

2022

# ANNUAL IMPACT REPORT

Encouraging Prevention with Education and Resources

## Dear Friends of EmPoWER,

I am excited to share with you all of the amazing work that EmPoWER Somerset has accomplished in 2022. We are constantly striving to strengthen our commitment to prevention, recovery, and stigma-free communities through education, collaboration, and connections to resources. Our team has been inspired by the incredible youth, veterans, families, and communities we serve and remain grateful for the opportunities we have had to fulfill our mission. We know that recent events in our country and across the world have had a significant impact on young people, which is why we have dedicated more staff and resources to preventing youth suicides and mental health crises, particularly in under-resourced communities.

EmPoWER Somerset became the statewide coordinator for the Lifelines Trilogy. As a comprehensive suicide response and prevention program, Lifelines supports school districts in becoming competent communities, communities in which everyone cares about each other's welfare and knows how and where to seek help when a community member is in need. This empowerment model expands the role of suicide prevention from the counseling office into the entire community, including parents and caregivers. We also continue to deliver Mental Health First Aid trainings to the larger community so that caregivers, family members, friends, and any caring individual can identify, understand and respond to signs of mental health and substance use challenges and connect a person to help.

Our Overdose Fatality Review Team has been instrumental in bringing awareness to the devastating impacts of opioid overdoses and other overdose deaths. We have begun distributing Narcan in the community to individuals, businesses, places of worship, and other community settings, making it more accessible to those who need it. Our efforts to increase the accessibility and prevalence of Narcan and other recovery resources in the community, combined with our awareness initiatives around the devastating effects of overdose deaths, will help us make a significant impact in preventing future tragedies.

I am so thankful for the entire EmPoWER team and the positive impact they have had on the community in 2022. There is much more work to be done, and we remain committed to creating inclusive, equitable, stigma free communities for all. I want to thank our volunteers, funders, and partners for the support, expertise, and guidance throughout the year and I can't wait to see what we accomplish together in the future!

With gratitude,



Kristen Schiro  
Executive Director



EmPoWER staff at the 10th Annual Veteran Appreciation Dinner, hosted for Veterans at Valley Brook Village and Community Hope, Sponsored by NJPN and Stirling Elks Lodge,



# A Year In Review

## Prevention Education

240 sessions of prevention education programs were delivered, serving

- ▶ 22 families
- ▶ 328 youth
- ▶ 95 veterans
- ▶ 96 adults

"By going to the programs, I realized I am not alone in my problems... If I hadn't gone to these classes, I would of never known that other people are going through what I am going through."

*Veteran Program Participant*

## Screening, Brief Intervention & Referral to Treatment (SBIRT)

- ▶ 30 professionals trained in SBIRT
- ▶ 233 students completed AlcoholEdu®



Veterans at the Wellness Initiative for Senior Education (WISE for Veterans)



Kindergarteners having a blast at Happy, Healthy Me!

## Mental Health Awareness

521 individuals trained in Mental Health Awareness

- ▶ 498 participants trained in Mental Health First Aid (MHFA)
- ▶ 23 participants trained in Question, Persuade, Refer
- ▶ 45 instructors certified to teach Youth MHFA and Adult MHFA

"Knowing that it is okay to realize when something is too big for me to handle and to ask for help from appropriate sources."

*Mental Health First Aid Training Participant*

## Lifelines Suicide Response and Prevention Program

- ▶ 51,966 students attend Lifelines schools
- ▶ 16 total school districts currently participate in Lifelines

# Adolescent School Health

6,402 students were impacted through school health programs

- ▶ 543 families participated in educational workshops for teens and parents/caregivers
- ▶ 584 educational videos were viewed on SoberTruth4Youth.org in English and in Spanish

"[The instructor] was great and very pleasant. It was a very comfortable atmosphere to speak and I enjoyed the role play. Keep up the great work you do for all teens and parents!"

*Teen Speak Participant*

## Personal Responsibility Education Program (PREP)

Teen Pregnancy and STI Prevention

- ▶ 307 youth participated in Reducing The Risk
- ▶ 120 parents/caregivers participated in Teen Speak
- ▶ 283 participants participated in PREP educational workshops



Facilitating Teen Speak Workshop



EmPoWER Youth Advisory Board at IPlay America

## SC Overdose Fatality Review Program (OFRP)

- ▶ 33 case reviews conducted
- ▶ 10 recommendations developed
- ▶ Media awareness campaign and Narcan trainings and distribution to businesses, individuals, community settings, and hotspots

## Pioneer Family Success Center (FSC)

- ▶ 388 families served
- ▶ 1,372 individuals served
- ▶ 8,037 views on social media
- ▶ 356 linkages and referrals made





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