

2023- 2024

Annual IMPACT

Thrive

We Protect and Empower our Community

formerly, Substance Awareness Center

✉ 2300 5th Ave, Suite 103
Vero Beach, FL 32960

🌐 www.thrive-irc.org

f Thrive IRC

ABOUT US



Our Mission

Protect and empower our community by providing resources, prevention strategies, and recovery services that address substance misuse and behavioral health, promoting long-term wellness.

WHAT WE DO

Thrive, formerly Substance Awareness Center, 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! Thrive 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! Thrive 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:

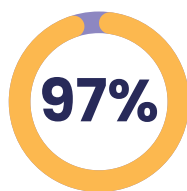
4,149 youth in 5th–8th grades received universal prevention services.

Total Served by Grade:

Elementary: 440 students
6th Grade: 1231 students
7th Grade: 1230 students
8th Grade: 1248 students

Elementary Outcomes:

All program participants received a pre- and post-test to assess changes in knowledge relating to **physical activity, sleep, and nutrition.**



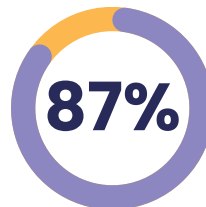
of program participants had **health behavior knowledge**, an **increase from 88%** on the pre-test.

Middle School Outcomes:

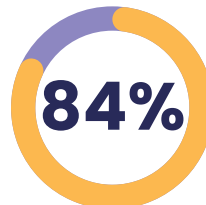
The **results** presented below **are statistically significant**, meaning there is **less than a 1% chance** the **changes are due to chance.**



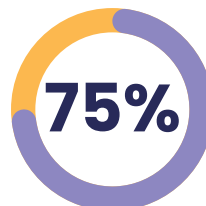
of program participants knew important **mental health knowledge**, an **increase from 76%** on the pre-test.



of program participants had **copng skills knowledge**, an **increase from 77%** on the pre-test.



of program participants knew **how to get help for a friend**, an **increase from 77%** on the pre-test.



of program participants knew **safe internet practices**, an **increase from 53%** on the pre-test.

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:




257 youth received indicated prevention services.

Successful Completions:

175 youth successfully completed indicated services this year. Measured by attendance, progress, and reduced substance use.

Overall Knowledge:



Test Type	Percentage
Pre-Test	52%
Post-Test	75%

Program participants had a **significant increase in health knowledge** compared to the pre-test. There is **less than a 1% chance this change in knowledge is random.**

Skill-Based Outcomes:

All program participants received a pre- and post-test assessing the following skills: **goal setting, effective communication, decision-making, healthy relationships, positive coping, and refusal skills.** The results presented below are statistically significant, meaning **there is less than a 1% chance the changes are due to chance.**

- 92%** of program participants reported the **skills for healthy relationships**, an **increase from 62%** on the pre-test.
- 83%** of program participants had **refusal skills**, an **increase from 70%** on the pre-test.
- 81%** of program participants had **positive coping skills**, an **increase from 52%** on the pre-test.



PREVENTION WORKS!

Community Coalition

Our community coalition utilizes the Communities That Care (CTC) model and the Strategic Prevention Framework to address youth behavioral health by targeting risk factors and building protective factors. This evidence-based process focuses on creating a community-wide prevention system through collaboration with key leaders and community members. The coalition aims to develop, implement, and promote strategies to reduce youth problem behaviors in Indian River County.

Coalition Members

The coalition has **85 members** and conducted **18 meetings** this year.



Initiatives Continued:

Hidden In Plain Sight Trailer: Our parent education tool on current trends in substance use. This year, we educated **200+ parents**.

DEA Takeback: This year we collected and properly disposed on **388 pounds** of unused prescription medication **across 2 events**.

Strengthening Families Program: The coalition is working to implement SFP in Indian River County. This **program aims to improve family relationships** to reduce youth problem behaviors. **We trained 13 facilitators** who are now equipped to provide this program to local families.

Initiatives:

Chat & Chew: Our Chat & Chew program educates youth on the facts of substance use. This year, our coalition **educated 2,750 students across 22 sessions**.

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 **1,200 families in attendance and 25 nonprofit partners**.





PREVENTION WORKS!

Youth Coalition

Our Thrive 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. Additionally, the community coalition focuses on initiatives that build youth leadership skills for all youth in the community. This year we had clubs at Indian River Charter High School.

Coalition Members

The coalition has **6 members** and conducted **8 meetings** this year.



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**.



Initiatives:

Youth Summit: The **second annual** youth summit was held on June 10th with **75 participants**. The training featured great speakers who **taught** youth **valuable leadership skills**.

Friday Night Done Right: An alternative event for youth to have fun without substances. This year, we hosted a kickball event in Fellsmere with **75 youth and adults** participating.



RECOVERY WORKS!



Treatment Services

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 maintain a substance-free lifestyle. The Substance Awareness Center offers Day Treatment and Outpatient Treatment Services.

Total Served:

165 adults were served in our **outpatient treatment services.**

19 adults were served in our **day treatment services.**

Successful Completions:

62% of clients successfully completed treatment services this year, **exceeding the state target of 51%** successful completions.

Acupuncture Outcomes:

This year, **38 acupuncture sessions** were completed for Day Treatment clients.

3 out of 5 was the **average stress level** for program participants **before acupuncture.**

1 out of 5 was the **average stress level** for program participants **after acupuncture.**

Treatment Outcomes:

Treatment outcomes are **assessed every 30 days** during treatment plan reviews.



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:

19 men were served this reporting period. We celebrated 3 successful completions.

Recovery Capital:

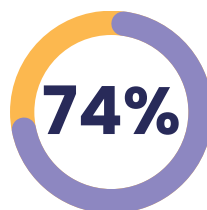
Recovery Capital **measures the strengths** available to individuals in recovery that **support sustained recovery**. Among Recovery Assistance residents, there was an average **9-point increase in Recovery Capital 6 months after admission**.

Testimonial

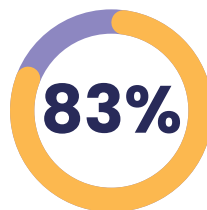
"All the staff that I have met in the program, have **helped me to see myself as a person of worth**. They have given me the understanding that I will be able to have a **future life of peace, joy, and happiness**. I am **very grateful for this program** and I feel that it will be of great help for other clients in the future."

RAP House Outcomes:

Program participants engage in the three phases of the Recovery Assistance Program. Phase One focuses on engagement in treatment. Phase Two focuses on job readiness and employment. Lastly, Phase Three focuses on transition. The outcomes associated with the phases are below:



74% of RAP clients **improved functioning** while in the program.



83% of clients completing the RAP program **had stable housing at discharge**.



100% of clients completing the RAP program reported **engagement and social connections**.

RECOVERY WORKS!



Peer Support Services

Thrive 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 Outreach:

7 men served at **Camp Haven** through an **8-week group**.
559 adults reached at **The Source**.
61 adults reached at the **Peer Group** and **Alumni Group**.
185 adults reached at the **Behavioral Health Center**.

Total Served Narcan:

Individuals Trained to use Narcan:
178 community members
Kits Disseminated: 1053 kits
Reversals Reported: 47 reversals

Peer Outcomes:

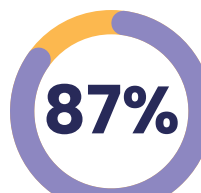
Research shows that when peers engage with people in the community, they increase:

- Engagement in services
- Interpersonal relationships
- Beliefs and values essential to recovery
- Hope

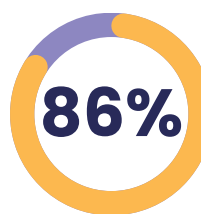
Jail Program:

132 men and women were served in the jail across 8 cohorts this year. **106 program participants (80%), successfully completed** the program.

All program participants received a pre- and post-test. **The results** presented below are statistically significant, meaning there is **less than a 1% chance the changes are random**.



was the **average post-test score**, an **increase from 73%** on the pre-test.



of program participants reported **refusal skills**, an **increase from 67%** on the pre-test.



of program participants had **wellness tools**, an **increase from 78%** on the pre-test.



FINANCIALS

Letter from CEO, Carrie Lester

"As I reflect on this past year of growth, progress and purpose, I am humbled and filled with gratitude to be leading this great organization. The journey we've undertaken would not have been possible without the dedication, commitment, and generosity of stakeholders like you.

This past year has presented incredible achievements as you see highlighted in this report. Thanks to your contributions we have been able to expand our impact, advance our mission, and make meaningful change in the lives of those we serve. Your belief in our work has been the driving force behind everything we've accomplished, and for that, we are deeply thankful.

We know that the progress we are making is a direct result of the collaborative partnerships we share. Your support allows us to continue to serve our community, innovate, and advocate for those in need. Together, we are building a brighter, more sustainable future. As we look to the year ahead, we remain inspired by the impact we can continue to make with the support of partners like you.

On behalf of our team, our board, and the countless individuals who benefit from your generosity, thank you for your dedication and partnership. We look forward to continuing this important work with you in the coming year and beyond."

FISCAL YEAR 2023-2024

Note: the reported financials represent a 9-month audit period due to the change in fiscal year.

YEAR-END FINANCIAL INFORMATION

- Total Revenue- **\$2,505,240**
- Total Expenses- **\$2,215,353**
- Net Assets at Beginning of Year- **\$1,543,165**
- Net Assets at End of Year- **\$1,833,052**
- Change in Net Assets- **\$289,887**

FUNCTIONAL EXPENSE BREAKDOWN

- Programs & Services- **\$1,891,178**
- Administrative- **\$285,747**
- Fundraising- **\$38,428**

