



Led by Sullivan 180 Community Health Champion Hope Blecher and ENGN Center, with support from a Neighborhood Revitalization Grant, the 1st Annual Dove to Daffodil Dash was hosted at Creekside Park in Liberty. Hundreds of daffodils were planted as part of the Worldwide Daffodil Project, which honors children whose lives were lost during the Holocaust.



The Town of Thompson won the 2023 Golden Feather award of \$350,000, funded in partnership with Assemblywoman Aileen Gunther. A new playground and dog park will be built at the Town's East Mongaup River Park.



Grahamsville Fire Department celebrates their first place win of the Healthiest Fire Department Challenge.



Fallsburg's Benjamin Cosor Elementary School, winners of the 2nd Place Competition award in the amount of \$50,000, at the Empowering a Healthier Generation Celebration.



Through the Municipal Grant Program the Town of Rockland worked with the Roscoe Rockland Chamber of Commerce and muralist Russell Mason on this depiction of Joan Wulff, the First Lady of Fly Fishing.



Sullivan 180 Interns supporting outreach efforts at the 2023 Bagel Festival.

SULLIVAN 180

Building a healthy community, one degree at a time.

A YEAR IN REVIEW

Dear Friends,

We are pausing at this moment in time, to reflect on a year of work and appreciate the continued community support of our mission to build a healthy community, one degree at a time, through people, places, and policy. Our commitment to change by degrees has guided us through a year of transition, new initiatives, and continued collaborative efforts, all aimed at making Sullivan County a healthier place to live, work, play and raise a family.

When Sullivan 180 and Sullivan Renaissance joined at the beginning of the year, we forged ahead together with a sharpened focus on prevention, recognizing that the key to a healthier future lies in the next generation.

Our flagship school-based program, **Empowering a Healthier Generation**, has been implemented in every public school building in Sullivan County. In September we celebrated with our school partners and completed our first successful competition, presenting over \$150,000 in grant awards. The work being done in our county's schools is notable. The dedication of our teachers, school staff and students toward a culture of health is evident in their successes and the stories that

we hope will be shared throughout the county and beyond.

The **Healthiest Fire Department Challenge** launched with 17 Sullivan County Fire Departments completing over 1,000 health-based activities. From healthy meals and weekly walks and workouts to suicide prevention training and learning more about firefighters mental health; these dedicated volunteers answered yet another call by turning their attention to the health of their members.

Grant programs that had been offered through Sullivan Renaissance were brought into the Sullivan 180 platform. Through **Beautification** and **Community Development** we continue working with municipalities and community volunteers to create and care for public spaces as important aspects of community health.

We expanded our prevention programming to include the **CATCH My Breath: Anti-Vaping Program**, **NARCAN Training**, **QPR Suicide Prevention**, and **Youth Mental Health First Aid**. Through the **School Nutrition Action Coalition** we are working with others to build a farm to school movement with the goal of

healthy meals, every day, for every student in Sullivan County schools.

With our partners we are closing out the year planning for the 3rd annual **MLK Day of Service Youth Summit** which will be held in January. **The Community Resource Guide** had its third printing of 10,000 copies and is in the process of being updated for 2024.

For almost everything that we have done, and will continue to do, we extend our heartfelt gratitude to our volunteers, partners, and the Sullivan County community. Indeed, it takes an entire County, and every individual to make this change - one degree at a time. In our ongoing journey to build a healthier Sullivan County, every action, no matter its size, contributes to our collective goal.

Thank you for joining us on this transformative journey.

From all of us
at Sullivan 180

2023 By the Numbers

- \$463K** in grants awarded to schools, municipalities and community organizations
- \$151K** in competition awards and Turtle Awards awarded to schools and fire departments*
- 461** individuals trained in Narcan, Youth Mental Health First Aid, and QPR Suicide Prevention
- 2000+** Sullivan 180 intern hours in the community
- 975** volunteers working on Sullivan 180-funded community projects
- 5,200+** hours by volunteers on Sullivan 180-funded community projects
- 20,000** Community Resource Guides distributed

*including generous financial support from Assemblywoman Aileen Gunther and Turtle Award sponsors.



Students from Liberty Middle School assist in planting trees to provide shade at the playground.



Monticello's Emma Chase School Student gets their hands dirty prepping plants for their Catskill Edible Garden Project.



Jeffersonville Fire Department celebrates coming in second place in the Healthiest Fire Department Challenge.



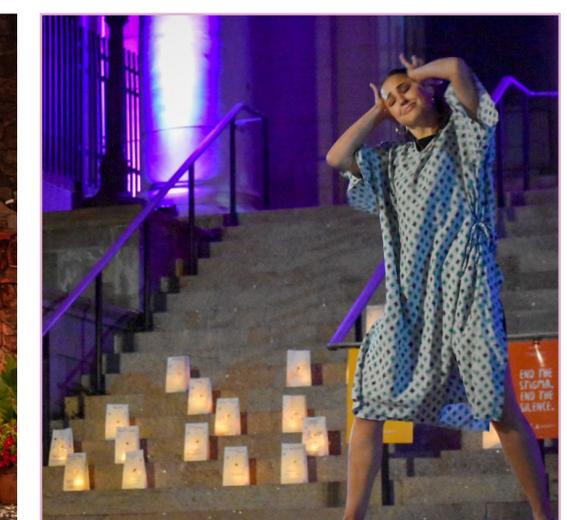
QPR (Question, Persuade, Refer) Suicide Prevention Gatekeepers training of school counselors, school social workers, school nurses, and members from community organizations.



Students at Monticello's George L. Cooke School use the blender bike for healthy celebrations in the classroom.



Sullivan West Elementary School, winners of the 1st Place Competition Award in the amount of \$75,000, at the Empowering a Healthier Generation Celebration.



Ashley Imperato from the Hurleyville Dance Studio performs "Recovery" at International Overdose Awareness Day on August 31st.