

SUBSTANCE ABUSE

Capstone Recovery Center, Inc.

SUBSTANCE ABUSE TREATMENT PROGRAM (Substance Abuse and Mental Health)

Capstone Recovery Center continues to be on the front lines of the Opioid and Heroin crisis for Rowan County females. Our clients have access to free housing, food, substance abuse and mental health treatment. Our Substance Abuse and Mental Health programs are both substantially funded by Rowan County United Way. Due to a huge decline in personal donations as a result of the current pandemic, we have been able to keep our doors open and continue providing free services to our clients resulting in transformed lives. With our success rate of 55% upon graduation, female clients go on to find work, education and most importantly, reconnect with family members that were once disconnected due to the substance abuse disorder.



SURROUNDING STUDENTS WITH COMMUNITY SUPPORT

Communities In Schools of Rowan County works to surround students with a community of support, empowering them to stay in school and achieve in life! CIS Rowan marshals community volunteers and resources to lift up students and families that are struggling with issues of poverty and low academic performance. During 2019-2020, more than 100 community volunteers gave over 4,000 hours of service as tutors and mentors. Generous individuals, clubs, churches and businesses donated thousands of dollars of resources that were shared with over 3,000 students. CIS Rowan “stands in the gap!”



STRENGTHENING FAMILIES

Our Families First Strengthening Families class was half way through (7 weeks) when COVID-19 hit. The staff continued to provide weekly contact and support during the “stay at home” phase building relationships and staying “connected even though apart”, and as we entered Phase 2 our families signed up and participated in Zoom to complete the remaining 7 classes. 100% (ALL 11 families and 16 youth) successfully completed the class and graduated! The Strengthening Families evidence-based model has demonstrated that it helps families build strong resilience against whatever stuff life throws at them – including pandemics!



NAZARETH Child & Family Connection

SUBSTANCE USE TREATMENT

Nazareth Child & Family Connection is located in Salisbury and serves individuals with substance abuse needs. Our staff consists of licensed social workers, psychologists, professional counselors, and physicians working together to provide the best evidence-based services in the area. Nazareth Child & Family Connection operates daily by appointment, though emergency walk-ins may be accommodated as needed. It is the goal of our practice to provide the best therapeutic atmosphere possible to facilitate progress and growth to meet patient needs.



OPIOID RESPONSE INITIATIVE

With assistance from the United Way, the Salisbury Police Department uses strategically placed cameras to monitor and combat high crime areas. Being able to use data collected at these hot spot locations allows us to combat crime such as narcotic violations, violent and prolific offenders. United Way has been instrumental in assisting our Crime Analytics program to help combat and deter crime and make our community a safer place.

MENTAL HEALTH



SECOND STEP

When the school doors closed in March, our Second Step staff wondered how much our 1600 kindergarten and first graders had learned about social emotional skills. We reached out to the Rowan-Salisbury teachers and got 3 schools to mail us their post test results – EVERY category showed improvement with the overall protective factor strength increased by 80% and the need decreased by 80%! Dealing with feelings – having empathy and respect for one another – and getting along...who knew at the time we were presenting weekly lessons that our little ones would need those skills to help them through the months ahead? As school was getting ready to open (with 2 days in and 3 days out of school) Second Step was initially not invited back as an essential program UNTIL the principals at our schools rallied their support for Second Step and now we're returning in October. In this day and time as we deal with viruses and racism and all

kinds of stressful stuff – we pause to thank the United Way for their vision and commitment to the social-emotional health of our children. We're not in this alone – TOGETHER we make it happen!



NAZARETH Child & Family Connection

CRESCENT ACADEMY

Crescent Academy works with students who have not fit into a traditional classroom setting. We use the Sanctuary Model, a trauma-informed approach, as a foundation for our work with students. Nazareth works on academics as well as behavioral and social skill development. The program is designed to be a short term (6-9 months) program to help teach students coping skills so that they can better manage their emotions and behaviors when they return to a regular school setting. We have locations at Henderson Independent, Hanford-Dole Elementary, and on the Nazareth campus.



ONE LOVE COMMUNITY PROGRAM

One Love Community Services is a mental health and substance abuse facility that works with clients suffering from depression, anxiety and suicidal behavior. We offer holistic practices through our Integrated Care Model that treats patients through the coordination of a Primary Care Physician, a Behavioral Health Physician and a Psychiatrist. We also provide our own pharmacy and laboratory to administer and release prescriptions. Additionally, we have a nonprofit sector, which collaborates with surrounding agencies to provide basic needs such as food, housing, case management and transportation for patients at no additional cost to them. Rowan County United Way's support made it possible to open the clinic in February and has enabled the agency to provide much needed services for those without insurance or inability to pay.



School-Based Mental Health Services

All Rowan-Salisbury schools offer a school-based therapy program for students in need of emotional or behavioral support. These services are provided by a licensed therapist from a community-based agency and are paid for via Medicaid and/or private health insurance. The United Way funds provide scholarships to students who would otherwise be unable to access those services due to lack of insurance or excessive co-pays.

HEALTHY LIFESTYLE BEHAVIORS



BOY SCOUTS OF AMERICA®

ROWAN COUNTY SCOUTING

Scouting has instilled leadership, sense of community, and self confidence in Rowan County youth for 100 years. In 2019, over 800 at-risk youth in Rowan County participated in the Scouting Program because of the support of Rowan County United Way. In scouting, youth are exposed to positive adult mentors, healthy relationships with others, over 120 new career fields and hobbies, and learn to live by the Scout Oath and Law.



TEEN PARENTING PROGRAM

What did you do during the pandemic? We welcomed two new babies, provided support and resources to 12 teen parents, and “virtually” graduated half of them (6 teen parent seniors)! With the help of our community and the United Way, the Families First Teen Pregnancy Program Initiative/Adolescent Pregnancy Program has been able to support our efforts in the decrease of teen pregnancy rates and child neglect by providing services, goods and resources to teenage parents in Rowan County. We focus on helping young parents learn child development so our little ones can achieve ages and stages milestones.

Over the past dozen years, United Way has supported the healthy life skills and choices of our teen parents – and celebrating a 95% graduation rate with 64% continuing on with college. This year 100% of our 6 teen parents graduated with 50% going to a higher institution of learning, and the other half working in their selected career. All proud to work and give back to the community. United Way has invested in the lives and positive outcomes of our young parents and their little ones for many years. A lifestyle choice makes a lifetime difference!



Hydroponics: Marketplace Gardens

Hydroponics: Marketplace Gardens is designed to grow awareness and provide education surrounding the vital importance of good nutrition and healthy lifestyles. We will continue to grow sustainably with safe and health-conscious agriculture practices. Our organizational goal is to adapt and learn how to innovatively increase healthy options for **ALL** in our community.



After School Program

The YMCA After School Program has evolved for the 2020-2021 school year into Y Academy. Y Academy provides additional virtual learning opportunities for Rowan County children on days that students are not in the classroom.

Diabetes Prevention Program

The YMCA Diabetes Prevention Program continues to provide life changing programming for Rowan County adults that are pre-diabetic.

BASIC NEEDS



Emergency Shelter

United Way funds serve two essential purposes for Family Crisis Council of Rowan. First, funds are used as a match to leverage over \$200,000 in additional federal funds to ensure domestic violence and sexual assault survivors get the life-saving services that Family Crisis Council provide. Second, United Way funds assist in operating costs not typically fully covered in state or federal grants such as insurance costs and other overhead expenses.



**The Henry E. Rufty - Haden C. Holmes
Senior Center**
"Adding Life to Years"

Connecting Across Rowan for Seniors – CARS

CARS is transportation for Rowan County Older Adults when other options won't work. Rides for medical-related needs are requested, a car and driver arrives at the appointed time and takes them to their destination. Ride costs are subsidized based on income thru the support of Rowan County United Way.



Getting Ahead

Many have experienced a life filled with barriers, vanishing opportunities, and setbacks. Our Getting Ahead class allows individuals over a period of 15 weeks to begin to build resources and work towards self-sustainability. In a safe, facilitated group setting, "Getting Ahead in a Just-Getting'-By World" takes participants step by step through a discovery of self like no other.

In addition to our traditional Getting Ahead class, we are now offering a Spanish version of the class as well as one tailored for those returning from recently being incarcerated.



Emergency Housing Stability Services

Our mission is to stop evictions from taking place for families in Rowan County. If we can stop it from happening, we can support the families with supportive services across our network of agencies. This is critical, as the expenses needed to move someone from a homeless situation to secure, safe, affordable housing are far more expensive than stopping the eviction in the first place. We are grateful the United Way is there as a partner in helping us meet the need even during this unprecedented pandemic.