



173 Lord Howe St.
Ticonderoga, New York 12883
(518) 585-7424
preventionteam.org

Who we are: A culturally humble team of creative souls who match education, harm reduction, recovery, and neuroscience data with community experiences and needs. We strive to find the most effective way to translate brain health and wellbeing to youth, families, and schools.

What we do: Prevention and Resiliency Coaches work in the public sector to deliver upstream community-based substance-abuse, alcohol and gambling prevention through empowered yet informal partnerships. We employ trauma-informed strategies to all approaches, helping to name and restore resiliency. Innate wellbeing and neuroscience fuel our genuine interest to meet each and every person and child where they are at, helping EQ=IQ. We acknowledge that every child, teacher, family, school, and town are uniquely beautiful in our rural region.



Additional resources on child exploitation/trafficking, bullying, digital health, suicide prevention, tobacco and vaping education.

What services we provide:

A list of services that the Prevention Team provides can be found on the back side of this page.

Contact Person:

Traci Ploufe
Executive Director
518-585-7424
traci@preventionteam.org

Emma Gagnon
Community Mobilization & Resiliency Coordinator
(518) 585-7424
Emma@preventionteam.org

Is a referral needed?

No - To inquire about services, please contact Traci Ploufe or Emma Gagnon.

Essex Co. In-School Services

- **Prevention Educators:** Pre-School through Grade 12, SEL and prevention education for students with a variety of curricula. Also can do activity based Prevention Positive Alternatives and small group work.
- **Resiliency coaches:** licensed OASAS counselors for 1:1 student assistance and small specialized group work.
- **Campaigns:** Safe Harbour (Child Trafficking), Erin's Law, Screenagers, Harris Project, Herren Project, Monthly prevention focused initiatives, SOS
- **Faculty:** Trauma informed care, Mind UP training, Circle Groups, Resiliency work
- **Parents:** Virtual & In Person Strengthening families. Triple P Positive Parenting Program.
- **School Administrators/Board** – consultation on **Prevention Needs Assessment** and bridging gaps, Teen Intervene – accessory to suspension or problem behavior
- **School Resource officers** – collaboration on current trends in substance misuse, at-risk student population , prevention education
- **School Mental Health Team** can utilize Resiliency Coaches for check ins or students who aren't on a case load.
- **Student:** Annual Youth Summit, community linkages



AGING WISELY
55+ 6 weekly sessions

Family & Community Services

- Free Parent support for parents of people with addiction
- Free Triple P Positive Parenting
- Prevention Education
- Resources
- Modern Medusa-

Female only Addiction Support group

Harm Reduction

Locking Pill Bottles
Deterra Drug Disposal Bags
Narcan and Narcan Training
Never Use Alone contacts
MAT locations.

S.A.R.A.
Sober Active Recovery Adirondack
Ages 16+, 48 hours sobriety, hiking, bowling, art, peer-peer community/support





Services and Resources

Prevention Team Divisions:

School Prevention & Wellbeing Coaches

- Educators: spend their days in classrooms building universal resiliency skills around the issues our youth are facing today

<https://oasas.ny.gov/providers/evidence-based-prevention-programs>;

<https://oasas.ny.gov/system/files/documents/2023/03/ppp-guidance-document.pdf>

- Counselors: Supporters of Tier 1 services/supports; offer variety of Tier II supports to youth and their families i.e. small groups, individual wellbeing coaching, faculty support

Community Prevention & Recovery Wellbeing Coaches/Outreach

- Presentations and info sessions for all

- Senior Aging Wisely Education series for ages 55+

- College campus campaigns on substance misuse and suicide prevention

- MindUP for Life -wellbeing for all addressing the stressors of life birth to 100+

- Resiliency in Action- focus on Wellbeing with skills for all

- Strategic Prevention Coalition building-mobilizing community readiness with neighborhood action

- Annual Youth Summit - addressing stress among youth through connection and modeling a shift in thinking (Mental health) by sharing prevention wellbeing empowerment strategies

- Sober Active Recovery Network facilitation- addressing opioid misuse/addiction with recovery steps focused on fitness right in our own backyard. Hiking, fishing, camping, boating, bowling, yoga, ice fishing, snowshoeing, art, rock climbing, etc.

Biannual Student Prevention needs assessment

Assisting Essex County Youth Bureau with rolling out a 7-12th grade survey, preparing an evaluation to share with school districts and assessing needs to create prevention action steps necessary that will influence the direction of our innovation and transformation of Essex County's youth systems while leading our next generation with the knowledge and understanding of brain health, happiness, and empowered decision making!

NYS Annual Reporting- Providing the State of New York Addiction and Support Services Bureau of Prevention and Problem gambling with the prevention data and analysis of our county's health and wellbeing through evidence-based school curricula, pre and posttest surveys, community campaigns and data collected throughout the year through collaborations and partnerships. Outcome - We are your partners in health care with a fundamental commitment to community and progress, no matter the age or vulnerability.

OUR GUIDING PRINCIPLES

We perform bold, purpose-driven work that positively impacts the lives of youth, their families, communities including veterans and our most precious senior champions. We are passionate about what we do and live by our Guiding Principles of upstream prevention:

CHALLENGING CHOICES IMPACTING LIVES*

We respectfully challenge each other's ideas and points of view because it makes us a stronger and a better organization. We enter into motivational conversations about upstream prevention without being confrontational. We want and expect individuals to advocate for their perspectives. Once the diverse voices are heard and explored, we decide and commit, moving forward with collective determination on prevention health, wellbeing, recovery, and harm reduction for all. (see more about us www.preventionteam.org)