



Promoting Healthy Living Through Education, Training & Advocacy

2022 Annual Report

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THE 2022 EXECUTIVE DIRECTOR'S REPORT


Everyone does know at least one person whose life has been impacted by substance abuse. The unifying element at the core of all the work we do at Wellspring Center for Prevention is the desire to prevent the next individual, family or community from experiencing the devastating impact of substance abuse. Wellspring delivers programs along the full continuum of Prevention and Recovery Supports and offers opportunity to serve across the entire life span. What draws us to this field and what makes us so passionate about our work is that we employ a strength-based model that incorporates a holistic approach to individual and community change.

The successes we realize are shared successes that are only possible because of the partnerships we form with the residents of the communities we serve.

There is a science-base to creating prevention and recovery prepared communities that guides our program implementation and ensures that we are moving towards our goals and producing positive outcomes. I invite you to see how we delivered on our mission in 2022.

2022 marked a return to full programming for Wellspring. After two years of Covid-related absences, our staff were able to go back to the classroom to deliver programming, back to communities to hold a variety of events, and deliver on our various grants' requirements.

In 2022 our agency provided any person, family and community substance abuse-related services in locations that span the breadth and width of Middlesex County. By providing and connecting people to vital health & educational resources, we combat the negative impacts of drugs, violence, and inadequate educational and health institutions in our communities.



WELLSPRING'S HOLISTIC APPROACH

What Sets Us Apart - A combination of genetic, environmental, and developmental factors influences risk for addiction which is why we address all three. We set ourselves apart by approaching prevention and addiction efforts holistically, addressing each individual's, family's & community's needs at every age and every stage of life using evidence-based strategies that work. Our services both **tackle root causes** of addiction to prevent it, and **fight** addiction by **widening the doorway** to recovery.

At Wellspring, we leverage the strengths of our communities to empower individuals and families in leading their best & healthiest lives. Every day, we build links to brighter futures.

So what has been our impact? In 2022 we reached over 17,500 community members and served – one child, one family, one community – at a time. And our impact is seen and felt daily in the variety of programs we deliver.



OUR PROGRAMS



2,192 students in second and third grades received **Footprints for Life** sessions. Through the use of puppets and stories that feature real-life situations experienced by a children's soccer team, the Footprints for Life program offers many opportunities for students to practice the new skills they have learned in a fun and non-threatening way. Wellspring is especially proud to have develop the Footprints evident-based program. The program is presented every school year by each of the other New Jersey-base Prevention agencies.



Wellspring's **Keys To Innervisions (KIV)** program teaches youth how to change their beliefs and self-talk in order to change their behaviors. The program helps students cope with life stressors. It also teaches goal setting, new ways of thinking, and new skills to use in stressful situations. A total of 19 middle school students attended KIV classes.



Through our **LifeSkills Training (LST)** program we provided this school-based substance abuse prevention curriculum to 347 students. LST was developed with the aim of modifying students' drug-related knowledge, attitudes, and norms; teach skills for resisting social influences that encourage drug use; and foster the development of general personal and social skills.



And, we are especially proud to have taught over 1,502 students in **We're Not Buying It 2.0 (WNBI 2.0)**. WNBI is a substance abuse prevention program that focuses on developing media literacy skills among sixth through eighth-grade students. The program, developed by Wellspring, WNBI uses prevention education strategies to reduce early first use of alcohol, marijuana, and prescription and over-the-counter medications, as well as bullying behavior. A primary focus is on raising awareness of messages about substance abuse and bullying that are included in popular, non-advertisement media.

OUR REACH IN PREVENTION AND WELLNESS

When most people think of prevention, they think of school programs. Unfortunately, if you ask any child, you will learn that too many programs do no good at all or even encourage experimentation with alcohol and other drugs. At Wellspring, we know our programs are effective because they have all been rigorously evaluated to document their impact.

We are also proud that our school-based programming reaches many of the underserved populations of Middlesex County. We estimate that about 1,500 youth who are ethnically diverse and economically challenged, received programming. We delivered programs in New Brunswick, Carteret and Perth Amboy, municipalities whose populations are comprised of high concentrations of African American, Hispanic and South Asian individuals. ***More on this effort can be found below.***

But our programming is not solely focused on the County's schools. We are proud to have reached over 800 senior adults in retirement homes and senior centers throughout the County.

Through a program called ***Wellness Initiative for Senior Education (WISE)***, we reached over 1,250 older adults. The Wellness Initiative for Senior Education (WISE) program is a wellness and prevention program for older adults, designed to help them celebrate healthy aging, make healthy lifestyle choices and avoid substance abuse. It provides valuable educational services to older adults on topics including nutrition and exercise, medication use, stress management, depression and substance abuse.

Wellspring 2022 by the numbers:



250

parents attended our parent education workshops to increase family wellness.



36

health events and activities hosted, providing about 3,500 community members with vital health & wellness information.



335

attendees participated in one of our 255 child-parent bonding activities.



50

free social, educational, and wellness events/groups

OUR REACH IN PREVENTION AND WELLNESS

For youth and families to thrive in a safe and healthy environment, communities must address the numerous risk factors that lead to the early use of alcohol and other drugs, often the first step on a path to addiction. The statewide system of Prevention Hubs provides evidence-based prevention education, interventions, strategies, and programs to support all sectors of our community, including youth, parents, schools, law enforcement, faith-based organizations, etc. The Prevention Hub of Middlesex County is hosted by Wellspring Center for Prevention and connects residents and professionals with prevention resources and services, building resilience in our local communities. At Wellspring, we are proud to be part this statewide system of prevention agencies. The Prevention Hubs provides evidence-based prevention education, interventions, strategies, and programs to support all sectors of our community, including youth, parents, schools, law enforcement, faith-based organizations, etc. The core of the Prevention Hub is our Coalition for Healthy Communities. The Coalition is comprised of dozens of community leaders who join us in our efforts to educate and prevent the onset of substance use.

Wellspring also reached out to families through our *Strengthening Families* evidence-based curriculum designed to help parents/caregivers learn nurturing skills that support their children, teaches parents/caregivers how to effectively discipline and guide their youth, gives youth a healthy future orientation and an increased appreciation of their parents/caregivers, and teaches youth skills on dealing with stress and peer pressure. In 2022 we held ten sessions and engaged with over 150 parents and children.

Wellspring 2022 by the numbers:



124,000

We welcomed over 124,000 visitors to our website and social media outlets.



75

Provided 75 in-service educational programs to educators and school staff.



1,418

individuals were trained by Wellspring to enable them to receive a Certified Alcohol and Drug Counselor Certification (CADC) or Prevention Specialist Certification (CPS).



302,000

individuals received weekly ATOD emails containing up-to-date information relating to the substance use, mental health issue; our web-based blogs were read by close to 3,000 people.



147

Provided in-person referral support to 147 individuals; help to 266 individuals through our web-based Helptool; a total of 2,220 Information & referral requests were handled by the agency in 2022.

OUR WORK IN MONMOUTH COUNTY

In addition to all the work we deliver in Middlesex County, Wellspring has also provided programs and presentations in Monmouth County. Here is a recap of what we did in 2022:

As part of our month County Substance Use grant, 2022, we presented to 10,682 youth, parents and professionals from almost every municipality in Monmouth County on topics such as: Drug Trends, Vaping, THC/Cannabis, Bullying, Social Media and Tools for Success.



We deliver the [WNBI](#) program to 620 students in Long Branch.



We also delivered the [Why Try](#) program to over 370 students in Freehold and Asbury Park. Why Try teaches the skills of resilience. It's typically offered to at-risk youth. Resilience for youth teaches the sources of resilience and is often rolled out school wide.



[Footprints for Life](#) was delivered to almost 500 youth in Long Branch.



Finally, in 2022 we reached a special group of older adults through our Asbury Park Grandparent group that includes 19 older adults.



OUR SCHOOL-BASED CLINICAL SERVICES

Wellspring's school-based clinical services provide custom-tailored, collaborative, school-based programs that offer the best of mental health counseling, structured recreation, psycho-education, and skill-building, in a non-stigmatizing school-based environment—plus wrap-around services to complete the care continuum.

Essentially, we provide mental health and support services to the students of the districts we serve. The clinical staff provides mental health counseling for issues related to peer and family conflict, depression, anxiety and a plethora of other issues aimed at improving the emotional well-being and functioning of the students. We also provide mental health awareness activities that positively impact school culture.

We offer our School-Based Clinical Services (SBCS) in three school districts. At the Carteret Board of Education we offer services in Carteret High School, Middle School, and the district's elementary schools. Additionally, we offer services at Metuchen High School as well as South Plainfield High School and Middle School.

Our SBYS programs in the above municipalities are measured by their successes. Here is a short recap.

Carteret School District

850

students provided with individual or group services

4,910

Counseling sessions

310

crisis sessions

14,100

contacts made through events

Metuchen School District

280

individuals counseling sessions

1,195

student contacts

30

crisis sessions

45

case management sessions

South Plainfield School District

1,210

individual counseling sessions

155

students received mental health counseling

71

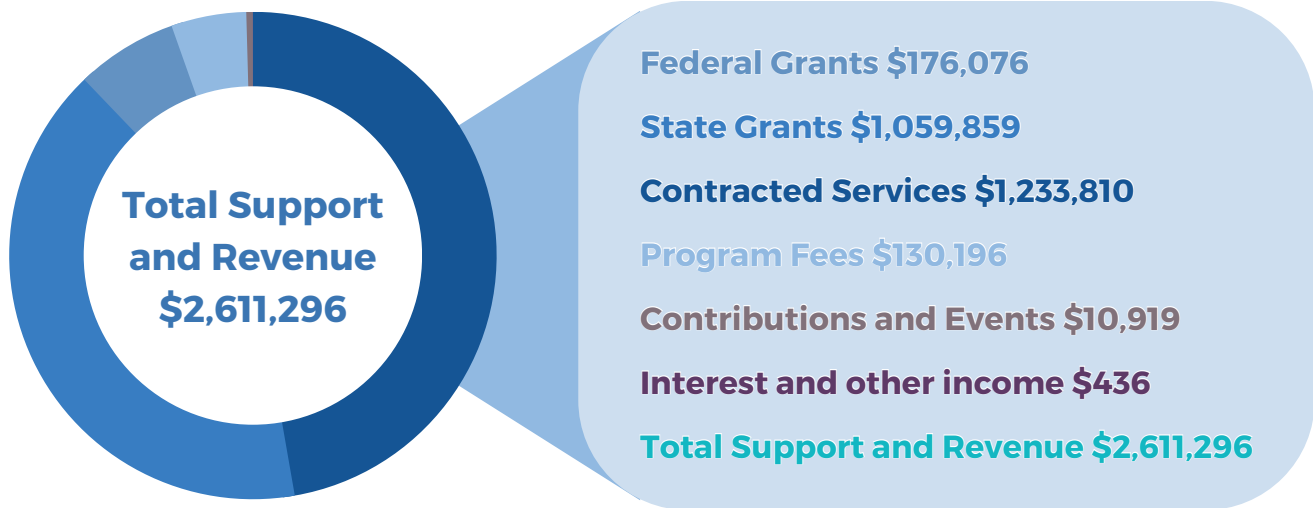
crisis sessions

2,360

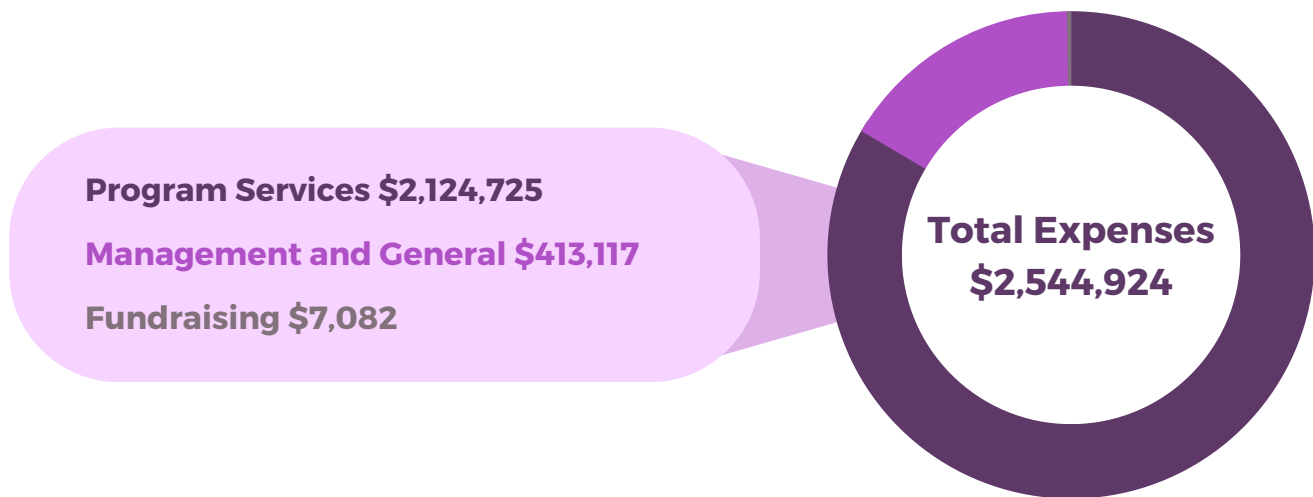
total student contacts

FINANCIAL INFORMATION

SUPPORT AND REVENUE



EXPENSES



CHANGES IN NET ASSETS

Changes in Net Assets	\$66,372
Net Assets, Beginning of Year	\$842,963
Net Assets, End of Year	\$909,335

THANK YOU TO OUR SUPPORTERS

We would like to express our deepest gratitude to our donors, staff, and volunteers who have made our work possible. Your support has helped us achieve our goals and make a difference in the lives of those we serve. We are grateful for your generosity and commitment to our mission. Thank you for being a part of our community.

Our Board:

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Maternal Health
- Your Cause
- Dorothy Twist

OUR MISSION

Wellspring Center for Prevention is a private nonprofit agency serving community members and organizations of Middlesex and Monmouth Counties.

We are dedicated to improving the health and well-being of individuals, families, and communities through our quality prevention and intervention services. Our programs promote sound mental health, effective family functioning, and awareness of the devastating effects of substance misuse and dependency.



CENTER FOR PREVENTION

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