



JUST SAY
SOMETHING

2025

ANNUAL REPORT

2025 marked a year of growth for Just Say Something. Building on our strong foundation of prevention, education, and community engagement, we expanded our reach across the Upstate and throughout South Carolina, serving more families, empowering more youth, and launching new initiatives that respond directly to the needs we see in our communities every day.

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*“Youth don’t need to be fixed,
they need to be heard.”*
— Phillip Clark

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From strengthening families and supporting parents, to engaging youth through sports, prevention programming, and leadership development, our work this year reflects a deep commitment to helping individuals and families build resilience, confidence, and connection. Most notably, 2025 introduced a bold new chapter for Just Say Something: the launch of the Take It Back! Youth Summit, a youth-led, youth-centered initiative designed to amplify young voices and cultivate leadership. As you read through this report, we invite you to celebrate the impact we made together and to look ahead with us toward an even stronger future.

Strengthening Families Program (SFP)

The Strengthening Families Program (SFP) continues to be a cornerstone of our work, serving as a vital bridge for families with children ages 6 to 17. Offered at no cost to families, SFP focuses on building stronger parent-child relationships, improving communication, and reducing youth risk behaviors through an evidence-based, nationally recognized model.

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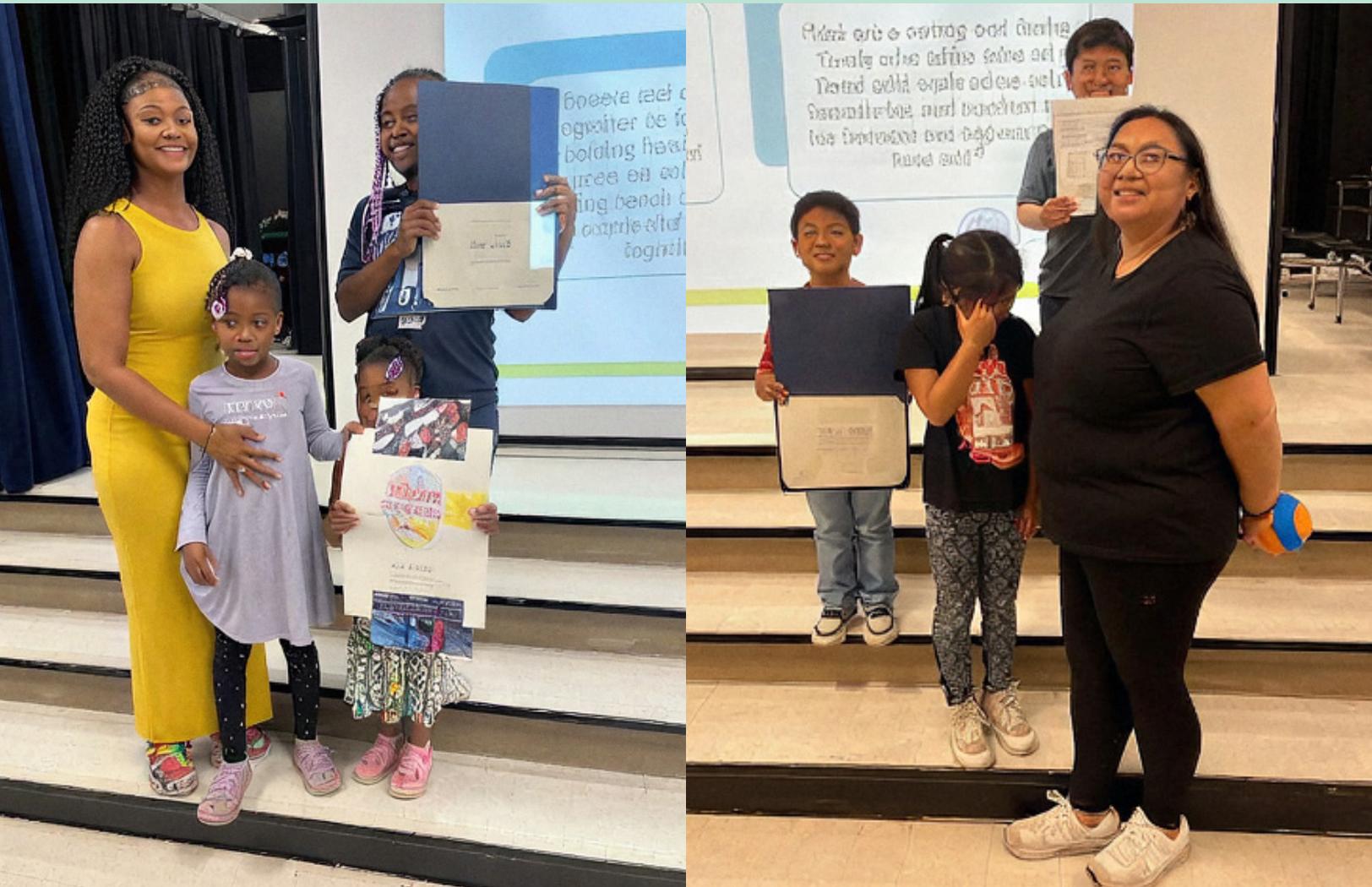
Strengthening Families Program (SFP)

“Stronger families build stronger communities, and it starts with connection.”

129 adults and 201 youth strengthened through the Strengthening Families Program

Youth ages 6–17 supported through evidence-based family programming

“Families reported improved communication, stronger bonds, and healthier conflict resolution.”



Strengthening Families Program (SFP)

Families participating in SFP reported improvements in communication, conflict resolution, and overall family cohesion. Youth demonstrated decreased anxiety and depressive symptoms, while parents reported stronger bonds and increased confidence in their parenting skills.

By investing in families across our region, SFP helps create lasting positive change that extends well beyond the program itself.

In addition to the skills taught each week, SFP creates something just as important: a consistent space where families can slow down, connect, and practice healthy routines together. Shared meals, guided activities, and group discussion help families feel supported rather than judged, and they remind parents and caregivers that they are not alone in the challenges of raising adolescents. The program also strengthens families' awareness of community resources and reinforces protective factors, like supervision, clear expectations, and positive involvement, that help youth make safer choices and thrive at home, at school, and in their friendships.



Parenting Programs

In 2025, Just Say Something continued to provide structured parenting programs designed to meet families where they are and equip caregivers with practical, effective tools.

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“When parents feel supported, families thrive.”

228 adults completed structured parenting programs in 2025

4 evidence-based parenting programs offered to meet families where they are

“Participants consistently reported increased confidence and practical skills they could use immediately at home.”

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Parenting Programs

All parenting programs served adults ages 18 and up and focused on building skills related to communication, consistency, emotional regulation, and positive discipline. Participants consistently reported high satisfaction and increased confidence in navigating the challenges of parenting.

Programs Offered

Back in Control	Adults Served: 87
Parenting Wisely	Adults Served: 98
Triple P Parenting	Adults Served: 33
TransParenting	Adults Served: 10
Total Adults Completing Structured Parenting Programs:	228

“Together, we are building stronger families, empowered youth, and healthier communities.”

Youth Impact Sports

Our Youth Impact Sports programs continue to energize and inspire young athletes while teaching life skills that extend far beyond the field. Through free sports programming, participants learn teamwork, discipline, accountability, and healthy decision-making.

2025 Participation

“Sports are the hook—character, confidence, and life skills are the outcome.”

182 youth engaged through Youth Impact Sports

Youth ages 8–14 supported through free, prevention-focused athletic programs

“Teamwork, discipline, and accountability are built one practice at a time.”



Youth Impact Sports

Youth Impact Sports is a prevention-focused program that meets young people where they already are: on the court, on the field, and in team environments where relationships and trust can grow naturally. By weaving prevention messaging into athletic activities, participants learn practical skills they can use beyond sports, including decision-making, emotional regulation, communication, and healthy ways to handle pressure.

Through consistent coaching, positive peer interaction, and structured play, Youth Impact Sports helps youth build confidence, character, and resilience in a supportive, engaging environment. The program emphasizes teamwork, respect, and personal responsibility while reinforcing protective factors that reduce risk behaviors. Most importantly, it gives youth a safe place to belong, be encouraged, and develop leadership skills—creating momentum that carries into school, home, and their broader community.



Take It Back! Youth Summit – New in 2025

2025 marked the launch of the Take It Back! Youth Summit, a powerful new initiative designed to empower youth to reclaim their voices, tell their stories, and step into leadership.

The Youth Summit brought together middle-school-aged youth for immersive, interactive experiences centered on self-expression, confidence-building, and community engagement. Programming emphasized creativity, collaboration, and action—giving young people space to be heard and valued.

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“Youth don’t need to be fixed, they need to be heard.”

63 youth empowered through Take It Back! Youth Summit programming

54 youth participated in the inaugural two-day Youth Summit

9 youth trained as leadership interns

“Take It Back! created space for young people to reclaim their voice, confidence, and leadership.”

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Youth Summit Impact

Leadership Training (Youth Interns):

Youth Served: **9**
Age Range: **11-14**

Two-Day Youth Summit:

Youth Served: **54**
Age Range: **11-14**

Total Youth Served Through Youth Summit Programming: 63

The Take It Back! Youth Summit represents a major step forward in youth-centered prevention and leadership development, and we look forward to expanding this initiative in the years ahead.

Formal Prevention Programs

In addition to our ongoing initiatives, Just Say Something delivered one-time and multi-day prevention programs across schools, community organizations, and partner sites.

Prevention Programming

“Prevention works best when it meets people where they are.”

49,117 youth reached through one-time and multi-day prevention programs

Youth ages 5–18 engaged in life skills and prevention education

“Every presentation is a chance to shift a trajectory.”

Youth Impact Sports integrates prevention messaging into athletic activities, helping young people build confidence, character, and resilience in a supportive, engaging environment.

Community Engagement

“Our presence in the community is as important as the programs we deliver.”

Community connection remains at the heart of our mission. In 2025, Just Say Something maintained a strong presence across the region through outreach, education, and collaboration.

Total Community Events Conducted: 127

These events allowed us to deepen relationships, share resources, and ensure prevention remains a visible and accessible priority throughout our communities. “Community change happens when prevention is visible, accessible, and consistent.”

Power Collective

In 2025, Just Say Something continued to expand the reach and impact of Power Collective, a collaborative, prevention-driven initiative created to address the opioid crisis at its roots, before addiction begins.

Power Collective brings together key community partners across mental health, prevention, healthcare, education, and law enforcement to deliver coordinated, evidence-based strategies that reduce risk, increase awareness, and protect families. Rather than working in silos, this initiative unites organizations around a shared goal: preventing substance misuse through education, early intervention, and community-wide action.

**BE the
SWITCH**



**YOU DON'T
WAIT FOR
CHANGE YOU
SWITCH IT ON!**

PowerCollectiveSC.com

At the core of Power Collective's work is the belief that prevention must be accessible, visible, and practical. Through public education campaigns, community engagement, and targeted interventions, Power Collective focuses on reducing access to misused prescription medications while also addressing underlying risk factors such as mental health challenges and lack of awareness around safe storage.

A key component of this work is the distribution of Safe Rx locking pill bottles throughout South Carolina. These tools provide families with a simple, effective way to prevent unauthorized access to prescription medications, especially in homes with children, teens, or at-risk individuals.

Power Collective

For the second year of funding, during a 12-month period, Power Collective distributed **30,000 Safe Rx locking pill bottles**, helping secure an estimated **1,680,000** pills from potential pilfering. This effort is projected to have stopped **50** potential pilfering events and prevented **10** addiction disorders. This proactive, prevention-first approach generated a **total economic impact of \$22,108,963** in South Carolina, demonstrating the strong return on investment that prevention delivers.



Owl

Spotted:
**Someone ready to
make a difference**

SHOW RED. SHOW UP. SHOW YOU CARE.
PowerCollectiveSC.com

Beyond distribution efforts, Power Collective remains deeply engaged in community education and awareness. Through events, partnerships, and facilitated conversations, the initiative helps shift perceptions around substance use, reduce stigma, and empower individuals to take preventative action in their own homes and communities.

By combining collaboration, education, and practical prevention tools, Power Collective is helping build a more informed, resilient, and proactive community where fewer families experience the devastating effects of opioid misuse and more individuals have the support they need before crisis occurs.

Air Preserve

Air Preserve continues to be a vital grassroots advocacy initiative led by Just Say Something, focused on protecting the fundamental right to clean, healthy air across South Carolina. Through community engagement, education, and evidence-based advocacy, Air Preserve works to reduce exposure to secondhand smoke and vaping aerosols in public spaces, especially where families and children live, learn, and gather.

While awareness around air quality has grown, the need remains urgent. Across South Carolina, many residents still lack consistent access to smoke-free public environments. Air Preserve exists to help change that reality by ensuring community voices are heard and reflected in policies that prioritize public health.

Public awareness efforts remained a cornerstone of Air Preserve's work. Through high-visibility digital billboard placements across the state, Air Preserve kept the message of clean air in front of communities in everyday spaces, sparking conversations, reinforcing the importance of smoke-free environments, and encouraging residents to advocate for healthier shared spaces.



**Secondhand
smoke kills!**

Join the fight for clean air: AirPreserve.org

Looking Ahead

As we move forward, Just Say Something is committed to expanding our reach, strengthening our programs, and continuing to innovate in response to community needs. The launch of the Take It Back! Youth Summit reflects our belief that youth voices are not just important, they are essential.

*“One conversation.
One program.
One voice at a time.”*

None of this work would be possible without the support of our donors, partners, volunteers, and community champions. Together, we are building stronger families, empowered youth, and healthier communities—one conversation, one program, and one voice at a time.

With gratitude,
Phillip Clark