



## YEAR 1 IN REVIEW

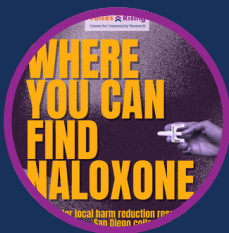
The first year of the Voices Rising program was a success. Fourteen young adults completed the full training program, mentor sessions, and community project development and implementation. Participants represented diverse campuses, backgrounds and demonstrated strong commitment to learning, leadership, and substance use prevention.

### Community Project Highlights



#### Group 1: Vaping Awareness Social Media Campaign

The campaign focused on sharing accurate, student-friendly information that challenged common myths and highlighted the health impacts of vaping.



#### Group 2: Overdose Prevention and Naloxone Access Initiative

Social media content linked students to Naloxone access points at their college campuses. The group produced a video with students sharing their views about accessing and using Naloxone. They partnered with SDSU to host an outreach event that demonstrated how to access and use Naloxone to save a life.



#### Group 3: Reducing Stigma and Increasing Access to Addiction Support

Through social media, a brochure, and a campus presentation, the group guided community college students toward substance use support services, worked to challenge stigma, and encouraged help-seeking behavior.



#### Group 4: Alcohol Resources for First-Year Students

Created a Linktree compiling alcohol safety resources for SDSU students and paired it with a presentation introducing campus support services and promoted safe, informed decision-making during their transition to college life.

### Participant Outcomes

Post-program surveys showed strong positive outcomes:

- ↑ Participants reported increased confidence as leaders
- ↑ Youth found the mentoring experience to be highly valuable
- ↑ Participants gained skills in teamwork, communication, and community engagement
- ↑ Many expressed interest in continuing prevention and leadership work