



EVALUATION REPORT 2024-2025

**Model Programs
Presentations, Trainings,
Community Events &
Social Media**

Empowering the future.

Teens In Action Model Program

Post Survey Results 2024 – 2025

Unless otherwise stated, answers indicate % who answered STRONGLY AGREE or AGREE.

Training

- 100 % Have the knowledge to effectively deliver the content of the curriculum manual.
- 100 % Know how to adapt program to different learning styles.
- 100 % Know how to adapt program for cultural competency for populations I plan to serve.
- 100 % Know how to facilitate constructive group discussions.
- 100 % Expect this program will be effective with the population I serve.

- 100 % Training met my expectations.
- 100 % Information is relevant to the work I do or plan on doing.
- 100 % Instruction included opportunities for participant interaction.
- 100 % Instructor knew the subject matter.
- 100 % Instructor communicated clearly.

- 100% I now have a **Very High/High** level of knowledge on underage alcohol & drug prevention.
- 100% I am more committed to underage alcohol and drug prevention.

Quotes from Teen Training Attendees

- *"The youth in my group will take away strategies for growth and learning."*
- *"This program helps youth gain knowledge and impact their life for the better."*

Presentations

"Hidden in Plain Sight"

Unless otherwise stated, answers indicate % who answered VERY HIGH or HIGH.

- 100% rated their level of knowledge regarding the effect of alcohol & drug use on the adolescent brain after attending the workshop.
- 100% are likely to share the information they learned with others.
- 85% reported that attending the workshop increased their knowledge of the harm involved in someone under 21 years old drinking alcohol.
- 90% reported that attending the workshop increased their knowledge of the harm involved in someone under 21 years old using marijuana.

Quotes from Attendees

- *"Very interesting on the devices to "store" drugs. All children/adults need to know about this information."*
- *"Seeing presently used "tools" to disguise substance use was very helpful."*
- *"Great presentation!"*

Active Parenting of Teens Model Program

Unless otherwise stated, answers indicate % who answered STRONGLY AGREE or AGREE.

Training Content & Materials

- 100% Reported they could effectively deliver the program using the materials provided at training.
- 100% Reported they could effectively teach positive communication, ways to prevent youth alcohol & drug use, and conflict resolution.
- 100% Information is relevant to the work I do (or plan to do).
- 100% This training has helped me be more informed about underage alcohol & other drug prevention.
- 100% Manuals & handouts were useful.
- 100% Expect the material to be useful when implementing the program.
- 100 % Program will be effective with my population(s).
- 100 % Training met my expectations.

Instructor

- 100 % Instructor knew the subject matter.
- 100 % Instructor communicated clearly.
- 100 % Instructor was organized.
- 100 % Instructor was responsive to questions.

Program Content

- *"I liked ...that we can learn more techniques to help parents to talk better with their teens."*
- *"Loved that the material was available to use and also felt like everything went hand in hand."*
- *"I liked...- the instructor - the material -and most importantly the videos (great examples)"*
- *"I enjoyed the content of the curriculum and the easy application to use the content in our professional and personal lives."*
- *"I found it very useful that we had the leader's guide in front of us throughout the training."*
- *"The curriculum was easy to follow (i.e. videos) as well as being able to see how sessions can go."*
- *"Amazing training all around!"*
- *"Just wanted to say a general thank you for having La Familia here today to offer us this amazing training."*
- *"I felt so welcomed and comfortable by the team. They had snacks in the morning and made it so welcoming with fun incentives for participation."*

Trainer

- *"I liked...Cynthia's knowledge and confidence in the program!"*
- *"I like her style because she help us to participate and also make that training very clear."*
- *"She is very enthusiastic and that is the way to make more enthusiastic and fun training."*
- *"Great job, I liked the adding personal experience to certain topics."*
- *"I would like to thank her for creating such a welcoming environment & keeping the training very engaging."*
- *"I enjoyed the inclusion of personal examples from instructor, and the openness to invite trainers to provide input."*
- *"The presentation & instructor was amazing. I love how she gave insightful examples on all of the modules & made it a group discussion when appropriate."*
- *"You guys did a very good job doing this training for parents with teens."*

Cultural Orientation Training Series

One Size Doesn't fit All - Deaf and Hard of Hearing

Unless otherwise stated, answers indicate % who answered VERY HIGH or HIGH.

100% rated the training as valuable.

100% said they learned new information from the presentation.

94% said the training would positively affect their capacity to offer services to the D&HH population.

100% said the information shared in the training was highly useful and practical.

100% gave the presenters a very high rating.

Quotes from Training Attendees

- *"Great insight to deaf and culture."*
- *"I will definitely explain more and be made more aware of my behavior & needs of others."*
- *"I enjoyed the story telling and the knowledge about categories of deafness and misconceptions. Language and literacy challenges. Speech is not the same as language."*
- *"Appreciate the way it was explained. How difficult it can be on a daily & how unaware hearing can be."*
- *"Very informative. I appreciate the presentation, the stories, examples, and humor."*
- *"THANK YOU! I cannot express my gratitude to the presenters. I will bring this to my agency and will work hard to initiate an inclusive experience."*
- *"Use of examples, scenarios, humor, comparisons were very effective to understand language & culture."*
- *"Presenters were awesome & kept my attention. The info was informative & helpful for the work I do."*
- *"It was eye opening and helpful to learn about the need for interpreters for this community."*
- *"I'm grateful for the ability to hear. Usually take my blessing for granted."*
- *"I had no idea how much deaf people deal with every day. I know it's hard & lots of challenge to accessibility & reaching interpreters. Lip reading can also be misinterpreted. I recognize my privilege."*
- *"Eduardo and Don Lee are very captivating and informative presenters."*

Youth Opioid Prevention Community Events

United Families. Safe Families

Opioid Prevention Event - April 23, 2025

Pacific Career & Technology High School – Hispanic Community

95% rated the event "high" or "very high".

100% reported they learned new information at the event.

100% said they would share information from today with someone else.

100% said they would attend future events like this.

Quotes from Training Attendees

- *"Great meeting that can remind parents & teens to work together."*
- *"Fue muy importante. Aprendi algo bueno y muy inteligente. (This was very important. I learned something good and very important)"*
- *"It was great having parents and kids together learning the information."*

Deaf, Strong, & Healthy Opioid Prevention Event – March 1, 2025

Swanston Community Center

- 95% rated the event “high” or “very high”.
- 96% reported they learned new information at the event.
- 100% reported that the event was accessible to their communication needs.
- 100% said they might attend future events like this.

Quotes from Training Attendees

- *“We should maybe normalize talking about vaping for teens.”*
- *“It was valuable info for people to be more aware of drug and other drugs that don't really know about.”*

kNOw Opioids: An Addiction & Spirituality Conference – May 17, 2025

Faith Presbyterian Church

- 86% Said the information received was valuable.
- 80% Reported the conference increased their knowledge of addiction treatment and recovery resources available in their community.
- 82% The program helped increase their comfort level in discussing drug prevention, addiction & treatment.
- 85% The information impacted their attitude toward opioids and other drugs.
- 100% Said they are likely, or very likely, to share the information they received about addiction, treatment, and recovery with others in their community.
- 100% Now know Narcan as a medication used to reverse or reduce the effects of an opioid overdose.
- 100% Reported they offered at least one box of Narcan during the event.
- 84% Said they feel prepared to use Narcan to assist someone experiencing an overdose.
- 100% Said the event helped them understand the role of spirituality in addiction, treatment & recovery.

Quotes from “kNOw Opioids” Conference Attendees

- “I found the speakers very informed and articulate. It was important that folks from our congregation attended. The booths and representatives were very helpful and provided resources and samples.”
- “I learned about the dangers of youth taking opioids. Presenters gave valuable information about the fact that the earlier youth take them the more mental damage they suffer later on, and sometimes the damage may be irreversible. I also learned that we are not to lecture the youth about the dangers of taking opioids, and all we have to do is point to the people who are suffering from the consequences of them and encourage them to choose a healthy lifestyle.”
- “It was very helpful to have up-to-date information on the prevalence of drugs in our community. As a former high school & college counselor I was amazed to learn the difference in the strength of marijuana and other drugs compared to years ago. The presentations were interesting and terminology was understandable by the guests. Handouts and materials given at the booths were valuable.”
- “The KNOW Opioids Conference for faith leaders in Sacramento was helpful in going beyond the Just Say No response to drug use by informing us about the body’s physiological reactions to drugs, brain receptor reactivity and impairment, how to support those in our congregations and community with substance use disorders, what we in our faith communities could do to prevent a person’s drug disorder or dependency, how the church can address addiction as a spiritual crisis and see it as an opportunity to build supportive community. Offering informed, non-judgmental listening and resources is a huge step forward to compassionate church folks who want to help those facing drug dependency in healthy ways. Thank you so much for this well-organized and informative conference!”

Social Media Comments

Quotes from Facebook & Instagram 2024-2025

Mental Health

- *Important to be reminded! Especially for those going through a tough time.*
- *Thank you for sharing the contact information and providing the phone number for those who may not know where to find help.*
- *Soo important to stimulate ur mind via exercise, laughter, and doing things you love! #mentalhealth*

Marijuana

- *Seeing this post is shocking to me. Marijuana being taught as a friendly plant being legalized now and can be purchased at dispensaries. This post proves the side effects of taking marijuana and using it.*
- *It's a shame it's harder to catch children getting addicted to nicotine because of low odor vapes.*
- *This is an incredibly important matter, thank you for bringing awareness as vaping has become a severe issue in our world today!*
- *Thanks for sharing this information vaping is dangerous since it might contain pesticides it can affect one's respiratory and systemic system.*
- *It is important we learn about this and expand our understanding of the effects of e-cigarettes. Very insightful information!*
- *Vaping seems safer but it is actually so harmful, thank you for clarifying. There's so much misinformation out there.*
- *With this being very prevalent in our community it's essential to keep those around us educated on these risks! Thank you!*
- *I hope more adolescents see this post; weed is a common intro. drug.*
- *The brain is sensitive during developmental ages and should only be exposed to chemicals prescribed by a medical doctor. Until marijuana is removed from the schedule I list, stay away because not enough research has been done.*
- *Thank you for the post, this will help others understand how Marijuana has its effects on the youth.*
- *This is so important to share especially with how 'normalized' smoking marijuana is among youth nowadays!! Thank you for your work!*
- *Tobacco and nicotine popularity are on the rise especially in sales to minors because of the appealing advertisements and flavors. It has also become popular because of vaping's perceived safer alternatives which leads most children to underestimate the risks of tobacco and nicotine. Tobacco and nicotine also has risen to popularity as some type of stress reliever, which for youths is a big selling point due to the rise in anxiety starting you get and younger.*
- *Even though I'm not yet a parent, I think it's super valuable for everyone to know how to discuss topics like this openly and neutrally with young individuals who might be drawn to marijuana use or other sensation-seeking behavior. Great tips! 🍌🍌*

Alcohol

- *Having these conversations candidly and openly can definitely help keep the topic from feeling awkward or even accusatory/interrogative for your child. Very helpful!*
- *This is really interesting and disturbing. I don't think many people consider it unusual to have multiple drinks when out with friends. I wonder how many times people cross the line into binge drinking without even realizing it.*
- *I can relate to this post as a teenager who goes out with her friends. I understand it is important to plan a safe ride to and from the event. Worrying about my friend's safety and vice versa shows that we care and love one another.*
- *This is a very vulnerable age & why it is so important to implement more education surrounding the serious effects of underage drinking & teach students strategies that help them handle peer pressure.*
- *The people an individual surrounds themselves with can really affect whether they will be a part of this percentage too or not, because society can make it seem like it's normal for young adults specifically high schoolers.*
- *I think binge drinking has a lot to do with how youth see & view drinking from movies, social media & stories from other people. I think youth think that binge drinking is how you're "supposed" to drink.*
- *It's very unfortunate that the social pressures to drink excessively is hurting our younger generations. Hopefully a cultural shift occurs within the coming years to survive this trend.*
- *It's alarming that there is such a high percentage for underage binge drinking. For all those individuals under the age 21, they are getting exposed to many health risks. It's important to promote education in the school years and prevention measures to spread awareness of this issue.*
- *Thank you for sharing this statistic. Knowing this really puts it into perspective and we can educate teens to make healthy decisions! :)*
- *This statistic shocked me! I would've never thought that would be considered "binge drinking". it's crazy because many individuals under the age of 21 have easy access to alcohol.*
- *I think binge drinking have become normalized due to movies and social media. Having 3-4 shots is considered "light" drinking whereas 6-8 is considered normal.*
- *it's alarming how many young people are exposed to drugs and alcohol at such a young age. In some families it's even normal for younger kids to have a drink or a sip of alcohol, which can then lead to that kid growing up and drinking being normalized for them.*
- *I didn't expect this number to be so high, but unfortunately so many teens get their hands on alcohol easily and are exposed to early drinking habits. I hope we can reduce that percentage!*
- *This definitely needs to change because being exposed to drinking at such a young age is not only detrimental to one's health but can lead to a DUI which can also put others in danger. Thank you for sharing and bringing awareness to this issue!*
- *I wasn't expecting this high of statistic! Efforts to prevent binge drinking among youth include community-based interventions and policies aimed at reducing youth accessing alcohol. This should never be normalized and should be brought down to a smaller percentage!*
- *This is so sad and unfortunately not surprising. People under the age of 21 binge drink a lot because they have been led to believe it is normalized by our society. Binge drinkers typically being college students do so to "fit in" and don't even realize it's a problem because everyone else is doing it. It's important to continue to bring awareness to this.*
- *Alcohol consumed under the age of 21 years of age is most likely due to peer pressure which I think is a main contributing factor to most under-age substance abuse. I also think that the reason most alcohol under the age of 21 is consumed largely as binge drinking because most youths think that this is how adults drink, just to get drunk. This is why statistics like this, and other educational information introduced consistently throughout education about alcohol and its consumption is important for youths to understand the risks associated with things like drinking.*

Culture and Diversity

- *It is awesome the Hispanic cultures are a part of this great program & the diversity it will bring.*
- *It is great that Omni understands that cultural influences can have an impact on youth's life and expectations. The motto 'One size doesn't fit all' is very impactful.*
- *It makes me happy to see diverse cultures being educated upon the younger generations. This will benefit them a lot!*
- *It's great that this program caters to Hispanic culture especially those in need such as refugees and immigrants*
- *I love that this program looks out for those a part of Hispanic cultures. It is always important for programs like these to be very diverse and open to other cultures and accept them.*
- *Cultural competency is so beneficial to the inclusivity in awareness, highlighting and educating all groups and communities. "One size doesn't fit all" is such a great mindset and message to have when utilizing prevention!*
- *It's amazing to see how diversity is the highlight of this post and how these programs are created to help everyone dive in and learn about the diverse cultures and religions to get a better understanding and new found appreciation going forward in life!*

Fentanyl & Opioids

- *Comparing the deadly dose to table salt really puts it into perspective!*
- *The lethal dose for fentanyl is very low compared to other drugs.*
- *It's crucial to spread awareness of how dangerous fentanyl is. One grain can kill, imagine double the amount.*
- *I recently learned the importance of naloxone, thank you!*
- *This post is great, because we often don't consider asking prior to getting procedures done, we just want it to be done. I think this should be considered in medical practice as a patient right to ask about concerns. I wish I knew this sooner. I recently had my wisdom teeth taken out and they gave me opioids but I'm fine.*
- *Share awareness with your younger siblings if you have any. Young teens tend to be a major target group for this type of drug.*
- *I personally carry naloxone and fentanyl test strips now!*
- *Not many people realize the addiction can begin in the doctor's office, and not on purpose. These are perfect questions that many people should ask when being prescribed drugs with high addiction risks. Such questions are super helpful for everyone and a great way to raise awareness about potential risks of drugs.*
- *This is very educational to know since some people may not always understand properly what type of medication they are receiving and the possible side effects it can cause them. There is a vast need to educate those on opioids and its potential harm to users.*
- *We're learning about this in the class I'm currently taking and knowing the signs to look for to spot an overdose and the proper way to administer Naloxone is incredibly important!*
- *Thank you for providing information on how to safely dispose of drugs.*
- *Two of those looks like aspirin to me and the blue one looks like a Motrin, but no, I have no idea what any of those actually are.*
- *These are great questions to consider before taking opioids, especially for youth. I've had surgeries and dental procedures and these were questions I was not asked. I think it would be helpful to have these as a standard for the future when consulting with medical professionals. Great post!*
- *Prescription drugs are easily mistaken as safer, nice job at spreading awareness.*
- *Thanks for sharing this information having reminders of dangers for medication misuse can bring awareness to more individuals.*

- *Very important questions. Most people may not know what they're getting themselves into because they don't know what questions to ask.*
- *Thank you for this piece of information! Especially when a lot of prescribed drugs are not taken correctly, it can hurt one's health in the long run!*
- *It's so important that teens know the dangers of misusing prescription drugs! Thank you for sharing!*
- *Good signs to know when going out to festivals, concerts, parties, etc.!!*
- *Share these signs with friends and loved ones as it can save many lives!*
- *Even if you are unsure if these signs are a result of an opioid overdose, use that Narcan! It won't harm whoever it is you're using it on. Share this knowledge with everyone you know. Together we can stop this drug from killing.*
- *Thank you for spreading awareness and specifically what signs we can acknowledge of an overdose to prevent this drug from killing and harming others.*
- *It is crazy to think about how even just the first time using this drug can kill an individual. It takes one pill to kill someone nowadays.*
- *Yes, this is why it's important to only trust pharmacy prescribed pills. Too many fake pills out there which are not safe.*
- *Fentanyl can be very deadly and it's scary to see the amount is so minimal for it to lead to mortality. This needs to be advertised very often!*
- *With the rise of deaths resulting from this drug, carrying Narcan can help save someone's life in an emergency.*
- *There are a lot of ways to get free Narcan. I got mine from my university.*
- *I carry my Narcan in my backpack or purse!!*
- *In today's society Narcan is an essential to carry at all times. There are many opportunities to be trained and receive attack through community-based programs and college health organizations. Fentanyl poisoning is on a severe rise and carrying Narcan can help save a life.*
- *Let's normalize this!!! I have Narcan now in my car just in case of an emergency. Too many young kids have lost their lives to this horrible drug.*
- *Most universities provide Narcan for free, it's easy to have one in your car or in your purse just in case of an emergency.*
- *This crisis is devastating families. Let's raise awareness and work together to save lives!*
- *I just attended a class that educated us on fentanyl addictions and how to save someone's life if we're ever around someone experiencing an OD. I think Narcan should be a regular item everyone should have handy at all times. It's time to take action and do what we can to eliminate this epidemic!*

**Please see the
2024-2025 Annual Report
for additional demographic & program data.**

