

# 2024 ANNUAL IMPACT REPORT

## Empowering Individuals, Transforming Communities



### Dear Friends and Supporters of Empower,

In 2024, we proudly marked a monumental milestone, 50 years of Empower. Half a century of service, growth, and impact has shaped who we are today, and we celebrated this journey with deep gratitude for all those who have contributed to our mission along the way.

Throughout this special anniversary year, we reflected on the countless lives we have touched and the transformative work we have done together. We honored this milestone by deepening our commitment to the community and expanding programs that directly improve the well-being of those we serve.

Our 50th year was one of impact and innovation. As the One-Stop Operator of Somerset and Hunterdon counties, we strengthened workforce development efforts, ensuring our community members were supported in their journey to meaningful employment and economic stability.

We advanced our mission to prevent youth substance use through the BOUND for Healthy Youth Coalition, empowering young people with the knowledge and support needed to make healthy choices. Additionally, we remained at the forefront of mental health awareness and substance use disorder prevention, paving the way for stigma-free and drug-free communities. Our Overdose Fatality Review Program provided critical insights to address the opioid crisis, while our suicide prevention and other adolescent health initiatives expanded into more schools and communities.



This year also marked significant growth for Empower Somerset. In June, we hosted our first annual Golf Fore Prevention tournament, bringing together community members, partners, and supporters to raise vital funds for our prevention programs. This event was a resounding success, setting the foundation for future impact.

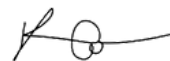


Another major milestone was our move to the first floor of our building, expanding our space and making us more accessible to the community. This transition allows us to better serve individuals and families by providing a welcoming, easily accessible environment where they can find the support and resources they need. Alongside this move, we launched a new website, unveiled a refreshed logo, and completed a full rebranding effort to modernize our presence and strengthen connections with those we serve.

While we celebrated our history, we also looked ahead—because our work is far from finished. The next chapter of Empower is one of continued growth and unwavering dedication. We are committed to expanding access to mental health resources, increasing education and prevention efforts, promoting economic stability, and fostering stronger partnerships that allow us to serve even more individuals and families.

To all who have been part of our journey, from the early days to today, thank you. Your support, passion, and trust in our mission have made these 50 years possible. We invite you to join us as we step forward into the next 50 years, continuing to empower individuals and transform communities.

With Gratitude,



**Kristen Schiro**

Executive Director & The Team at Empower



# A Year in Review

## Mental Health Awareness

**522**

participants trained in  
Mental Health First  
Aid (MHFA)

**72**

participants trained in  
Question, Persuade,  
Refer

**4**

instructors certified to  
teach Youth MHFA  
and Adult MHFA

**594** individuals trained in Mental Health Awareness



"I think that the crisis response portion was very important. I think crisis moments can sometimes be the hardest to talk someone through, so I think it helped a lot."

MHFA Training Participant

## Lifelines Suicide Response and Prevention Program

Statewide

**37,478**

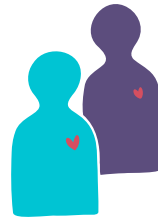
students attend  
Lifelines schools

**376**

faculty and staff  
members trained

**14**

school districts  
participate in Lifelines



Somerset County

**8,291**

students attend  
Lifelines schools

**181**

faculty and staff  
members trained

**10**

school districts  
participate in Lifelines



Call or Text 24/7

**988** Suicide & Crisis  
Lifeline

## Overdose Fatality Review Program (OFRP)

**710**

Narcan kits  
distributed

**30**

case reviews  
conducted

**16**

recommendations  
developed

**6**

Narcan  
administration  
trainings

## One-Stop Operator

▶ **2,183** customers served

▶ **19** partners served

## Pioneer Family Success Center

**3,145**

Individuals  
Served

**819**

Families  
Served

- ▶ **12** Free Family Fun Nights hosted, serving **1,597** adults and children
- ▶ **81** Holiday gifts distributed, serving **34** families
- ▶ **45** Backpacks filled with school supplies distributed, serving **20** families





# A Year in Review

## Prevention Education

**707**

Youth  
Served

**220**

Adults  
Served

**166**

Veterans  
Served

**45**

Families  
Served

**360** sessions of prevention education delivered

## Adolescent School Health

**7,014**

students were  
impacted  
through school  
health programs

- ▶ **870** educational videos were viewed on SoberTruth4Youth.org in English and in Spanish
- ▶ **37** educational videos were viewed on TheRealTruth4Youth.org in English and in Spanish
- ▶ **54** teachers shared Inner Explorer mindfulness videos in the classroom
- ▶ **44** students completed the SPARK program

Personal Responsibility  
Education Program (PREP)

**473**

students served

Sexual Risk Avoidance  
Education Program (SRAE)

**170**

students served

Statewide Education  
Program (SPEP)

**179**

parents and caregivers participated  
in the Teen Speak Parent Workshop

## BOUND for Healthy Youth Coalition



**131**

individuals served

**225**

hours of service  
provided

**150**

hours of  
community  
outreach



"My favorite part of the group was being able to interact and having the opportunity to learn from other parents. I am willing to listen to my children and understand situations from their perspective."

Strengthening Families Program Participant



Dr. Reginald Wright Jr. giving a presentation to students at Grace A. Dunn Middle School in Trenton on how making the right decisions can have a positive impact on their lives.



Bound Brook High School students attending the first Youth Coalition meeting, marking the beginning of their journey toward community collaboration and change.

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

**1,500**

youth screened  
in SBIRT

**164**

professionals  
trained in SBIRT

**183**

youth trained in  
AlcoholEdu®

**143**

professionals trained  
in Save A Life

**7**

SBIRT  
trainings



# Thank You to Our Funders and Supporters

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## Our Funders

Centers for Disease Control and Prevention  
Greater Raritan Workforce Development Board  
NJ Department of Children and Families  
NJ Department of Health  
NJ Department of Human Services  
NJ Prevention Network  
Partnership for Maternal & Child Health of Northern NJ  
Somerset County Department of Health  
Somerset County Department of Human Services  
Substance Abuse and Mental Health Services Administration

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## Our Corporate Sponsors

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People's Security Bank & Trust

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Thomas Phillips

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