



EmPoWER Youth Advisory Board members spent the day at Youth Leadership Camp at the Fairview Lake YMCA.



EmPoWER is a proud partner in Operation Helping Hand, an initiative led by the Somerset County Prosecutor's Office to assist individuals struggling with substance abuse and dependence by providing resources and support through community and door-to-door outreach.



EmPoWER partnered with Community in Crisis on the Lead With Love pay-it-forward campaign for teens who may be dealing with a difficult time. The bags were filled with treats, personal care items, and resources for mental health support.

Dear Friends and Partners,

It is my pleasure to introduce EmPoWER Somerset's 2021 Annual Report. The past year has presented new opportunities to fulfill our prevention mission in dynamic ways. As the coordinating agency of Somerset County's Overdose Fatality Review Team, we are leading a collaborative dialogue to better understand our local conditions and how to prevent future overdose tragedies. Through a new Comprehensive Addiction and Recovery Act (CARA) grant, we are enhancing community efforts to reduce opioid and prescription drug misuse among youth. Our adolescent health outreach in central NJ has expanded to encompass preventing teen pregnancy and sexually transmitted infections through the Personal Responsibility Education Program (PREP). We enthusiastically welcome these new opportunities and our growing team of talented, caring professionals. As we move into 2022, we remain grateful for the continued support of our dedicated volunteers, partners and funders. The impact of our efforts is only possible because of you.

In gratitude,



Brenda M. Esler
Executive Director



EmPoWER facilitated Achieving Personal Balance programs for Veterans in our community.

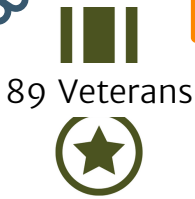
36 cycles of prevention education programs were delivered, serving:



96 Adults



26 Families



89 Veterans



217 Youth

58 trained in Screening, Brief Intervention, Referral to Treatment

- ✓ 26 health/medical professionals
- ✓ 32 medical staff/those working in prevention and education agencies
- ✓ 213 Students completed AlcoholEDU
- ✓ 1,684 students at Hillsborough High School participated in the Pride Survey in September 2021

1230 individuals attended programs or were connected to community resources

- ✓ 1,357 Individuals served
- ✓ 421 Families served
- ✓ 164 Families served through Hurricane Ida relief services
- ✓ 1,716 views of Story Time and other social media outreach



38 Mental Health Awareness Trainings

- ✓ 340 Participants were trained in Mental Health First Aid (MHFA)
- ✓ 15 Participants were trained in Question, Persuade, Refer
- ✓ 16 Instructors were certified to teach Youth MHFA and 4 Instructors were certified to teach Adult MHFA

4595 students served and 607 school staff impacted through school health programs

- ✓ 475 families participated in educational workshops for teens and parents
- ✓ 35 students engaged in the 2nd annual statewide PSA contest "Teens4Teens: Together We Thrive"
- ✓ Sobertruth4youth.org now includes vaping & tobacco, alcohol, other drugs, teen dating violence, and Spanish translated videos and quizzes

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A Special Thank You to Our Funders

Bridgewater-Raritan High School Field Hockey Program
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