

## Boys & Girls Club of Greater Nashua

- **Please provide aggregated and de-identified demographic information for individuals served.**
  - Gender:
    - 116 Female
    - 150 Male
    - 1 non-binary
  - Race:
    - 10 Asian
    - 25 Black or African American
    - 138 Caucasian
    - 65 Hispanic
    - 26 Other
    - 3 multi-racial
  - Income:
    - 65 Extremely Low Income
    - 61 Very Low Income
    - 25 Low Income
    - 45 Not Low Income
    - 71 Unknown Income

- **An analysis of the impact(s), successes and challenges of the project(s), program(s), and/or service(s) funded.**

The Boys & Girls Club of Greater Nashua, through the RGA Opioid Abatement Grant, has implemented a multifaceted approach aimed at addressing the impact of substance misuse on youth in our community. The various Tier 1 and Tier 2 prevention services implemented throughout the year included: **Counseling** (individual and group), **Mentorship** (aligning youth to caring adult mentors on a recurring basis), **Mighty Minds** (social and emotional wellness group that helps children to learn various coping mechanisms and to build resiliency), and **Camp Mariposa** (year-round addiction prevention and mentoring program for youth affected by the substance use disorder of a family member). These activities and programs have collectively served 267 children, offering essential support to those affected by opioid misuse. By providing one-on-one counseling, small group sessions, social emotional skill-building programs, and additional enrichment opportunities via the RGA Opioid funds, our organization has been able to further build a nurturing environment that promotes resilience and coping mechanisms among youths

whose families have been affected by substance use disorders. Additionally, we have a Boys & Girls Club staff member who is currently completing his Certified Prevention Specialist Certification, and another staff member who is about to start the same program, with the ultimate goal of enhancing our youth-facing skills and expertise.

One of the other notable successes of the program has been the enhanced connection of the counselors (funded by the RGA Opioid grant) to our Camp Mariposa campers / youth participants. The program not only offers traditional weekend camp activities but also integrates educational sessions led by our mental health professionals and mentors, fostering both personal growth and social integration. This combination of recreational and therapeutic elements equips participants with skills to navigate their challenges while reinforcing their emotional well-being and social competence. Programs like our locally developed Mighty Minds initiative similarly build community within our Club walls, giving Club members the tools to build their social-emotional skills, which are crucial for building self-esteem and resilience in the face of trauma.

However, the program has faced formidable challenges throughout our first grant year. The closure of The Youth Council, our partner in this grant, has necessitated a redistribution of responsibilities onto the existing counseling staff. Additionally, the difficulty in finding individuals to complete the Certified Prevention Course has been exacerbated by a high turnover rate at community nonprofits, leading to potential gaps in service delivery and expertise.

Lastly, filling the social emotional counselor position at our Club proved to be more difficult than anticipated, leaving the role unfilled for much of the first year of our grant.

We are happy to say, however, that we have seen dramatic progress since filling the social emotional counselor position. This progress, coupled with the achievements listed above, gives us great confidence in the impact we will have in the year to come. We would especially like to share our ideas with the Kristy McDonald and the Opioid Abatement Program team regarding how we would like to expand our scope of services to meet additional / existing individual and family service gaps now that we are fully staffed, and how we intend to reallocate Youth Council funds to ensure successful delivery of those expanded (and absorbed) services.

Thank you again for your generous support, we look forward to our continued partnership in the year to come.

**Craig L. Fitzgerald**

Executive Director

**Boys & Girls Club of Greater Nashua**

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