There is an often-quoted parable that tells of a man and woman fishing downstream, “Suddenly a person comes down the river struggling for life. The fisherfolk pull her out. Then another comes and again must be rescued. This happens all afternoon and the fisherfolk are getting very tired from constantly pulling people from the river. Eventually they think, ‘We need to go upstream and find out why so many people are falling in the water.’ When they go upstream, they find that people are drawn to the edge to look at the river, but there is no safe way to do this. Many of them fall. The fisherfolk go to the community leaders and report the number of people who have fallen into the river. They also report that this is due to the lack of a protective barrier on the cliff. Community leaders build a wall behind which people may safely view the water. Some still fall, but there are many fewer victims to rescue.” This is the “moving upstream” analogy for primary prevention. Instead of expending all resources and energy on rescuing people, the most responsible and humane strategy is to stop the problem from even happening.

With NH’s Opioid Crisis, we must still respond to this emergency by providing treatment and recovery services to save lives; yet, we must also be comprehensive in our approach and focus on prevention. Why is prevention so important? Science verifies that addiction is a preventable disease and that a child who gets through the age of 21 without using illicit drugs or abusing alcohol, is virtually certain never to do so. Moving Upstream powerfully captures the essence of CADY’s work and why it is so vital. This past year, we introduced three new primary prevention programs that are designed to build protection for younger children. We are thrilled to be working with our region’s 5th and 6th grade elementary students through the Junior Action Club (JAC), Lion’s Quest Social Emotional Programming (grades 5-8), and with parents in the recently established Parent Advisory Council (PAC). With the help of our collaborating partners and generous community contributors, we have been able to respond at a deeper level with solutions that protect our children, prevent addiction and save lives. Thank you!
"Good habits formed in youth make all the difference."

ARISTOTLE

Top row left to right: Plymouth Elementary School 2017-2018 Fifth Grade Lion’s Quest students; Local youth signing the “I Pledge to Be Drug Free” Banner at the Downtown Plymouth Trick or Treat Event; 2nd row: 2017-2018 Youth Advisory and Advocacy Council (YAAC) and Junior Action Club (JAC) members presenting at C ADY’s 18th Annual Prevention Summit; 3rd row left to right: 2017-2018 Junior Action Club members; The Central Region’s Parent Advisory Council.
PREVENTION: PROTECTS CHILDREN, BREAKS THE CYCLE OF CRIME, CONTAINS COSTS, PREVENTS ADDICTION, AND SAVES LIVES.

CADY PROGRAMS

Since 1999, CADY has been providing Community Education, Positive High-Impact Youth Development Programs, Trainings, and Outreach to Prevent Substance Misuse and Build Healthy Foundations and Promising Futures for the Youth of Central New Hampshire.

THE LAUNCH YOUTH ENTREPRENEURSHIP PROGRAM

Since 2005, 300 youth have been educated and engaged by this nationally-recognized program with year-round skill building, leadership development, and paid summer employment. The Launch is the sole youth employment program in central New Hampshire. In 2012, the Launch was spotlighted by the White House as a program to emulate nationwide.

RESTORATIVE JUSTICE COURT DIVERSSION PROGRAM

Since 2007, 212 youth have been given a 2nd chance to take responsibility for their actions, make restitution to victims, reconnect with community and turn their lives around. This NH accredited program has one of the highest success rates in promoting growth and lasting behavioral change in NH.

“It was important to me to let people know that I’m taking full responsibility and have learned from my mistake.” ~RJ Youth

YOUTH ADVISORY AND ADVOCACY COUNCIL (YAAC)

Since 2009, 103 youth have served as leaders in prevention and mentors who influence positive change with their peers, community, and the state. The YAACs have presented to Presidential candidates and were recipients of the Statewide 2015 New Futures Youth In Action Award.

JUNIOR ACTION CLUB (JAC)

The Junior Action Club (JAC) provides an opportunity for elementary students to learn about the positives of living a drug-free lifestyle. The JACs bring prevention messaging to their peers, school, and greater community. This leadership program empowers students with the knowledge, confidence, and skills to make healthy choices!

LION’S QUEST

Lion’s Quest is an evidence-based K-12 Social and Emotional Learning program. Social and emotional skills provide the foundation for dealing with anger, frustration, and stress — preventing negative behaviors (such as misusing drugs and alcohol), and developing positive school behaviors that increase academic performance.

“ALEX’S STORY”

In the spring of 2015, CADY and the Plymouth State University TIGER Program (Theatre Integrating Guidance, Education, and Responsibility) launched an exciting collaboration called Alex’s Story. Alex’s Story is the real-life account of a NH youth’s struggle with drug use, heroin addiction, and recovery.

PARENT ADVISORY COUNCIL

The Parent Advisory Council represents the voice of Central NH families who are dedicated to building healthy environments and promising futures for our children and youth.

CADY COMMUNITY EDUCATION, TRAININGS, AND OUTREACH

“Information is Power”

Since 1999, CADY has been turning problems into solutions by shattering myths about illicit substances with science-based facts, high-impact programs, trainings, policy development, education, and experiential youth initiatives.

Substance Use Disorders Continuum of Care Facilitation; Young Adult Prevention Strategies; Prevention Accelerator Media Campaigns; Local Media Campaigns including The Hometown Voice, The Pennysaver, and The CADY Corner Prevention Column in The Record Enterprise; Twitter and Facebook; Suicide Prevention Trainings for Professionals; Parent Education and Empowerment; Thriving in the Middle School Youth Conference; Youth Risk Behavior Surveys; Prom Safety Programming/Newfound Regional High School and Plymouth Regional High School; Annual Regional Prevention Summit; Lunch-n-Learn Forums; Prescription Drug Awareness and Heroin Outreach Campaigns; Prescription Drug Take-Back Programs; and so much more!

IN 2018, CADY served over 15,000 Children, Youth, and Adults

CREATING COMMUNITY CHANGE
IN HONOR OF LIZ AND JOHN BROUCH, PARENTS OF ISABELLE DEBRA BROCHU by Gloria Martinez-Sterling and Dr. Manuel Martinez-Sterling IN HONOR OF CHRISTOS ESCHENBACH by Joel and Melody Funk IN HONOR OF PHILLIP HASKELL by Dr. John Messinger and Susan Messinger IN HONOR OF TERI GABBEIT by Allison Estes Browne IN HONOR OF MOLLIE BROWN by Debra Naro IN HONOR OF MIKALA ASH by Greg Berg IN MEMORY OF CAROLE J. ESTES by Paul and Gisela Estes; Allison Estes-Browne; Charles and Deedee Kriebel IN MEMORY OF JULES DONER by Gary and Jean chicks IN MEMORY OF ALDEN (SKIP) VAN SICKLE by Tim and Deb Naro IN MEMORY OF CAROL ELLIOTT and IN MEMORY OF VIRGINIA DUNN by Seraff Douglas Dutle and Barbara Dutle IN HONOR OF SHELBY, AINSLEY, & ELLIE MCDONALD by Andrew McDonald

GRANTORS

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IN-KIND DONATIONS: Gifts come in all sizes and forms. We are very grateful for the generosity and kindness of our caring community. From our dedicated community partners who collaborate on prevention initiatives to so many caring individuals who lend a helping hand, contribute time and talent, and donate items and services, we thank you for making our progress possible and for being such good friends of CADY!