



# 2022- 2023

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## Annual IMPACT

✉ 1507 20th St, Vero Beach, FL 32960

🌐 [www.sacirc.org](http://www.sacirc.org)

📍 Substance Awareness Center  
of Indian River County

# ABOUT US



## Our Mission

To reduce the impact of substance misuse and behavioral health disorders in Indian River County through prevention, education, treatment, and recovery support.

## 1 in 6

Americans struggles with a substance use disorder.



## WHAT WE DO

The Substance Awareness Center of IRC was founded in 1989 as a resource for information and referral and has expanded the services offered as the community need has increased. We embrace two positions, **Prevention Works!** and **Recovery Works!**

**Prevention Works!** The Substance Awareness Center of Indian River County is the leader for prevention in our community, providing universal prevention services to all middle school students, provide indicated prevention services to high risk youth, and proving community prevention based strategies through The Communities That Care and SAFIR Coalitions.

**Recovery Works!** The Substance Awareness Center is committed to serving our community and sharing the hope, healing, and possibilities that come with recovery from substance use disorders. We offer an intensive day treatment, a flexible outpatient, and Recovery Assistance, which consists of housing, counseling, and recovery support services. In addition we offer CRAFT for Family and Friends to those who are impacted by someone's substance use, as well as Peer Recovery Support Services and Narcan training and dissemination.



# PREVENTION WORKS!

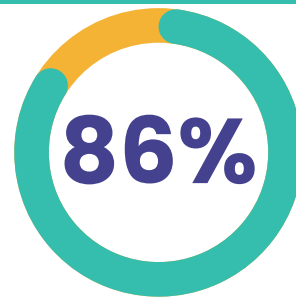
## Universal Prevention

Our Universal Prevention strategy aims to build the skills necessary to achieve success and reduce the likelihood of substance use and other health risk behaviors. Our team of trained prevention specialists deliver evidence-based programming in the classroom at their dedicated schools or community partner sites. Evidence-based curriculum delivered include: **LifeSkills Training**, **Prevention Plus Wellness (SPORT, Vaping, and Marijuana)**, and **Erika's Lighthouse**.

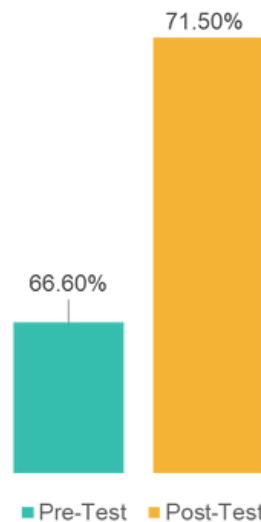
### Total Served:



**5,313 youth** in 5th–9th grades received universal prevention services.



**significantly increased knowledge** on the importance of sleep, nutrition, and physical activity and the harms of substance use.



Participants were **more likely** to know **how to get help for themselves** after participating in the program.

### Total Served by Grade:



Elementary: **525 students**  
Middle: **3,761 students**  
High School: **1,027 students**

# PREVENTION WORKS!

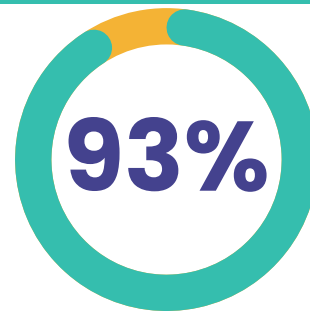
## Indicated Prevention

Our Indicated Prevention strategy is designed to focus on the individualized needs of each person served, seeking to maximize opportunities for success. The program serves youth who have engaged in risky behavior most often identified and referred by law enforcement, the juvenile justice system, or the school district. The program is designed to reduce identified risk factors and strengthen protective factors. Youth in the program receive individual, group, and family sessions.

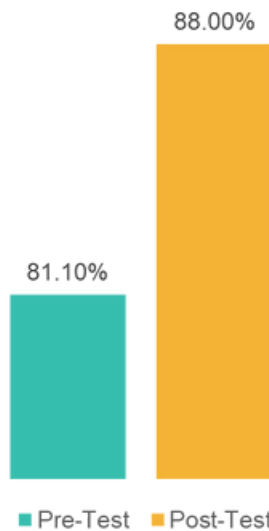
### Total Served:



**365 youth** were served by our ReDirect program.



of participants reported that they would **use the skills** learned in this program **in the future**.



Participants were **significantly more likely to use a goal setting** model to complete difficult tasks or reach a long-term goal after completing the program.



of participants reported they would be able to **refuse substances**, if offered to them, **after completing the program**.

# PREVENTION WORKS!

## SAFIR Coalition

The purpose of the SAFIR Coalition is to develop, implement and promote environmental strategies to reduce substance misuse in Indian River County. The SAFIR Coalition works to empower and mobilize our community to reduce the use of alcohol, marijuana, and other drugs by Indian River County youth through education, support, collaboration, and action.

### Initiatives:

**Chat & Chew:** Our Chat & Chew program educates youth on the facts of substance use. This year, our coalition **educated 4,000 students.**

**Family Fun Festival:** Our annual Family Fun Festival connects families with free resources available in the community while providing fun activities. This year, we had **1,000 families in attendance.**



### Initiatives Continued:

**Hidden In Plain Sight Trailer:** Our parent education tool on current trends in substance use. This year, we educated **400+ parents.**

**Bus Advertisements:** Have you seen our campaigns, **Talk They Hear You** and **One Pill Can Kill** on the GoLine? We had **881,450 impressions** this year.

**DEA Takeback:** This year we collected and properly disposed on **288 pounds** of unused prescription medication.





# PREVENTION WORKS!

## AIM Youth Coalition

Our Advocates in Motion (AIM) Youth Coalition, focuses on building leadership skills among youth in Indian River County. The groups focus on volunteering and organizing events all focused on improving their school and community. This year we had clubs at Boys & Girls Club Vero Beach, Sebastian, and Fellsmere, Indian River Charter High School, and Storm Grove Middle School.

### Initiatives

**Friday Night Done Right:** An alternative event for youth to have fun without substances. **We hosted 4 events in 2022-2023 for youth.**

**Youth Summit:** The first annual youth summit included great leadership training and **30 participants!**



### Escape Room:

The AIM Group at Indian River Charter High School created a **mad scientist themed escape room** to **educate** participants on the **dangers of vaping**. This was held at the school's annual carnival event. **Over 70 participants** went through the escape room and tested their knowledge in the room.



We are looking forward to continuing our work with youth in Indian River County thanks to our partnership with the Indian River County School District!

# PREVENTION WORKS!

## Communities That Care



Communities that Care is an evidence-based process that focuses on developing a community-wide system for prevention through collaboration with key leaders and community members. The goal of the process to improve the lives of youth and families by addressing the specific risk factors proven to prevent substance use: delinquency, school dropout, violence, teen pregnancy, and depression and anxiety. Risk factors, or the predictors of these problems, are addressed in four areas: community, family, school, and individual.

### Partnerships:

Communities That Care is made possible with the support from Indian River County's Key Leaders on the **Executive Roundtable of Indian River County**. It is also made possible through the support and time of **42 local organizations**.



### Progress:

Communities That Care is a 5 phase process. This year, **60 people received training on the Communities That Care process**. The group is **60% complete with Phase 3** at the end of 2023.

### Risk Factor:

The Communities That Care community board was responsible for selecting one risk factor they want to reduce for Indian River County youth. **The prioritized risk factor is Family Management.**

In Indian River County, **46% of youth have this risk factor.**

# RECOVERY WORKS!

## Treatment

Treatment is designed to meet the needs of adults with substance use and co-occurring psychiatric disorders, along with their families and support system. Services include individual, group, and family counseling, as well as substance abuse education, healthy coping skills, trauma resolutions and motivational enhancement strategies for achieving and maintaining a substance-free lifestyle.

### Total Served:

**170 adults** were served by **outpatient** treatment. **37 adults** were served in our **day treatment** program



of clients reported having **positive coping skills** to maintain recovery **at discharge** from our program.

### Testimonial:



"I am so grateful that this program exists. Because of their caring staff and treatment methods **I was given my life back**, free from addiction. I am building my life back based on the foundation they provided. **I no longer fear the future**, but look forward to it with a sense of optimism and promise."



of clients **maintained recovery 6 months after discharge** from our programs.



# RECOVERY WORKS!

## Recovery Assistance



Recovery Assistance is dedicated to providing men in early recovery with a sober living environment structured to facilitate their transition into a life in recovery. The goal for our program is to provide a safe, healthy, supportive recovery environment with services that help nurture the development of a recovery support system. Our program provides structure, support, and accountability which helps guide our residents in developing the skills and tools they need to support long-term recovery.

### Total Served:

**22 men** were served by our Recovery Assistance Program and we celebrated **6 successful discharges**.

### Testimonial:

"The staff expresses sincere interest in every client in the Recovery Assistance Program (RAP) housing which helps make a very difficult time easier and reduces the stress and anxiety level. **RAP has provided me with opportunities to connect with my peers.** They have been very generous to me, including the **opportunity to remain in sober living at RAP as long as necessary with the only requirement of willingness to keep working on my recovery.**"

### Recovery Capital Scale:



clients had an average increase of **30 points** on the recovery capital scale. The recovery capital scale measures **social, personal, and cultural** resources that **aids in recovery**.

# 100%

of RAP clients were **employed at discharge**.

# RECOVERY WORKS!

## Peer Support

SAC employs peer support specialists, who are trained to use their lived experience to help others. Peers have the ability to build trust and identity through their lived experience. Our use of peers to assertively engage and help retain persons with substance use disorders into treatment is a vital part of changing lives and improving our community. Our peer outreach extends to multiple community partners including the Indian River County Jail, with the goal of helping those who are most vulnerable to substance use disorder are offered services.

### Total Served:

**2,124 Adults** with Substance Use Disorder were reached by Peer Outreach building **motivation** and **hope for recovery**.



### Narcan:



Narcan is an **lifesaving opioid reversal** medication. This year, our peers **trained 554 adults** in how to use Narcan and **distributed 1,193 Narcan kits** in the community.

### Jail Program:

**158 inmates** were served by our Peer Jail Treatment Program.

Skills learned:

- **Relapse Resiliency**
- **Refusal Skills**
- **Hope**
- **Values Essential for Recovery**

# TRAINING HIGHLIGHTS

Substance Awareness Center staff was selected to present at state and national conferences in 2023. The Substance Awareness Center was recognized for the great work we do in Indian River County and we were able to share that work as a model for other communities.

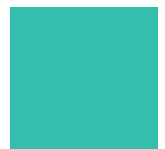
## CADCA MIDYEAR CONFERENCE- JULY 2023

Kyleigh Savoie, Substance Awareness Center, and Lt. David Bailey, Indian River County Sheriff's Office presented at the CACA Midyear Conference in Grapevine, Texas. Their presentation **'What's The Point? Overcoming Barriers in the Fight against Vaping through Community Collaboration'** highlighted the work of SAC in Indian River County to address vaping and related challenges through partnerships. Highlights of the presentation included Chat & Chew, ReDirect, and Hidden In Plain Sight. The presentation had **over 250 attendees**.



## FLORIDA BEHAVIORAL HEALTH ASSOCIATION CONFERENCE- AUGUST 2023

Michele Buldo and Carrie Lester presented at the Florida Behavioral Health Conference in Orlando, Florida. Their presentation **'Prevention Synergy: How Providers and Coalitions Work Together to Create Change'** walked participants through a synergy activity to highlight how each person is just one piece of a larger puzzle. The participants learned the 7 strategies for change and were able to learn about the work of SAC. The presentation had **over 75 attendees** from across the state.



# FINANCIALS



## THANK YOU TO OUR FUNDERS!

The work of the Substance Awareness Center would not be possible without the support of our funders.\*

Bernard A Egan Foundation, Inc.  
Boys & Girls Club of IRC  
C.O.R.E. Program  
Camp Haven  
Camp-Younts Foundation  
Board of County Commissioners Children  
Services Advisory Committee  
Communities Connected for Kids  
Croom Construction Company  
Department of Juvenile Justice  
Drug Free Communities- Dept. of Health and  
Human Services  
Exchange Club of Vero Beach  
Florida Alcohol and Drug Abuse Association  
George E Warren Corp  
Grand Harbor Community Outreach Program  
ImageNet  
Indian River Community Foundation  
Indian River Charter High School

Indian River Habitat For Humanity  
Indian River County Hospital District  
Irene & Ed Cauwels  
J.M. Hopwood Charitable Trust  
Johns Island Community Service League  
Johns Island Foundation, Inc.  
Massey Romans Capital  
Nuttall, Donini & Associates  
QuitDoc Research & Education  
Foundation  
Samaritan Center  
School District of IRC  
Southeast Florida Behavioral Health  
Network  
STOP Act- Dept. of Health and Human  
Services  
Strunk Funeral Home & Crematory  
The Kahle Foundation, Inc.  
United Way

\*represents funders of \$1,000 or more

## FISCAL YEAR 2022-2023

### YEAR-END FINANCIAL INFORMATION

- Total Revenue- **\$2,603,810**
- Total Expenses- **\$2,252,540**
- Net Assets at Beginning of Year- **\$1,191,895**
- Net Assets at End of Year- **\$1,543,165**
- Change in Net Assets- **\$351,270**

### FUNCTIONAL EXPENSE BREAKDOWN

- Programs & Services- **\$1,898,921**
- Administrative- **\$311,714**
- Fundraising- **\$41,905**

