

Our Reach:

NC 4-H is the widest reaching non-formal youth development organization in North Carolina. Through NC 4-H Empowering Youth and Families Program, youth and their caregivers cultivate stronger relationships and develop skills that help them prevent substance misuse in their lives and in their community.



The Issue:

North Carolina citizens are dying from unintentional opioid overdose at an alarming rate. Typical substance misuse programs are not designed for this type of epidemic.

6,694

NC resident opioid overdose emergency room visits in 2019

6 each DAY

NC resident opioid overdose deaths in 2019

332,000

Estimated number of NC residents misusing opioids in 2019

1,919

Number of deaths in NC due to opioid poisoning in 2019

Our Response:

Prevention is key to stemming the tide of opioid misuse and overdose. Intervention and rehabilitation programs are important and useful but do nothing to stop the problem before it begins.

Powerful Families, Powerful Communities (PFPC) is an opioid prevention curriculum designed at NC State University by parenting and community psychology professionals and developed from research based on adverse childhood experiences (ACES).

PFPC addresses substance misuse before it can begin, by building protective factors such as effective communication, emotion coaching, and safe decision making into our families and communities.

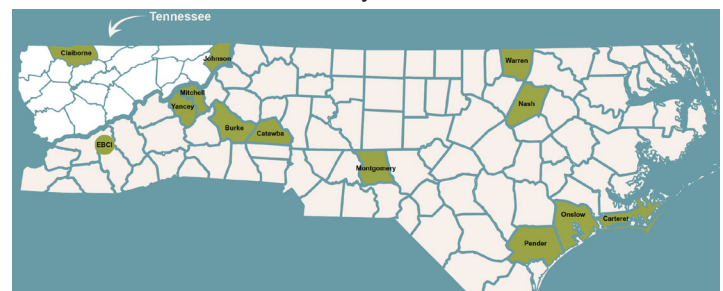
During COVID, EYFP continued to serve youth and their families throughout 2020 and 2021 in virtually by developing safe delivery models. Moving forward EYFP is poised to work with youth and their families in the safest manner possible through in-person, virtual, or hybrid programming.



Our Impact:

In partnership with Rural Health and Safety Education grants

- Implemented EYFP in thirteen counties and the Eastern Band of Cherokee Indians in NC and two counties in TN
- Served 125 youth and their families
- Educated 7k+ community members



The **Empowering Youth and Families Program** is a county-level program that addresses opioid prevention before it begins. Middle school youth and their caregivers build stronger relationships, learn to avoid substance misuse and other risky behaviors in their own lives, and educate their community about the dangers of opioid misuse.

- Weekly Sessions improve family communication and instill protective factors
- Family Weekend Retreats renew and build family bonds and teach community engagement skills
- Community Events impact and educate the wider community about opioid misuse and prevention



As a result of this program, families are:



better able to problem solve as a family



more likely to keep medicines locked up at home



better understand the opioid epidemic



more confident that they can find local support

Family Communication as a Key to a Healthy Family Webinar

Dr. Jennifer Hodgson
East Carolina University

- Professor at ECU
- Directs the Doctoral Program in Medical Family Therapy
- Licensed Marriage and Family Therapist



Global Reach

To reach beyond local communities, this program also develops and delivers on-demand web-based content accessible worldwide.

Ten webinars have been released as of July 2021. The final two segments in the series are scheduled to be released by September 2021.

Animated short features designed for middle school youth, focusing on prevention topics, will be released beginning in Fall 2021.



To view all webinar content, scan QR code.



NC STATE

EXTENSION

Family & Consumer
Sciences Program

UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE



SAMHSA
Substance Abuse and Mental Health
Services Administration



United States Department of Agriculture
National Institute of Food and Agriculture