



# Annual Report 2022/2023



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## Mission 1: Equipping Youth to Make Healthy Choices:

We served a total of 2,342 students in 2022/23. Our five-session program reached 782 students in Sumter and Lake County. A total of 254 students were served in Sumter County and 528 in Lake County. Middle school students numbering 289 were served in South Sumter Middle, Wildwood, Sumter PREP, First Academy, First Baptist Church of Lake Panasoffkee, and Hope Rise Camp. A total of 493 high school students were served at South Lake and First Academy high schools. Through our federal Sexual Risk Avoidance grant, we served 1,560 high school students with our twelve-session program, 651 at South Sumter, Sumter Adult Ed, Wildwood, and The Villages high schools. In Hernando, 909 students were served at Central, Nature Coast, Weeki Wachee, Springstead and Hernando high schools.

A total of 85% completed the 5-session program and 89% completed the 12-session program. We define completion as attending 75% of the sessions offered. A pre/post-knowledge-based test is administered in the 5-session program, and 91% of students taking both pre and posttests improved on posttest scores by an average of 33 points.

Students in all the Equipping Youth programs completed an internal retrospective post-survey (which is anonymous). Annual compilation of our internal surveys reveals statistically significant shifts on most survey questions for both middle and high school students. The middle school post-survey attitudinal shifts increased on all eight questions. The largest shifts were for question 1, *"I have now written SMART goals for my life after high school"* (144% increase) and for question 7, *"I am now very aware of the dangers of human trafficking"* (35% increase). The high school surveys revealed increases of 10% on the statement, *"I now understand how social media can be dangerous,"* moving from agreement of 88% to 97%. An increase of 32% resulted for the statement, *"I think I can change the things that bother me about my boy/girl friend."* The statement, *"I recognize the red flags of a toxic relationship"* increased by 22%. Please see the attached reports for attitudinal shifts for each statement on our internal survey.

E3 surveys also include the handwritten responses to the question, *“How has this program impacted you?”* Only significant responses were recorded, and similar answers were not recorded as many students make comparable statements. The full compilation of student comments can be requested from [wendi@e3familysolutions.com](mailto:wendi@e3familysolutions.com).; however, some of the more poignant remarks are listed here:

*“Made me realize that I had been sexually assaulted in my last relationship. Helped me heal and realize all the negative things I went through were serious and not something to be scared to speak up. You guys are phenomenal!” F15*

*“The program has taught me that sexual activity should wait until marriage.” M 14*

*“I wish it was longer so we could be informed more.” M15*

*“It taught me it was ok to be myself and how toxic my relationships are. How to be more successful and not get diseases and babies.” F15*

*“It helped me better understand topics of relationship with the red flags. I really like the video about the consent & the 14 steps (I think) to boundaries, stuff about STDS” F16*

*“It's taught me to be nicer to the people around me regardless of how they act because you never know what somebody else is going through.” F15*

*“Showed me how scary life could be. I never thought it could be dangerous to be on social media or how relationships could lead me to a bad place where I don't wanna end up.” F16*

*“Made me realize the importance of setting goals and how to stay on track to reach my goals. You can't just go about your life to reach your goals; you have to work for them.” M15*

*“This program impacted me by showing me how the world can be a bad place and how I need to make smart decisions in my life because every choice you make has a consequence.” M15*

*“This program has affected me positively. It has taught and explained to me things I had a brief knowledge about. It gave me many new options to help myself and others.” F15*

Students in the 12-session program were administered entry and exit surveys on an Online Participant Tracking System (OPTS). Preliminary results of the SRAE Exit Survey for the 12-session program are also attached. Most encouraging were the following results: Has being in the program made you much more or somewhat more likely to: “Resist or say no to peer pressure?” 62%; care about doing well in school? 68%; “Have a better understanding of what makes a relationship healthy?” 74%; “Plan to have a steady full-time job before you have a child?” 65%.

## **Mission 2: Empower Parents to Build Strong Families**

We presented our *Understanding the Teenage Brain* and *Effective Parenting Strategies* in Lake, Sumter and Hernando counties through our Sexual Risk Avoidance Grant. Through six separate events, one in Lake, four in Sumter and one in Hernando, we reached 54 parents. The overall responses were positive, with parents actively participating throughout the programs and asking questions to further understand the concepts presented. Based on survey responses and interactions during and afterward, it is evident that parents learned information regarding teen brains, the current culture, and parenting strategies.

Here are some comments from attendees:

*“Loved the presentation today. Thanks for the information! Very positive and energetic--kept me paying attention. Thanks for everything!”*

*“This was so informative! Will definitely help with my kids.”*

*“Thank you for coming to educate us and love us enough to help raise our children and better ourselves as a person of influence and parent.”*

*“You guys provided so much information that was useful. Thank you.”*

We also offer a program for parents learning how to coparent because of a separation or divorce. *Cooperative Coparenting Through Separation or Divorce* is a comprehensive curriculum taught in eight sessions. Parents who've attended found the lessons powerful and effective, even in the midst of extremely difficult situations with the co-parent.

## **Mission 3: Encouraging Communities to be Family Friendly:**

E3 founded and manages Sumter County's Drug Free Coalition. Sumter CAP (Community Action Partnership). Some of the strategies or campaigns accomplished by our Sumter CAP initiative this year were:

- Community events and presentations to 6,444 students and 14,640 adults
- Distribution of 4,925 bags of Deterra and/or Dispose RX drug deactivation systems
- Completed 25 alcohol environmental scans and 5 pharmacy scans
- 13 Friday Night Done Right events, and 6 Summer Nights Done Right events reaching 1,443 students and 115 adults
- Know the Law classes, in collaboration with School Resource Officers, to 1251 students in 6th, 7th, 9th and 10th grades
- 152 parents pledged to No One's House committing that their home is not a place for teen drinking and not providing teens with any substance in their home
- Red Ribbon presentations to 800 students in 4<sup>th</sup>,5th grade; middle and high school students
- 100 adults attended presentations on Hidden in Plain Sight
- 132 Medication lock boxes distributed as part of our Lock Your Meds campaign
- 122 parents and community members attended presentations on Safe Use, Safe Storage and Safe Disposal of Medications
- 2200 pounds of unwanted medications were collected and destroyed in partnership with the Sumter County Sheriff's Office and Wildwood Police Department.

Below are a few comments from adults or parents who attended our events.

*“My teen loves to attend your Summer Nights Done Right events. Thank you for providing something fun and educational for her to do over the summer break.” – parent of teen attending Summer Nights Done Right.*

*“The executive board for Caring Neighbors of the Villages appreciate you sharing your presentation on Safe Use, Storage and Disposal of Medications. We are excited for you to present to each individual Caring Neighbors club so other residents can receive this information.” – Anne Bosler, Executive Chair of the Caring Neighbors Clubs*

*“Thank you for providing the medication lock boxes for us who care for our loved ones with dementia. This is valuable information about locking our medications not only for my husband, but to keep our grandchildren safe when they visit in our home.” – Leesa Bonds*

*“Your presentation to our parents and teens on “Know the Risks of Vaping” was so educational and perfect for us learning about this important topic to talk about with our teens in the church. We also enjoyed your Hidden in Plain Sight backpack presentation to our parents.” – Linda Jackson, Powerhouse of Jesus, Inc.*

## **Major funding sources for 22/23:**

(Note: None of the funders listed here guarantee future funding for E3 Family Solutions.)

Federal Sexual Risk Avoidance Education grant

United Way of Lake and Sumter Counties Health Education grant

Children's Services Council of Lake County Risk Avoidance grant

Drug Free Communities Grant and Community Coalition Alliance

Other funders include: Sumter School District; Foundations; Individual and Business Donors, Sponsorships; Church donors; Anniversary Celebration;

In-kind contributions include: Sumter Youth Center space for a Sumter office, training room and Wi-Fi. First Baptist Leesburg free office space and utilities in Lake County. Board Member volunteer hours are also in-kind contributions.

E3 continues to take the lead in Human Trafficking Prevention education in Lake, Sumter and Hernando Counties. We sponsored the Walk for Freedom events in Lake/Sumter in October through our federal grant funds. This event promotes awareness of the risk at the local level for Human Trafficking, particularly sex trafficking. We are members of two Human Trafficking task forces, Lake/Sumter and Nature Coast to help facilitate collaborative efforts to combat this tragedy.

Our social media presence continues to be enhanced. We have established a donor management system through Network for Good and are now sending monthly blogs to donors and others who request to be on our mailing lists. Blogs and prevention messaging for parents and the community are published weekly on Facebook and Instagram and E3 now has two YouTube channels. One E3 channel presents testimonials from staff, teachers who have hosted the Equipping Youth program and Friday Night Done Right events as well as informative videos for parents and the community. Sumter CAP also has a channel with Friday Night Done Right events, Safe Drug Disposal instructions and other informative videos. Both these channels are geared to adults and those working with youth.

An audit of fiscal year 22/23 was conducted by CPA Thomas R. Tschopp from the firm, Schafer, Tschopp, Whitcomb, Mitchell and Sheridan, LLP and they "did not identify any deficiencies in internal control."

Darla Huddleston  
Executive Director  
Fiscal Year 2022/2023

Report Period  
July 2022—June 2023



**Equipping Youth**  
To Make Healthy Choices

**A Primary Prevention Program for Youth**

**2,342 Students Served** in Sumter, Lake & Hernando Cty

**Pre/Post Knowledge of Healthy Choices**

- 91% improved on knowledge-based tests, (33 pts avg)

**Student Post Survey Responses showed**

- 98% are very aware of the dangers of Human Trafficking
- 78% better understand what makes a healthy relationship
- 90% made a strong commitment to avoid risky behaviors
- 67% “plan to have a steady job before having a baby”
- 96% say, “I understand social media can be harmful”

**Student Comments**

- *This program has given me a reason to stop vaping outside of school with friends and to avoid anything that may hurt me.*  
15 y/o Female
- *The one thing that impacted me is you should get married, then you have a kid.*  
15 y/o Male
- *Made me more understanding of human trafficking and the dangers of just leaving some information of myself online.*  
15 y/o Female
- *This program has changed my life. I went from cooking meth in an old Ford Ranger to taking the time to live life*  
17 y/o Male

**Teacher Comments**

- *You guys do an amazing job teaching difficult topics and relating the material to these students lives.*
- *My students and I always love it when you guys come to present in the classroom*
- *They make sure everyone feels involved and their content is relatable, realistic, and timely for our students.*



**Encouraging Communities**  
To Be Family Friendly

**Prevent—Educate—Advocate**



**Coalition Strategies**

- 20,246 reached through social media and community events
- 4,925 free drug disposal kits provided
- 1,443 students participated in “Friday Night Done Right” events

*“My teen loves to attend your ‘Summer Nights Done Right’ events. Thank you for providing something fun and educational for her to do ...”*

- 1251 students attended the “Know the Law” class
- 800 students in grades 4, 5, 6, middle and high school attended Red Ribbon presentations.  
*“Your presentation to our parents and teens on ‘Know the Risks of Vaping’ was so educational.”*
- 100 adults attended “Hidden in Plain Sight”
- 254 adults attended the presentation *Safe Use, Safe Storage, Safe Disposal* of prescription drugs  
*“Thank you for providing the medication lock boxes for us who care for our loved ones with dementia.”*
- 2200 pounds of unwanted medications collected and destroyed in partnership with the Sumter County Sheriff’s Office and Wildwood Police Department




**Empowering Parents**  
To Build Strong Families

**“Understanding the Teenage Brain,”  
“The Dangers of Pornography” and  
“Human Trafficking”** — our parent programs.

**Parent Comments**

- *“You guys provided so much information that was Useful. Thank you.”*
- *“Great information! I learned a lot about how teens think and why they do the things they do.”*
- *“Loved the presentation today. Thanks for the information! Very positive and energetic-kept me paying attention.”*
- *“This was so informative. Will definitely help with my kids.”*

## RETURN ON INVESTMENT (ROI)

due to the impact on risk-behaviors of high schoolers after the EQUIPPING YOUTH program.

### Social Capital Valuations, LLC

An analysis by Social Capital Valuations, LLC of the projected cost-benefits associated with SRAE classes provided by E3 Family Solutions **to 2,342 students**, grades 8 to 12, during academic school year (ASY) **2022-23** yields an estimated lifetime return of **\$13.43 FOR EVERY \$1 EXPENDED.**

Because these SRAE classes address the issue of high-risk behavior in general, they also impact cost benefits related to reductions in other high-risk behaviors through the application of SRA skills.

**\$1,153,438** due to improved **high school graduation** rates among teens demonstrating SRA behaviors

**\$823,417** from law enforcement and medical costs due to **underage drinking**

**\$161,285** from reduced incidences of **STIs**

**\$381,851** from **violence avoided** (attempted suicide and intimate partner violence)

**\$296,247** in medical costs associated with **pregnancy**

**\$1,104,251** for future pregnancies avoided due to reduced **Cohabitation**

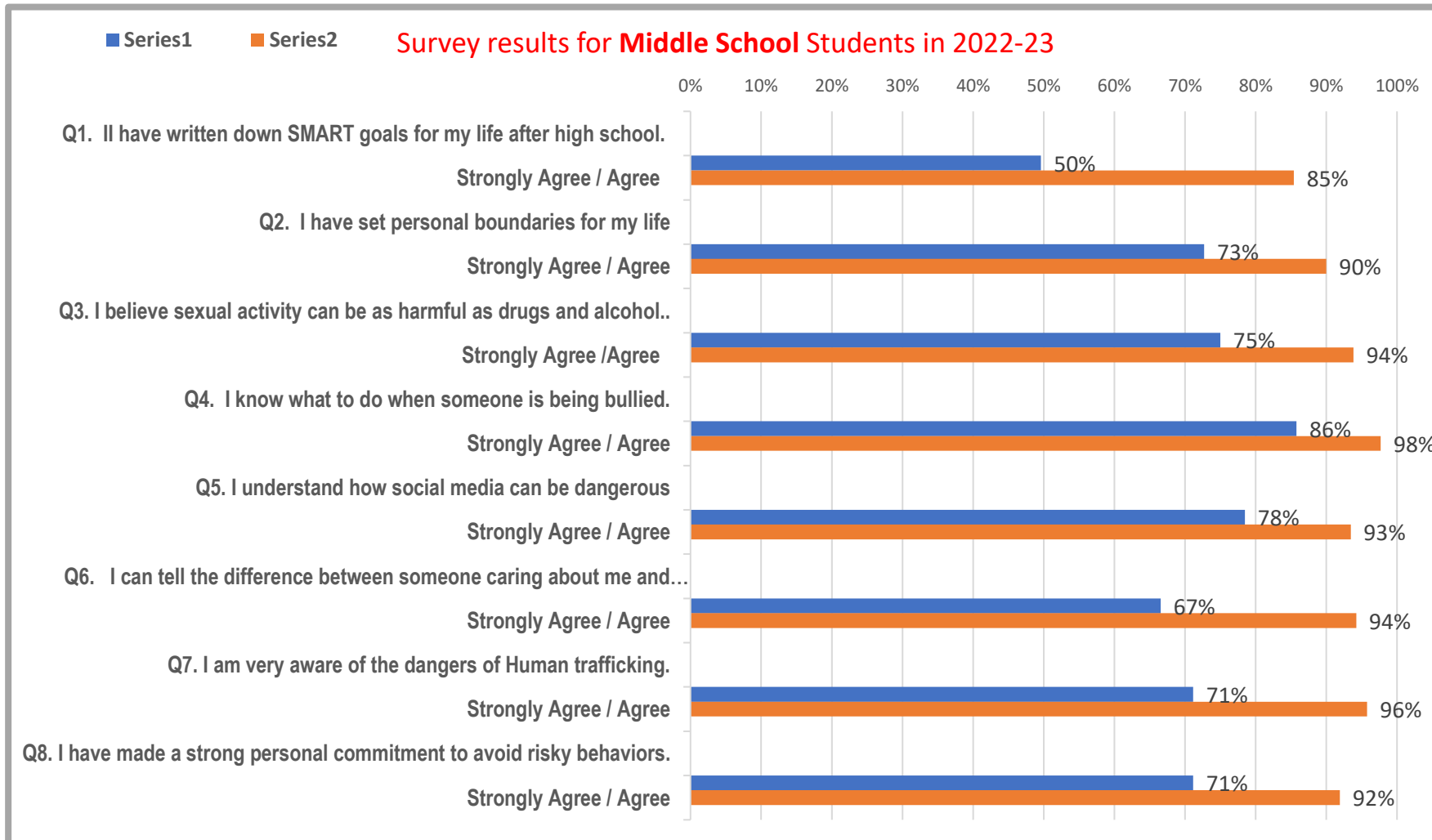
**\$2,925,975** from public assistance costs associated with fewer **teen mothers**

**TOTAL LIFETIME SAVINGS FROM ALL ABOVE EFFECTS** **\$6,846,463**

## SURVEY RESPONSES GRAPH

The following attitudinal changes were indicated in a survey of middle school students in response to our

### EQUIPPING YOUTH Program 2022-2023





## SURVEY RESPONSES GRAPH

The following attitudinal changes were indicated in a survey of high school students in response to our

### EQUIPPING YOUTH 5-Session & 12-Session Program for year 2022-23

