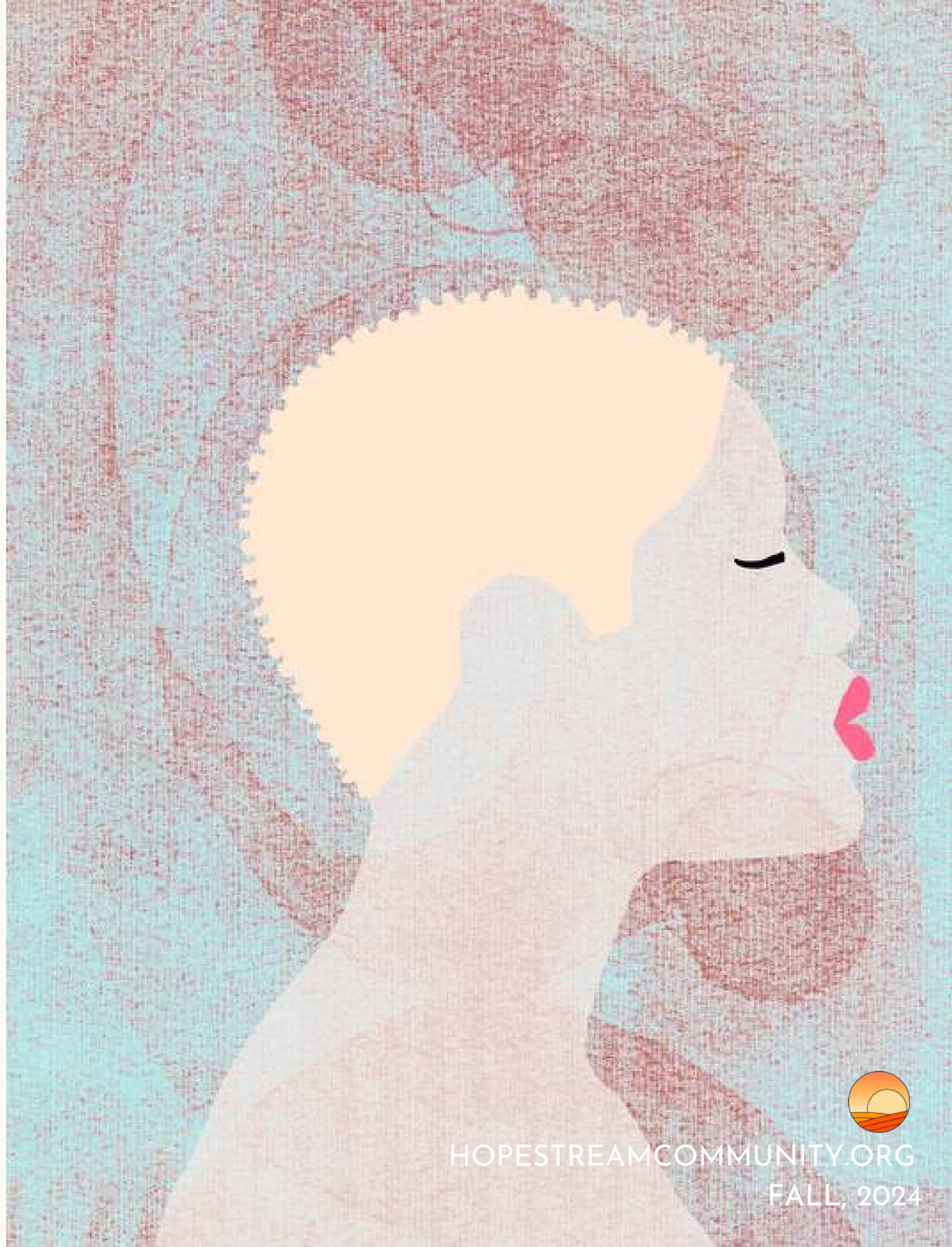
HOPESTREAM®

IMPACT & ACTION REPORT

2024

EMPOWERED PARENTS, HEALTHIER FAMILIES, SAFER COMMUNITIES



HOPESTREAMCOMMUNITY.ORG

FALL, 2024

HOPESTREAM

A MESSAGE FROM OUR FOUNDERS

> This journey has shown me the true meaning of unconditional love. When everyone said, "Walk away, he needs to fall and have tough love," it was just my son and me in a very dark pit. Unconditional love, faith, hope, and this loving space have strengthened my character. ~ Liz S.

Dear Friends and Supporters,

As we reflect on 2024, we're proud and humbled by the impact of our work helping hundreds of parents navigate the frightening reality of youth mental health challenges and substance misuse. This year brought powerful reminders of why our work matters: one member saved her daughter's life using Narcan she received at our annual retreat, while our new advocacy center and partnerships with mental health professionals and filmmakers have expanded our reach into more schools and communities.

While celebrating milestones like our fifth season of the Hopestream podcast—now reaching half a million downloads across 240 episodes—we remain acutely aware that we're racing against time. With illicit fentanyl's pervasive presence and rising THC potency threatening our youth, our mission to equip parents with support, education and community is more crucial than ever.

Your generous support makes our high-touch approach possible, helping us save lives one young person at a time. As we approach 2025, please consider donating to help us reach more families in crisis who need our help.

Gratefully,

Brenda Zane Cathy Cioth

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HOPESTREAM COMMUNITY PROGRAMS

For moms

COMMUNITY

The Stream Community is a private, uplifting online space where moms find personal connections, learn skills and support each other when their child struggles with substance misuse, addiction, and mental health challenges.

For dads

COMMUNITY

The Woods Community is a private, online space for men to find tools, resources, and personal connections when they're encouraging a child to accept help and recover from substance misuse and mental health challenges.

Education

EMPOWERMENT

We believe an educated parent is an empowered parent. Our workshops and study groups allow parents to be strategic in their conversations and interactions with their children, increasing their child's willingness to accept help.

Podcast

EMPOWERMENT

Hopestream is the defacto resource for parents with a teen or young adult child misusing substances. Guests include addiction, prevention, and treatment experts, family members impacted by their child's substance use, and wellness and self-care specialists.

Retreats

WELLNESS & HEALING

Hopestream Community retreats provide vital connection, education and healing for parents when their child struggles with substance misuse and mental health. They build resilience, keep parents healthy and allow them to better cope with challenges in their day-to-day life.

2024 HOPESTREAM COMMUNITY

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OUR IMPACT WITH PARENTS

FALL, 2024 MEMBER IMPACT SURVEY

How has your membership with Hopestream Community impacted your experience with your child? (top five responses)

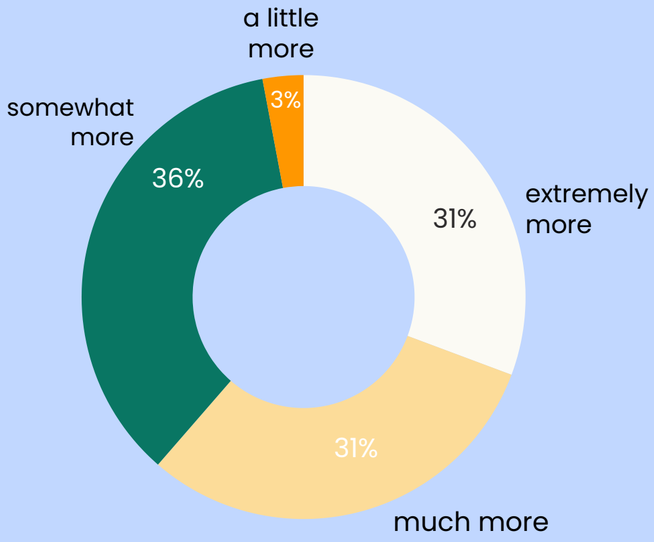
1. I'm more educated about substance misuse and addiction
2. I feel better equipped to help my child
3. I feel less isolated
4. I have better communication skills
5. I better understand why my child misuses substances

97% Of members who are likely to **recommend** Hopestream Community to a friend, family member, or colleague

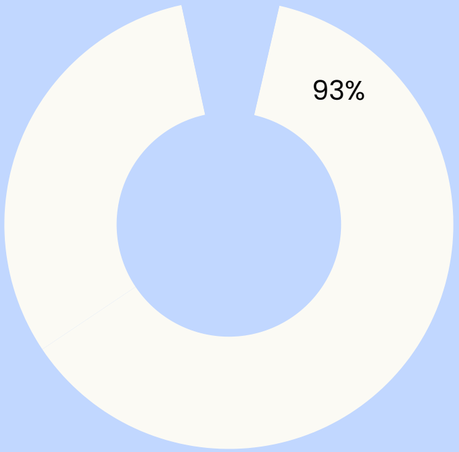
56% Believe their child has **accepted help** as a result of their experience in Hopestream Community

51% Have more **hope** for their child's future

How would you rate your **confidence** in dealing with your child's substance misuse or addiction after joining Hopestream Community?



Parents who rate the **value** of their membership as **great** or **excellent**



> I've had to have some tough conversations the last few weeks. I found myself staying calm and open, more settled than I've ever been. I attribute this to feeling confident in the tools I've learned here, and also that I've spent so much time in self-care - it's really helped!

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OUR IMPACT BY THE NUMBERS

Doses of Narcan distributed to parents **360+**

324 Parents involved in private, online communities

29% Members receive **free or subsidized** membership, or receive reduced-cost services

108 Hours of on-demand learning and wellness content

240+ **Free** podcast episodes published

500k+ **Free** podcast downloads from over 430 regions

42+ **Live** community events monthly

194 Workshop participants (non-members)

72 Retreat participants

2,980+ **Free** educational e-books downloaded

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OUR ACTION PLANS FOR THE FUTURE

Increase parent grants and scholarships

Develop Spanish language workshops and content

Continue to produce our weekly, ad-free podcast with free access for parents

Attract and retain our growing network of certified specialists

Invest in required technology platforms to scale community and impact

Members of the community lift me up and allow me to feel heard. The workshops, podcasts, and group chats have helped me so much through this journey and made me more resilient, informed, compassionate, and hopeful - Robin K.

Hopestream Community is a safe, supportive, judgment-free place. I don't know how I would be navigating my son's journey without The Stream - Amy W.

This Community is an invaluable lifeline that provides the support I need to take care of myself so I can parent from a place of understanding and compassion to give my son the best chance at recovery - Sheri B.

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We look forward to making an even greater impact next year!

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click to donate to our

seeds of hope

giving campaign

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