



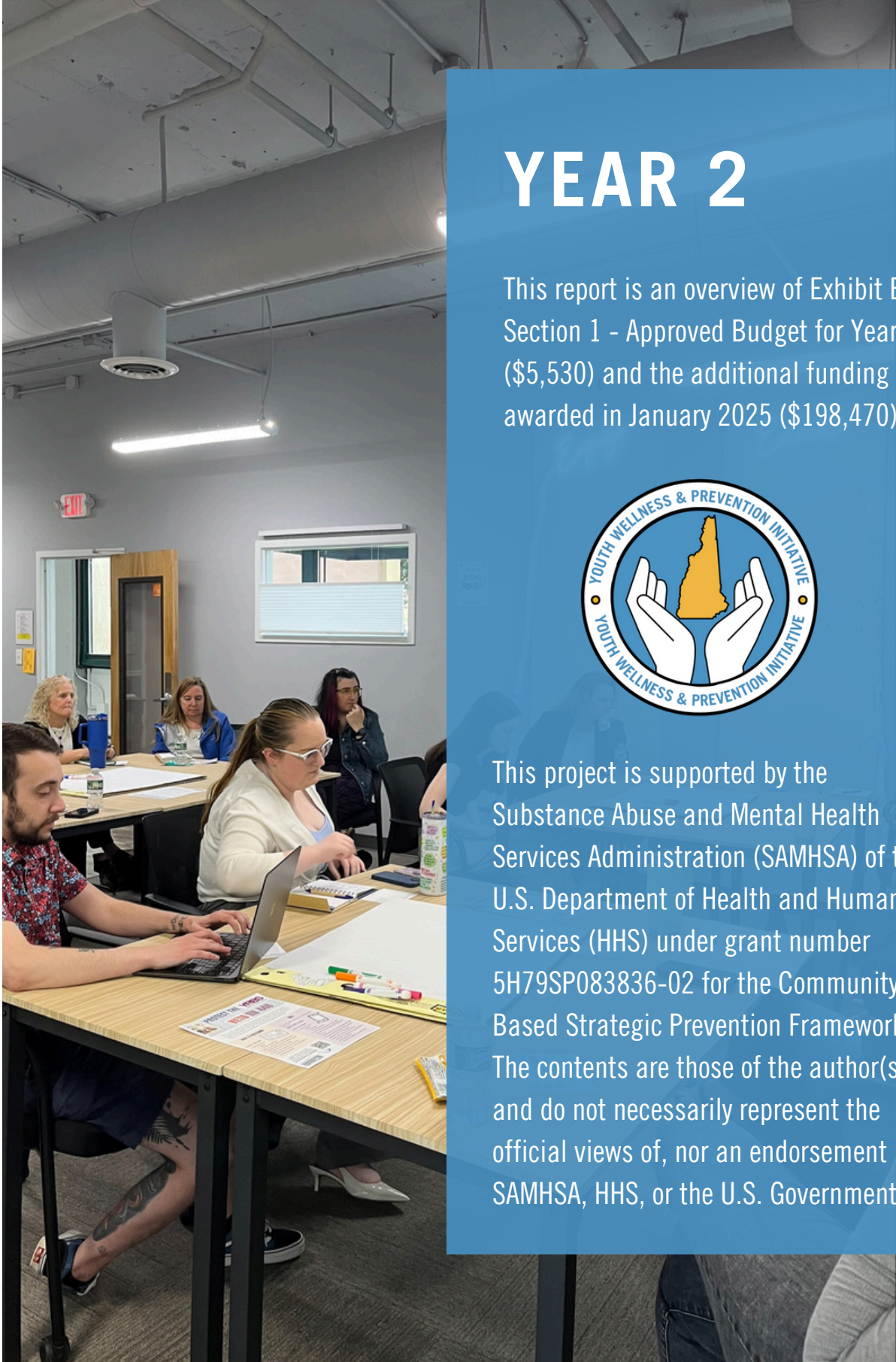
YOUTH WELLNESS & PREVENTION

INITIATIVE FY25 REVIEW



FALL 2025

MAKIN' IT Happen



YEAR 2

This report is an overview of Exhibit B: Section 1 - Approved Budget for Year 2 (\$5,530) and the additional funding awarded in January 2025 (\$198,470).



This project is supported by the Substance Abuse and Mental Health Services Administration (SAMHSA) of the U.S. Department of Health and Human Services (HHS) under grant number 5H79SP083836-02 for the Community-Based Strategic Prevention Framework. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, SAMHSA, HHS, or the U.S. Government.

YOUTH WELLNESS & PREVENTION COLLABORATIVE

Entering Year three of a five-year project, the Youth Wellness & Prevention Collaborative (YW&PC) is at a pivotal point where reflecting on accomplishments helps shape the next phase of work. Over the past year, the YW&PC has continued to strengthen partnerships, expand prevention programming, and enhance visibility of the collaborative across the community. Continued funding and support will be essential to maintain the progress we've made, deepen our impact, and ensure that prevention remains a priority in the years ahead. This initiative update highlights the progress we've achieved so far, the challenges we've navigated, and the foundation we've built to carry momentum into the years ahead.



PROFESSIONAL DEVELOPMENT

The Mandt System: August 19, 2025

ATTENDEES INCLUDED:

1. Granite State Independent Living
2. The Granite YMCA
3. The Youth Complex
4. Crispin's House Coalition for Youth
5. Manchester Office of Youth Services
6. Amoskeag Health

Makin' It Happen hosted a Professional Development Day for YW&PC member agencies. Each agency received two free tickets to the Mandt System Training - a holistic, evidence-based training program to reduce workplace violence. It teaches prevention, de-escalation concepts and conflict resolution to help people manage behavior safely so that everyone can be safe in their environment. Nine attendees from six agencies completed this six-hour training to better serve their clients and community. Makin' It Happen also offered an additional opportunity to complete further online modules from the Mandt System, of which eight attendees accepted. Feedback from this training was overall very positive, with attendees highlighting specific examples from the program they will take back to their programs to implement. Due to the enthusiasm and positive response, Makin' It Happen will host another Professional Development Day in FY26.



COLLABORATIVE SHOWCASE EVENT

The Youth Wellness & Prevention Showcase: April 15, 2025



In collaboration with Amoskeag Health, Southern New Hampshire University, and youth-serving organizations in the city of Manchester, Makin' It Happen hosted a Youth Wellness & Prevention Showcase. The showcase brought over 50 professionals from 28 organizations together and provided a platform to connect and learn about each other's programs. Throughout the day attendees heard from community partners, networked with each other, and learned how the organizations can work together to improve the services provided to our youth and families.

PRESENTER SELECTION

Gathering member feedback and input for the Showcase was an important step in ensuring that the event reflected the interests and priorities of the YW&PC as a whole. By inviting members to vote for the organizations and spheres of influence they wanted to learn about, we fostered a sense of ownership and collaboration in the planning process. This approach helped highlight areas of curiosity and connection across the collaborative, while ensuring that the showcase content was relevant, engaging, and responsive to member needs. The result was a thoughtfully curated lineup that truly represented the collective voice of the collaborative - every organization invited was selected by members and enthusiastically agreed to participate.

YW&PC EXPANSION

Thanks to the growing momentum and enthusiasm among members, the YW&PC transitioned from quarterly to monthly meetings. This shift allows for more consistent collaboration, timely action, and sustained momentum as we work together to strengthen youth wellness and prevention efforts throughout Manchester. This was an exciting milestone, as it reflected the energy and commitment of our YW&PC members!

ATTENDANCE:

From October 2024 through September 2025, the YW&PC hosted over **230** members! These members come from a multitude of sectors and specialties, and these numbers do not reflect the Annual Showcase or Professional Development Day. In year three, we expect to grow this number even further.

BUILDING MOMENTUM

Makin' It Happen has a dedicated team focused on the expansion of the YW&PC. Outreach efforts have included direct invites (phone call campaigns, direct emails, one-on-one sessions to get to know members) and representation at community events to share information on the Collaborative and YW&PC programming. These events have included Compass Live, NH Nonprofit Conference, CelebratEd, National Night Out, Girls at Work Nonprofit Luncheons, Community Advisory Board meetings, Spring Into Summer, Morning Matters, Red Robin Fundraising events, RPHN Showcase, PeaceFest, Kids Try-Athalon, HOPE Fest, Girl Scout Expo, Recovery Ready Communities Collaborative, Rimmon Heights Block Party, and more!



DIRECT TRAINING SUPPORT

In June 2025, Makin' It Happen staff attended a two-day training to become Parent Program Leaders and facilitate the Botvin Parent Program. In an effort to reduce avoidance of traditional parenting programs and classes, Makin' It Happen developed **Raising Resilience: A Caregiver Workshop Series**, a program utilizing the Botvin Parenting curriculum for caregivers of youth in grades five through nine.

Caregiver Groups

Raising Resilience engages trusted community agencies to share information and recruit participants, fostering stronger connections and greater trust than independent advertising alone. Makin' It Happen has scheduled sessions with members of organizations such as HOPE for NH Recovery, Girls at Work, Trinity High School, Waypoint, and Friends of Aine. In just two months of programming, 10 caregivers have successfully completed Raising Resilience. Over the next two months, we have 13 more registered. We expect to meet our goal of 30-40 caregivers trained by the end of 2025.

Incentives and Accessibility

To support participation and attendance, participants receive a \$25 gift card per unit completed (three units total). Makin' It Happen also provides free childcare and meals for all in attendance. Raising Resilience is designed with flexibility to accommodate diverse schedules and needs. Participants may choose from multiple formats, including a one-day workshop, two three-hour sessions, or three two-hour sessions. This adaptable structure, combined with provided childcare, meals, and participation incentives, supports accessibility and reduces barriers to engagement.

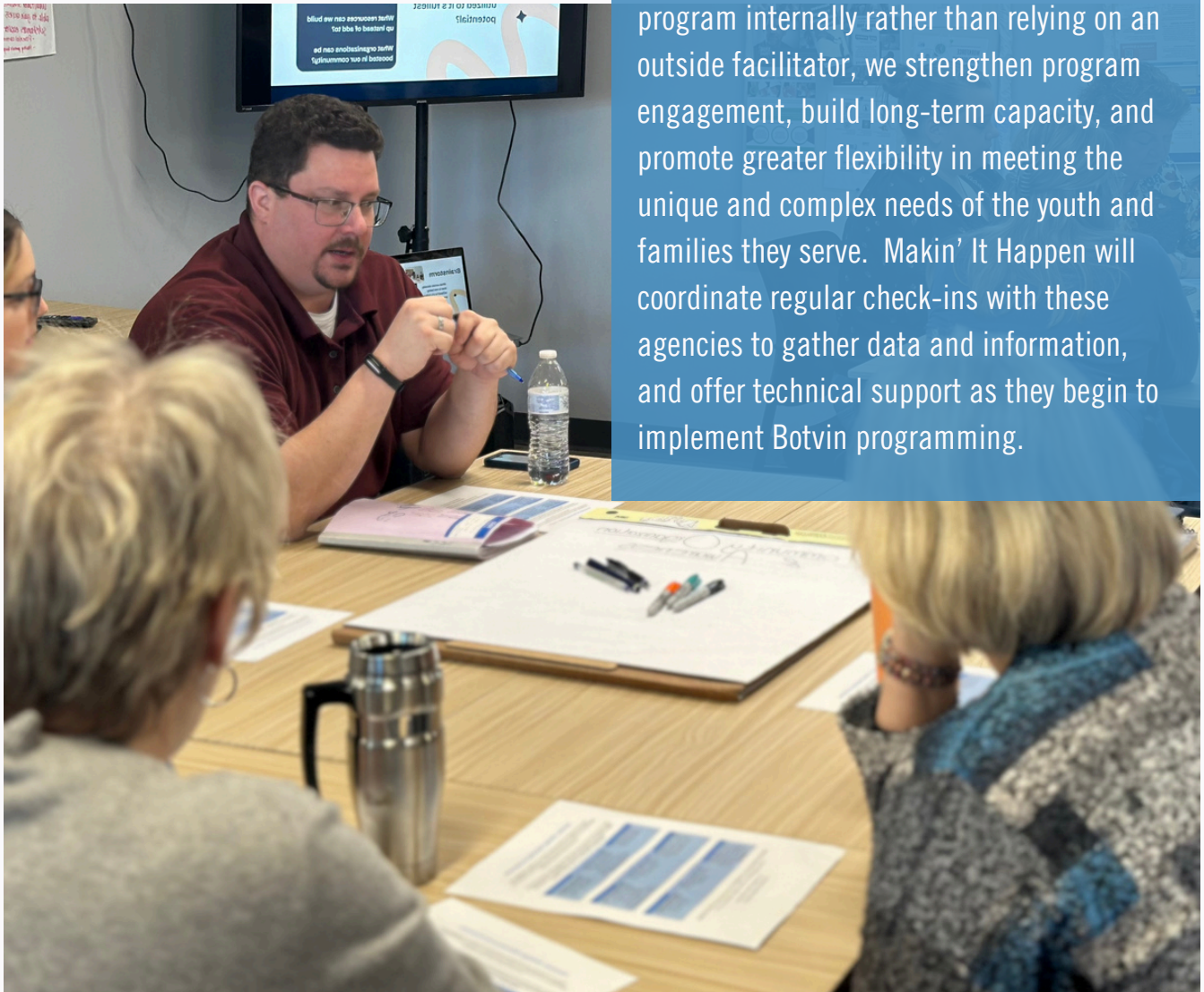
INDIRECT TRAINING SUPPORT

Makin' It Happen provided support to three YW&PC member agencies who selected to participate in the Botvin “in-house” packages. These agencies received funding for two team members to be trained in the Botvin High School program, enabling them to implement it within their own organizations.

AGENCIES INCLUDED:

1. Manchester Office of Youth Services
2. Webster House
3. MYTURN

These agencies also received incentive funds (gift cards) reserved for distribution after completing the training session. All three partner agencies have completed the training and will begin programming by FY26. By empowering agencies to deliver the program internally rather than relying on an outside facilitator, we strengthen program engagement, build long-term capacity, and promote greater flexibility in meeting the unique and complex needs of the youth and families they serve. Makin' It Happen will coordinate regular check-ins with these agencies to gather data and information, and offer technical support as they begin to implement Botvin programming.



ONLINE MEMBER SUPPORT

In response to member's requests to foster collaboration and improve communication between YW&PC meetings, Makin' It Happen created a private Facebook group for Collaborative members to join. After receiving member feedback on challenges utilizing the Facebook page - such as the inability to join the group without a personal Facebook profile - this page became inactive in mid-FY25.

YW&PC PREVENTION PORTAL

Still recognizing the need for an online communication tool, Makin' It Happen developed a Microsoft SharePoint site for members, called the YW&PC Prevention Portal. This platform will allow members to join using their work email, does not require a Microsoft account, and provides a vast variety of resources and toolkits for members to utilize. Makin' It Happen began developing this portal in July 2025, announced it to members in September 2025, and will hold a working session with members during YW&PC meeting in October 2025. This portal will host not only resources for YW&PC members to access, such as professional development tools and trainings on substance use and mental health, it will serve as a collaborative tool for YW&PC members to upload their own agency resources and forms to reduce barriers and enhance access. These agency resources can include referral and intake forms, program information, event flyers, and more! While Makin' It Happen will maintain the portal, the members have autonomy and ownership over the content. We are excited to witness enhanced collaboration through the portal.



Welcome!

We're so glad you're here! This portal is your central hub for all things related to the Youth Wellness and Prevention Collaborative. Whether you're looking for shared resources, branding tools, upcoming events, or ways to connect with fellow members, this space is designed to support our collective work.



Find Resources



Utilize Toolkits



Collaborate and Engage

ONLINE PRESENCE

Over the past year, our increased online presence surrounding the YW&PC has strengthened community engagement, expanded program visibility, and enhanced outreach to new audiences. We've increased social media efforts, expanded our website, and even created social media toolkits for our YW&PC partners to utilize on their own media pages.



Social Media Engagement

Between October 2024 and September 2025, YW&PC content has impacted 5,400 viewers across our social media platforms. These platforms include Facebook, Instagram, and LinkedIn, reaching a wide demographic.



Website Development

There is now a dedicated page on the Makin' It Happen website for all things Youth Wellness and Prevention. On this page, visitors can toggle between Makin' It Happen and Amoskeag Health websites to receive more information. This page gives wider visibility to service providers and community members about the YW&PC.



Resource Hub Expansion

Makin' It Happen has made an intentional effort to ensure all YW&PC members are featured in The Resource Hub, as well as researched additional resources available in the community at the request of our members. Over the past year, we have tripled the amount of resources available on the Hub! Makin' It Happen has also joined forces with the Manchester Health Department to combine our resource guides, making it easier for both YW&PC members and community members to navigate and browse through available supports in Manchester.

QUARTERLY UPDATES

As we move into year three, Makin' It Happen will produce quarterly updates to the YW&PC to highlight the efficacy of programs and provide checkpoints for progress.

UPDATES WILL INCLUDE:

1. **Botvin** update with numbers/ current outcomes
2. Review of **Logic Model** and tasks completed
3. **YW&PC** update with number of attendees on a quarterly basis, showing both individual and agency participation
4. **Next steps** of YW&PC Work, including number of scheduled Botvin sessions across partner agencies

DATES OF DISTRIBUTION:

- November 2025
- February 2026
- May 2026
- August 2026

Quarterly Updates can be found on the Makin' It Happen Website on the Youth Wellness & Prevention Initiative landing page, as well as the YW&PC Prevention Portal under ***Collaboration Hub*** → ***Quarterly Updates***.



QUARTERLY MEETINGS

The YW&PC leadership team currently holds a post-meeting on a monthly basis following each YW&PC meeting and significant event (Professional Development Days, Annual Showcase). Moving into Year three, the leadership team will dedicate one post-YW&PC meeting per quarter to review progress of Collaborative initiatives. This will allow for consistent and regular monitoring of progress, reflection on outcomes, and strategic planning to guide the Collaborative's ongoing work.

ATTENDEES WILL INCLUDE:

1. **Makin' It Happen** - Mary Forsythe-Taber and Emma Scott
2. **Amoskeag Health** - Stephanie Savard, Emily Carrara, Stacey Beeley
3. **Office of Youth Services** - Mike Quigley
4. **YMCA** - Chris Stetson and Bri Hess

Makin' It Happen will report on YW&PC meeting data, Botvin data from Raising Resilience (parenting program) and Botvin data from partner agency sessions (OYS, MYTURN, Webster House). Amoskeag Health and YMCA will report on Botvin data from their efforts. Such reports will include attendance, pre/post-test data, challenges and opportunities for the YW&PC.

MEETINGS WILL OCCUR:

- October 2025
- January 2026
- April 2026
- July 2026

These quarterly meetings will take place during the YW&PC Debrief, the month before a quarterly update will be distributed.



REPORT DEVELOPMENT

Throughout years one and two, the majority of report development has come from Botvin data and Amoskeag Health's partnership with Catalyst. As we move into Year three, Makin' It Happen will develop additional data assessments to enhance visibility amongst members, and support regular progress of YW&PC efforts.



Community Data Assessment

To ensure our goals are aligned with community needs, Amoskeag Health provided a Community Needs Assessment in 2023. This has been the framework for our goals and vision for the YW&PC.



Highlights of the Community Needs Assessment

By addressing substance use, strengthening youth mental health supports, and reducing disparities, Manchester can move closer to the vision of a healthy, vibrant city where all children and families thrive.

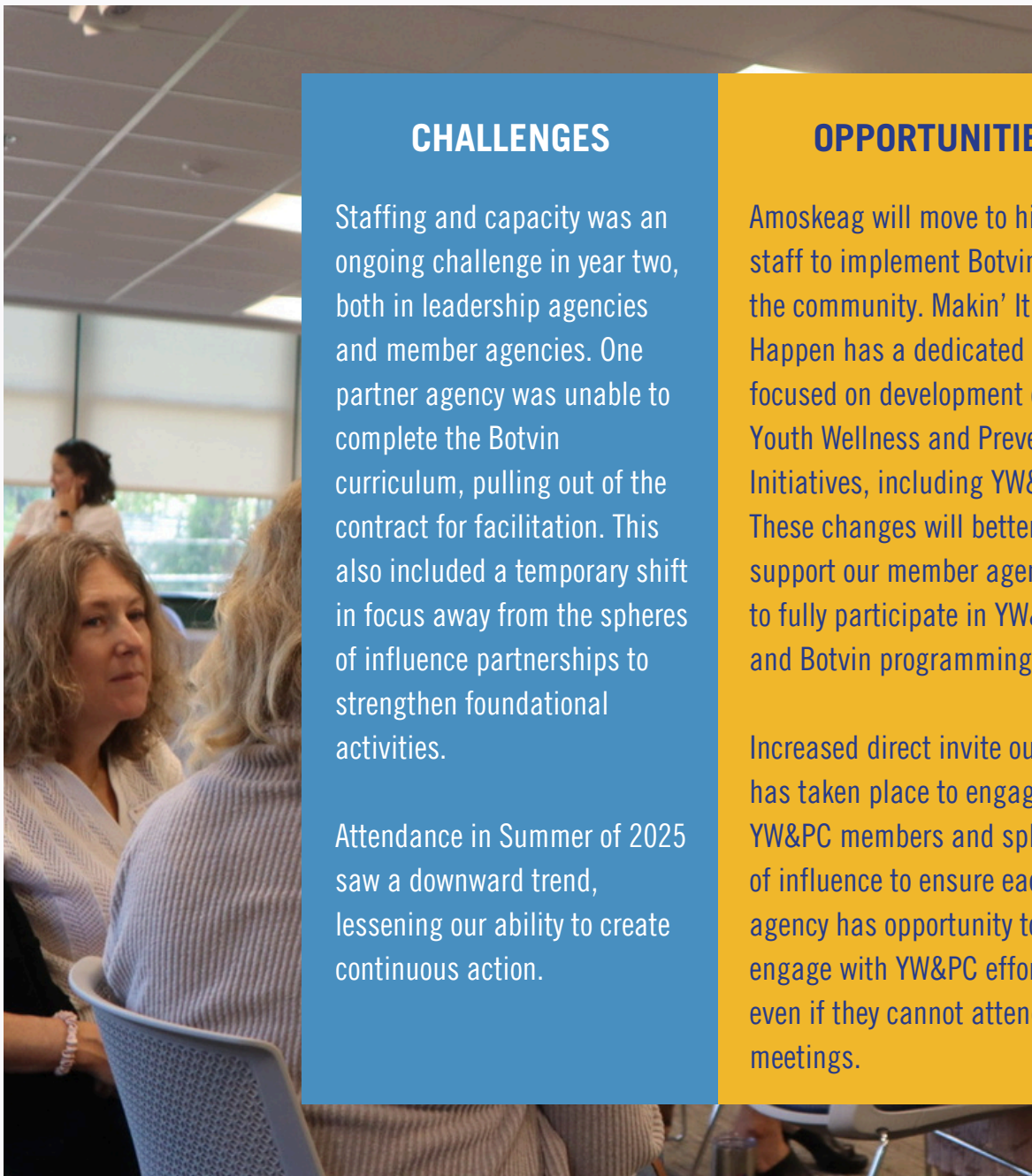


Member Survey

Makin' It Happen has developed a member survey to assess engagement, effectiveness, and impact, while also providing valuable insights to guide planning and continuous improvement. The survey will be rolled out in October to reflect on the past year's progress and ensure alignment with member goals moving into year three. Results of this survey will be reported on and distributed in FY26.

CHALLENGES AND OPPORTUNITIES

As the YW&PC enters its third year, the Collaborative will focus on deepening engagement and strengthening capacity to sustain long-term impact.



CHALLENGES

Staffing and capacity was an ongoing challenge in year two, both in leadership agencies and member agencies. One partner agency was unable to complete the Botvin curriculum, pulling out of the contract for facilitation. This also included a temporary shift in focus away from the spheres of influence partnerships to strengthen foundational activities.

Attendance in Summer of 2025 saw a downward trend, lessening our ability to create continuous action.

OPPORTUNITIES

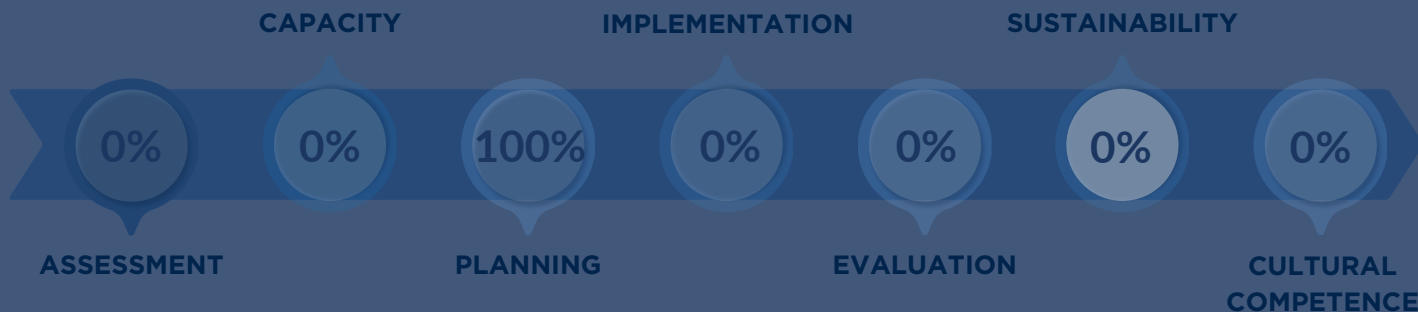
Amoskeag will move to hire staff to implement Botvin in the community. Makin' It Happen has a dedicated team focused on development of Youth Wellness and Prevention Initiatives, including YW&PC. These changes will better support our member agencies to fully participate in YW&PC and Botvin programming.

Increased direct invite outreach has taken place to engage YW&PC members and spheres of influence to ensure each agency has opportunity to engage with YW&PC efforts, even if they cannot attend the meetings.

QUARTERLY REPORT

STRATEGIC PREVENTION FRAMEWORK PROCESSES

The coalition spent its time on the following processes during this reporting period.



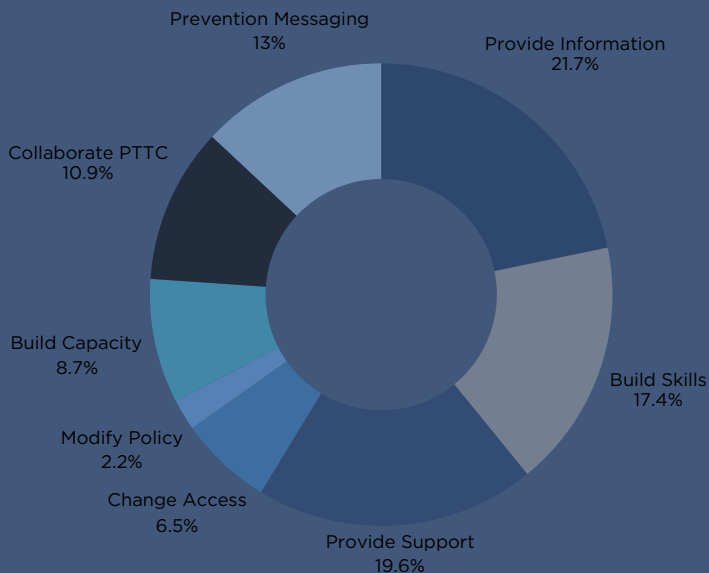
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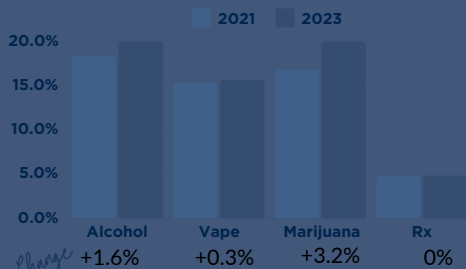


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INTERVENTION STRATEGIES

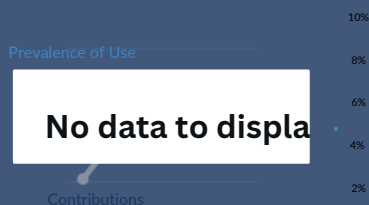


30-DAY PREVALENCE OF USE



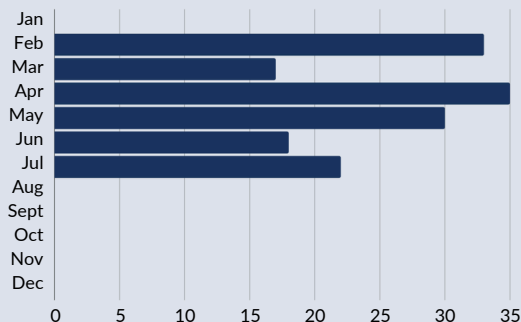
6th-12th Grade, Student Behavior Survey

CUMULATIVE CHANGE

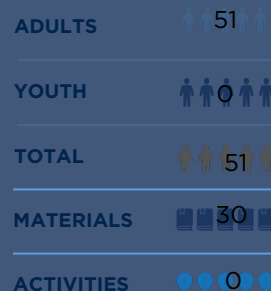


Community impact of coalitions changes is cumulative through the years, contributing to a reduction in prevalence of use

COLLABORATIVE MEETING ATTENDANCE



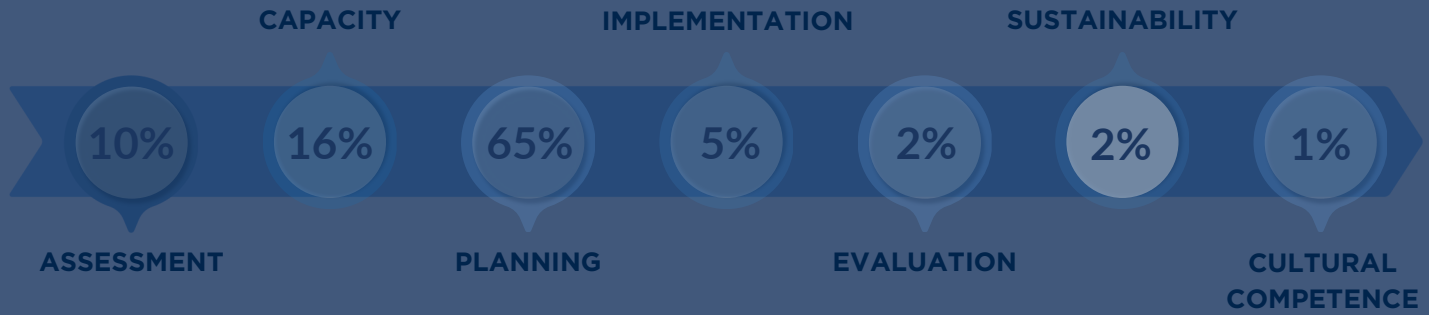
REACH



QUARTERLY REPORT

STRATEGIC PREVENTION FRAMEWORK PROCESSES

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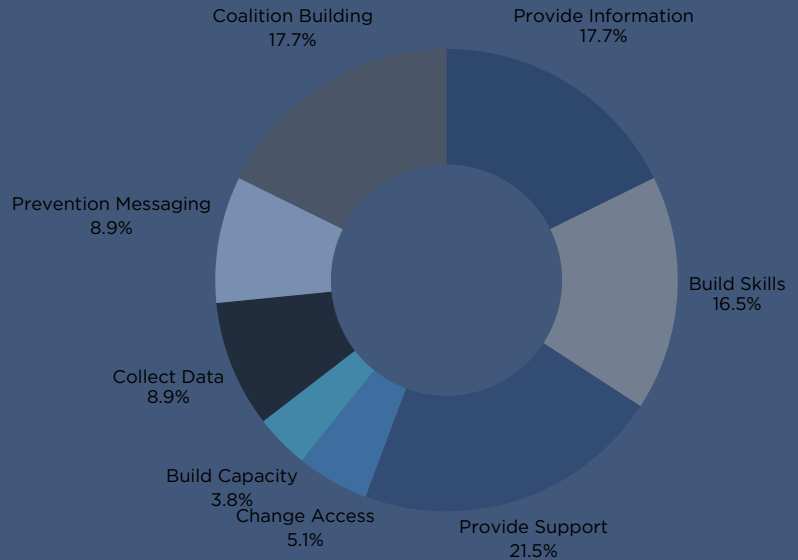
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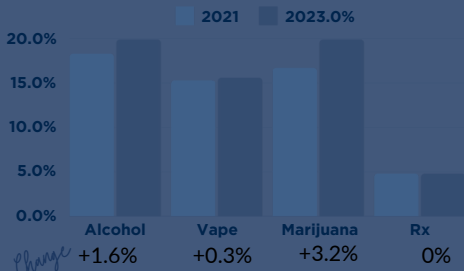


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INTERVENTION STRATEGIES

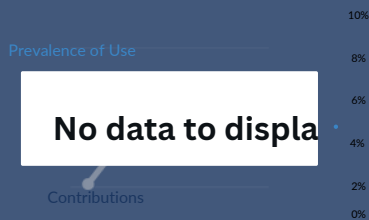


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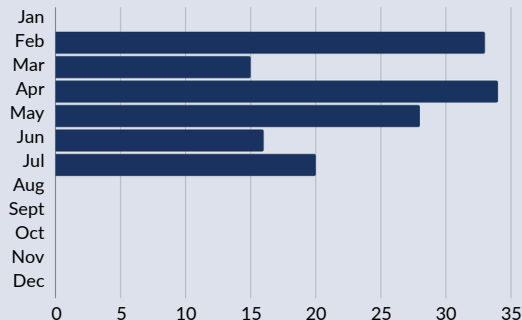
6th-12th Grade, Student Behavior Survey

CUMULATIVE CHANGE

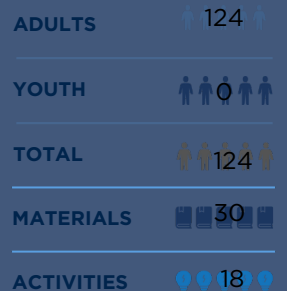


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COLLABORATIVE MEETING ATTENDANCE



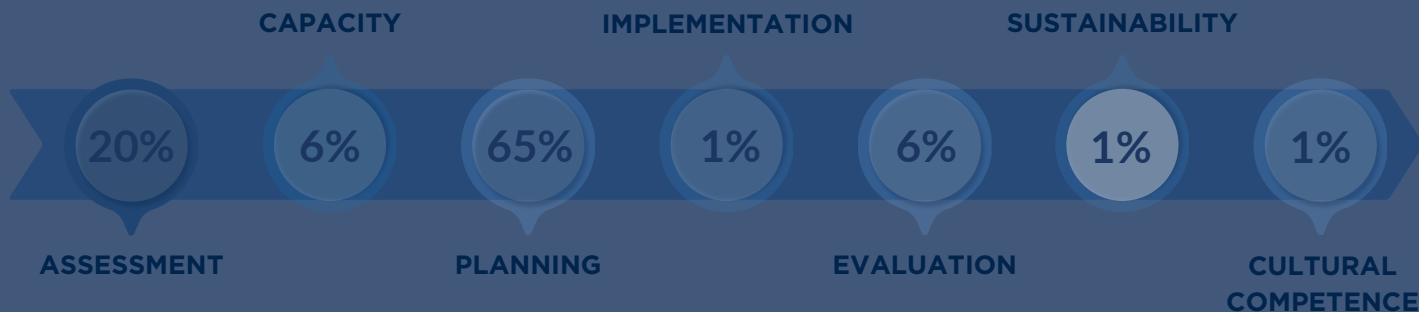
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QUARTERLY REPORT

STRATEGIC PREVENTION FRAMEWORK PROCESSES

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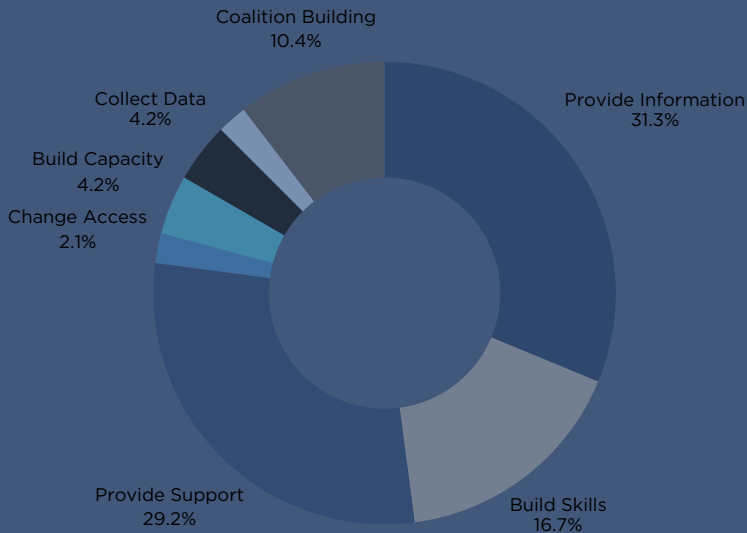
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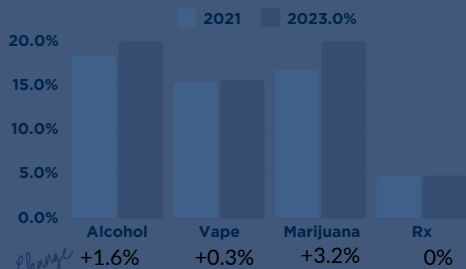


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INTERVENTION STRATEGIES

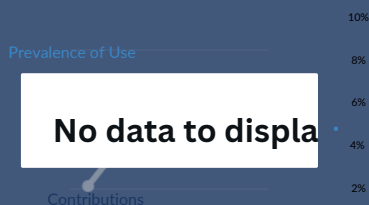


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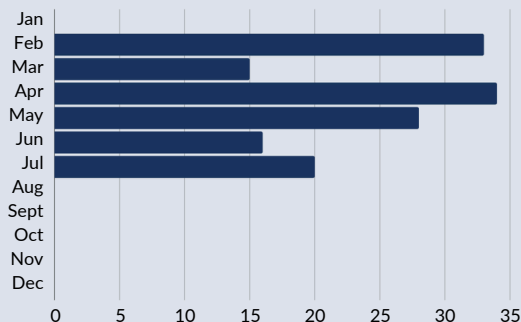
6th-12th Grade, Student Behavior Survey

CUMULATIVE CHANGE

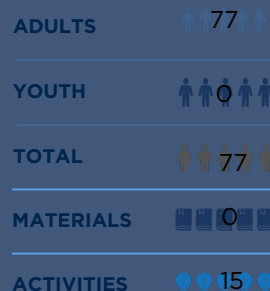


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COLLABORATIVE MEETING ATTENDANCE



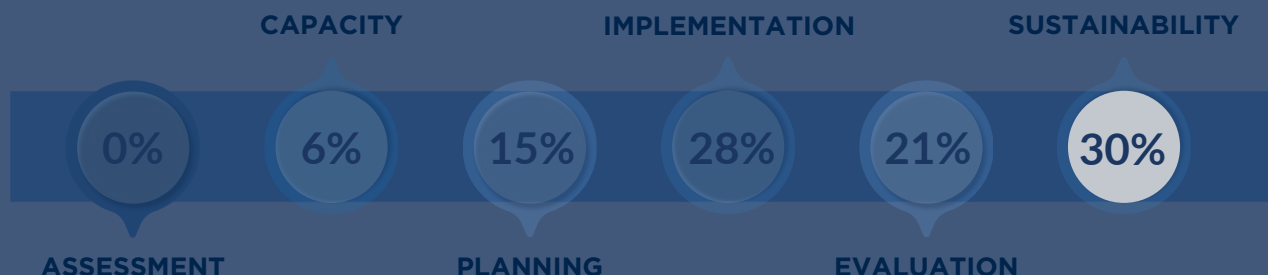
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QUARTERLY REPORT

STRATEGIC PREVENTION FRAMEWORK PROCESSES

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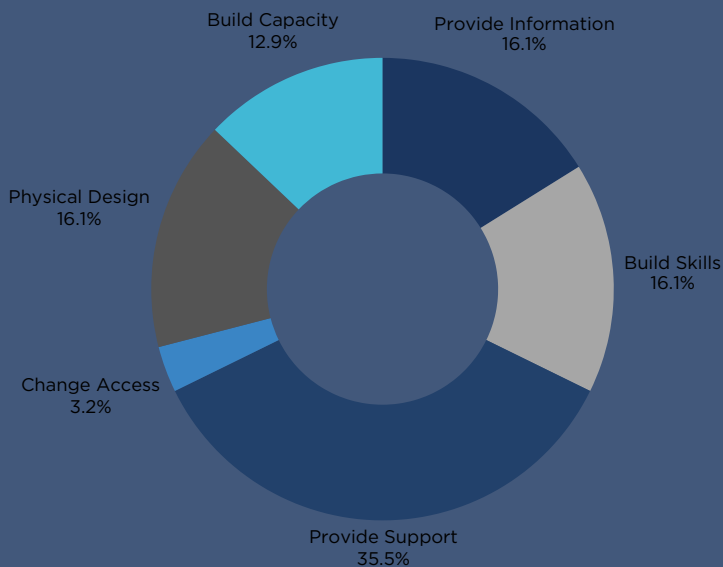
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INTERVENTION STRATEGIES



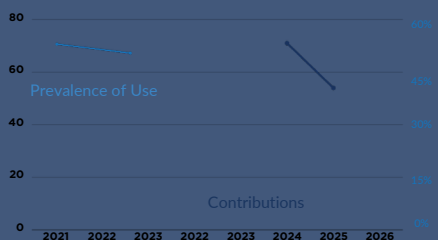
30-DAY PREVALENCE OF USE*



6th-12th Grade, Student Behavior Survey

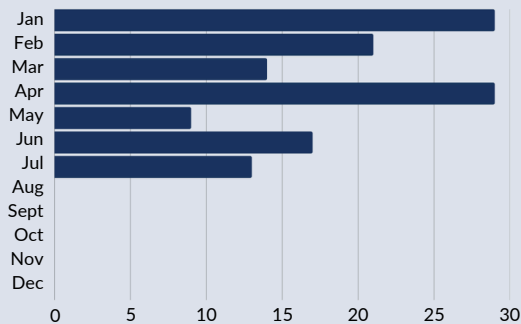
*This is historical data gathered before the Coalition was formed.

CUMULATIVE CHANGE



Community impact of coalitions changes is cumulative through the years, contributing to a reduction in prevalence of use

COLLABORATIVE MEETING ATTENDANCE



REACH

ADULTS	239
YOUTH	99
TOTAL	338
MATERIALS	119
ACTIVITIES	33