

# FY2022 Buncombe County Tipping Point Grant Report

<b>Organization Name:</b>	RHA Health Services, Inc
<b>Project Name:</b>	Student Summit

Activities Accomplished	Annual Goal	Amount Completed
Number of students attending the Student Summit	100	1500
Percent of participants who indicate they enjoyed the session or gained knowledge about youth prevention	50%	N/A
Percent of participants who have an increase in knowledge and improved perceptions	30%	N/A
Number of students attending PIVOTPoint day programming.	20	10%
Percent of participants who indicate they enjoyed PIVOTPoint day	75%	100%
Percent of participants who have an increase in self-awareness, mindfulness, and interpersonal skills from PIVOTPoint day programming.	50%	100%

Expenses (please list all grant related expenses)	Amount Spent
Eric Daddario Presentation	\$2,000
Appalachian Harm Reduction Reserach - Dr. Bayla Presentation	\$50
PIVOTPoint WNC (2 Theraputic Adventure Outings with 10 participants in each)	\$4,554
\$25 Walmart Charitable Gift Cards for Focus Groups	\$300
Pizzas 5/17/22	\$12.82
Pizzas 5/24/22	\$39.38

**TOTAL:** \$ 6,956

<b>Overall project updates:</b>	<p>Partnered with United Way school rep, Tatyana Barrett, and Asheville City Schools to host a virtual Student Summit during 9th and 10th grade homeroom for a week (November 15-19, 2021). We had presenters from UNCA- School of Pharmacy, Buncombe County Health Department, Appalachian Harm Reduction Research, Resources for Resilience, and Eric Daddario, guest speaker from Boston. The event took place the week before Thanksgiving Break.</p> <p>Partnered with PIVOTPoint WNC and Healthy Transitions to host two Buncombe County teen programs for 14-17 year olds. The goal of the collaboration was to utalize adventure programming to help increase self-awareness, self-advocacy, accountability, and develop self-regulation &amp; resilience skills, increasing protective factors in Buncombe County teens. RHA, PIVOTPoint WNC, and Healthy Transitions recruited from the groups of youth they work with, held two pizza parties in Carrier Park, and reached out to youth at two Homework Diners at Asheville High School. 6 youth were confirmed to go for the first outing, but only 2 actually followed through with attending.</p>
---------------------------------	---

<p><b>Indicators of service quality:</b> <i>(How well did we do it?)</i></p>	<p>We only received 6 completed surveys which is not enough to draw conclusions. The survey was distributed to students the week after Thanksgiving break and at this time the school is not allowing visitors on campus, so we were not able to physically able to distribute the survey. We had to rely on homeroom teachers to distribute the survey and then collect the survey from their students. We did receive verbal praise from some teachers and United Way school rep, Tatyana Barrett, that they enjoyed the presentations.</p> <p>PIVOTPoint WNC staff provided a write-up of outcomes from the outing for the two clients. Staff reported "all of these role plays were successful and the clients were able to confidently use the skill with one another." Pre-trek and post-trek outcomes were gathered in 7 questions before and 9 questions after. Participants reported using coping strategies less in the session than in their daily lives in the past week. Participants identified four coping strategies each used in their daily lives and both reported using new coping strategies during the outing. The two clients reported participating and communicating effectively/respectfully more often during the trek than in the past week with friends, families, or others. One client reported taking care of himself and practicing self-compassion more often during the trek than in recent daily life and the other reported the same as in recent daily life. One participant didn't have a takeaway from the day and the other said, "you can calm yourself down using different breathing patterns, movements, or senses such as sight, smell, touch, and hear." The July session hasn't happened yet and staff can provide an updated report after July 24.</p>
<p><b>Result/Outcome:</b> <i>(Is anyone better off)</i></p>	<p>Asheville High School received some calls from parents, who thanked the school for hosting the Student Summit. Also, some students went to see their school counselor to further discuss some of the topics discussed during the Student Summit.</p> <p>Clients learned about goal-setting and were asked to think of a habit in their life that starts with a cue, which is followed by a habit. were asked to set a SMART (Specific, Measurable, Achievable, Realistic, and Timely) goal for the week to get practice making and achieving goals for themselves. Clients also chose one coping skill they would take with them into the next week and one thing they were grateful for. Clients will be checked in with in a month to see if they feel that the outing was beneficial and if their goals were achieved.</p>