our country, to develop their own pathway to recovery and assist with other supports as they may need them. ”
- Leslie, CRPA

The Second Chance Program is provided in collaboration with our CRPA and local law enforcement agencies to provide support for individuals who have overdosed. Follow-up and resources are provided to the individual as well as the family members. Current agencies participating are: Saratoga County Sheriff, Saratoga Springs Police Department and Mechanicville Police Department. In 2023 we provided post-overdose support to 89 families and individuals across Saratoga County.

“ We are truly grateful for the partnership we have with Healing Springs. It is no exaggeration to say that the program would not be anywhere near what it is without the support and efforts of these exceptionally dedicated, compassionate people. ”
- Captain Dan Morley, Saratoga County Sheriff's Department

FAMILY FOCUSED

Addiction is a disease that affects the whole family.

In 2023, the Saratoga County Board of Supervisors allocated Opioid Settlement funds to support families in our county impacted by a loved one's substance use disorder. This same year there were 727 non-fatal and 39 fatal overdoses in Saratoga County. Families are overwhelmed, they are grieving and they need support. Working with staff at funeral homes, first responders, law enforcement and clergy, we distributed 120 Grief and Recovery Resource bags to families in our county. Every week we host family/friends support groups and a monthly grief group (GRASP) at our Healing Springs Recovery Center.



“ As first responders, we wield the ability to provide crucial resources in moments of uncertainty. Through the resource bags provided by Healing Springs, we extend not only our hands but also our hearts, offering vital support during a vulnerable period for patients and families immediately following an overdose. Thank you. ”

– Wilton Emergency Squad, Inc.

We grew our Family Support Navigator staff and trained staff at other human service agencies to better address the needs of families impacted by substance-use disorder. In 2023, 418 Families were assisted by our Family Support Navigators in supporting their loved ones from active addiction to recovery.

“ I made a frantic call to Healing Springs and was greeted by a calm voice and allowed to talk for quite some time. The calm voice gave me hope. I was then given a Family Support Navigator. I will never forget the first appointment, what a wonderful person. I made some changes and learned a new way. I am so grateful.

Letter from a mother

SOBER SOCIAL ACTIVITIES

Addiction is a disease of isolation; people recover together.

“ The All-Recovery meetings are what made me start to believe that recovery is possible. ”



“ Having a rough day... after talking to a peer made me feel more comfortable and able to continue. ”

2023 ACCOMPLISHMENTS

By the *Numbers*



NEARLY 3,400
INDIVIDUALS AND FAMILY
MEMBERS attended over 55
addiction recovery groups
and sober social events
hosted by Healing Springs
Recovery Center.



OVER 650
INDIVIDUALS utilized
our certified recovery
peer advocates (CRPA)
services to either begin, or
further, their recovery from
addiction.

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



OVER 1,100
NARCAN KITS
distributed to Saratoga
County residents.



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

500+ YOUTH FROM
9 ELEMENTARY SCHOOLS
participated in our "Be
A Hero, Respect Others"
poster contest.



OVER 225
STUDENTS
received mental health
support services during
the school year.



DWI Victim Impact Panel
programs reached
500 COURT MANDATED
DWI/DWAI OFFENDERS.



3,500 STUDENTS ACROSS
14 SCHOOL DISTRICTS
received mental health
support services during
the school year.

DONATIONS OF TIME AND MONEY

We have a lot of fun in recovery ... floating down river at the Mechanicville Anything That Floats event or volunteering at Healing Springs Recovery Center... Does your agency or community have an event we can join in? Reach out and let us know, we'll be there!



“ We are so grateful for the 36 volunteers who provided 2,255 hours of service at our Healing Springs Recovery Center in 2023. ”

2023 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.

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.

- \$15,500** —————
Dan Provost Memorial Walk – Friends & Family
- \$3,800** —————
2023 Shelby Countermine Memorial Ride – Friends & Family
- \$2,500** —————
Stewart's Shops Corp.
- \$1,500** —————
The Suesse Charitable Fund
- \$1,000** —————
Adirondack Trust & Company
Ballston Spa National Bank
Bond, Schoeneck & King
The Christopher Dailey Foundation
Conboy & Mannion Contracting, Inc.
Ann Crowell & Steven Shultz
Cheryl Leyden
International Renegade Pigs MC of Saratoga Inc.
The Light Rain Foundation
- \$500** —————
Albany Pool Rebuilders
Bank of America – Merrill Lynch
Brian Cuneo
The Business For Good Foundation, Inc.
Davis-Doern Family
HMS Agency, Inc.
One Digital
Pam Havens
Rockefeller Capital Management
Sanity Seekers
Saratoga Honda
West & Co CPAs
James & Arielle Woodul

- \$300** —————
Kimberly L. Goodwin
Pam Havens Birthday Fundraiser
- \$250** —————
American Addiction Centers
H. Ames
Cudney's Laundry
Gateway Dermatology
Kodiak Construction, Inc.
Kohl's Company
The Ladd Family
Merrill Lynch The Moloney-Leonard Group
NY Pain Management
Priority One Payroll LLC
Saratoga Sod Farm
Saratoga Springs Rotary Club
Siena Fence Company
Trans-Border Global Freight Systems Inc.
Turf Hotels
- \$200** —————
Renee Akel Rosebrook
Donna Cohen
Michael G. Holland, MD
Barbara & Brad Morano
Susan Bunting Olszewski Birthday Fundraiser
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- \$150** —————
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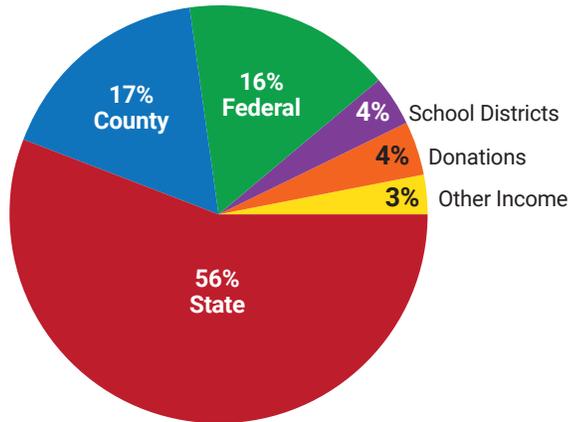
- \$100** —————
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Union Coachworks
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Dianne Roberson
David Rosenberg
Donald & Ellen Shannon
Saratoga Sharpshooters 4-H Club
Beth Silaika
Spencer Staggs
Linda Stumbaugh
Jonathan Zeller
Mary Zeno

2023 FINANCIALS

COUNTY	323,891.55
STATE	1,076,079.25
FEDERAL	300,661.13
SCHOOL DISTRICTS	76,200.00
DONATIONS	70,304.74
OTHER INCOME	60,207.88

TOTAL \$1,907,344.55



The PREVENTION COUNCIL
Helping youth navigate life's challenges

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ADMINISTRATIVE OFFICE

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 Saratoga Springs, NY 12866
 518.581.1230
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Visit us at 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

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

Thank you to our donors: Dan Provost Memorial Walk for Awareness & Recovery, Renegade Pigs Motorcycle Club – Saratoga Chapter, Ballston Spa National Bank, The Shelby Countermine Memorial Ride, plus TUFF eNUFF Mud Run participants/sponsors.

