

Interaction

Friends
For
Change

Project Goal:

Utilize evidence based strategies to build relationships with high risk youth and young adults to increase their access to supports that prevent and address substance misuse.



Story

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Quote:

“When I was homeless, without FFC I would not have known what to do”

- High School Junior

Participant Demographic Info

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21% BIPOC

53% LGBTQIA+

92% Neurodivergent

41% Experience of Homelessness

88% Food Insecurity

61% Experience with DCF involvement

90% Experience of housing insecurity

98% Self-Identified Mental Health challenges

15% Dropped out or unenrolled

12% Physically disabled



Windham County Data

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27% of HS students currently use cannabis, which is significantly higher than VT (2023 YRBS).

24% of high school students currently use alcohol (2023 YRBS).

22% of LGBTQ+ and **9%** of HetCis high school students did not go to school because they felt unsafe

21.8 per 100,00 Deaths due to Opioid use



More females and LGBTQ+ high schoolers reported their mental health was most of the time or always not good and that they felt sad or hopeless (**surpassing every county**).

41.9% of youth under 12 were living in poverty.

19.1% of Bellows Falls living in poverty as compared to 9.7% Vermont overall.

BFUHS: **96.91%** are considered low income based on free and reduced lunch rates.

Strategies Overview

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Prevention

Promoting
Protective Factors

Intervention

Providing access to
otherwise inaccessible
community-based
supports

Harm Reduction

Expanding access to
harm reduction
supplies, support, and
education

Prevention

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Building on Existing Efforts

Focus on underserved populations

- Disabled young adults
- Youth who've dropped out of HS
- HS youth most at risk

Evidence Based programming

Promoting protective factors through intentionally designed twice weekly programming.

- SEL
- Restorative Justice
- Peer Support
- Basic need support
- Sharing info about substances



Intervention

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Access Hub

- Therapy
- Housing
- Crisis Response
- Medical Care
- Educational Advocacy
- Recovery Services
- Employment Opportunities

Increased Clinical Services

Expand services provided in Bellows Falls

- Therapeutic space in youth center
- Increased clinical hours
- Connecting participants with existing services



Harm Reduction

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Provide Programming and Connection to Existing Resources

- Embed education in programming
- Distribute supplies and educational materials
- Focus on developmental accessibility
- Reality based and safety focused policies
- Connect participants to recovery resources, mental health support, and/or peer support



"I don't want to go down the road of doing weed and coke again, that's why I come to FFC"

- Young adult

Outcomes

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1.

Engage with minimum of **75** youth/young adults/families from target populations



2.

Make at least **50** connections for participants to support and resources that increase SODH



3.

Provide **increased access** to clinical interventions for rural isolated high risk youth and young adults



4.

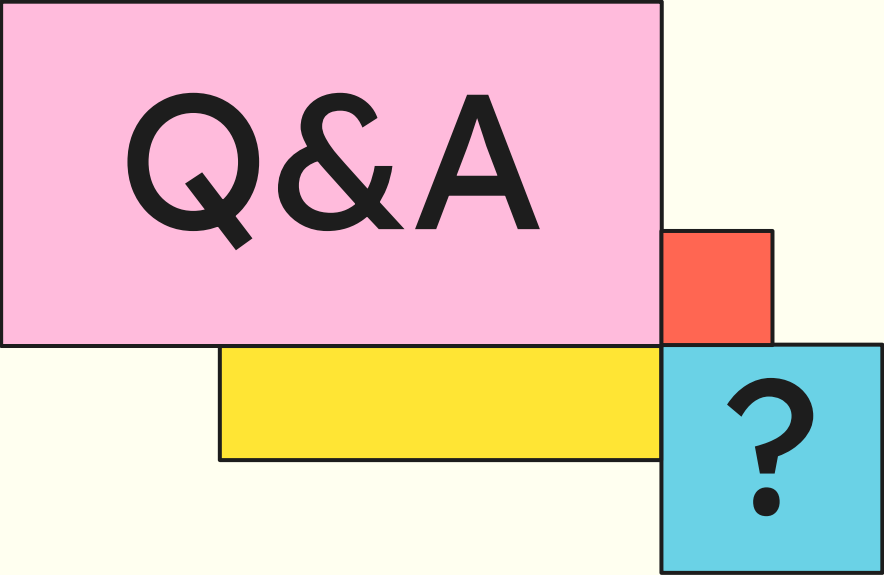
Provide **two days** of week of programming for high risk high school aged youth



5.

Provide **weekly** programming for isolated hard to reach young adults including: disabled, homeless, and youth who've dropped out





Q&A

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Sources

1. [Vermont Agency of Education: Annual Statistical Report Percent of Students Approved for Free and Reduced Price School Meals School Year 2024-2025](#)
2. [American Community Survey \(ACS\)](#)
3. [PL4 Disparity Impact Statement: Taking the Lead with a Shared Vision for Prevention: Sustainable. Scalable. Equitable.](#)
4. [Vermont Department of Health: Opioid Overdose Dashboard](#)
5. [Search Institute: Developmental Relationships](#)
6. [Key Ingredients for Successful Trauma-Informed Care Implementation](#)
7. [Global Evidence for Peer Support: Humanizing Healthcare](#)
8. [SAMHSA's Concept of Trauma and Guidance for a Trauma Informed Approach](#)

Budget

“We need this money
because people are not
helping us in the
community except for
FFC” - Young Adult

“We need more money
for more hours
of programming!”
- Highschool Senior

BUDGET FORM

Organization: Interaction		
	BRIEF DESCRIPTION	TOTAL
PERSONNEL		
Salaries (list individually below)		
Meghan Licciardi	FFC Co-director Salary	\$ 47,131.50
Hailee Galandak-Cochran	FFC Co-director Salary	\$ 47,131.50
Heather Smith	Clinical Director - 5 hrs/wk	\$ 8,141.00
		\$ -
		\$ -
Fringe Benefits (list individually below)		
Payroll taxes	See payroll details	\$ 25,597.12
Other Benefits-insurance/retirement	See payroll details	\$ 24,566.88
		\$ -
		\$ -
		\$ -
Total Personnel Costs		\$ 152,568.00
NON -PERSONNEL/OPERATING		
Advertising/Marketing		\$ -
Equipment (if allowable: computers, software, etc.)	Includes youth center upgrades	\$ 1,000.00
Materials/Supplies	Materials/supplies/food	\$ 5,400.00
Rent/Mortgage	Portion of rent	\$ 18,000.00
Sub-Contracts/grants (list individually below)		
		\$ -
		\$ -
		\$ -
		\$ -
		\$ -
		\$ -
Telephone (if a direct service cost)		\$ -
Training/Education		\$ -
Travel	Gas and travel expenses	\$ 3,032.00
Utilities		\$ -
Other Direct Service Costs (list individually)		
		\$ -
		\$ -
		\$ -
		\$ -
Total Non-Personnel/Operating Costs		\$ 27,432.00
Total Direct Costs		\$ 180,000.00
INDIRECT/ADMINISTRATIVE		
Indirect Costs		\$ 20,000.00
GRAND TOTAL		\$ 200,000.00

Interaction: Youth Services & Restorative Justice
Budget Information
FY 2026: July 1, 2025 to June 30, 2026

REVENUES	Approved Budget
State of Vermont	1,480,830
Federal Grants	410,000
Prevention Coalitions	416,900
Foundations	236,500
Contributions & Donations	118,000
Special Events/Fund Raising	28,000
Program Fees/Third Party Insurance	146,000
Towns	38,650
Local	20,000
Misc/Other/TBD	126,091
Total Revenues	3,020,971

EXPENSES	
Salaries	1,802,009
Payroll Taxes & Benefits	632,799
Training/Travel	44,670
Office Supplies & Expenses	41,929
Phone/Communications	26,508
Offsite Rental Office Space	79,769
Liability Insurance	27,984
Other Expenses	32,284
Program Activ/Materials	46,897
Transitional Housing	106,956
Pass Through (BAPC, WRVT & WCPP)	151,410
Special Events/FR Expense	18,000
Interest Expense/Bad Debt	2,000
Misc/Other Office/Depreciation	7,756
Total Expenses	3,020,971

Operating excess over exp -