The science of prevention must be built on the solid foundation of a good theory, of course, and on a continuous process of ongoing evaluation. In the prevention field, it is critical to understand the factors that contribute to risk and resilience and to develop effective strategies to support healthy behaviors. In this issue of Prevention, we will explore the role of protective factors in building resilience and discuss how to use evidence-based practices to promote positive outcomes. We will also highlight the importance of community engagement in preventing substance use disorders and promoting healthy behaviors. At McCall and Help, we are continuously increasing our prevention efforts to address the challenges we face today. Your donations are crucial to our mission, and we are grateful for your support in helping us make a difference in the lives of those in need.

Michele Smedick, Recovery Technician, at the Carnes Weeks Community Soup Kitchen of Torrington, Connecticut, makes it a priority to talk about the importance of giving back to the community. Michele's personal commitment to giving back, combined with her dedication to helping others, has made her a valuable resource for the community. In her role at McCall & Help, Michele helps clients develop important life skills and coping mechanisms. To encourage clients to join her and help the community, Michele sometimes purchases the cutlery and bag them. Michele's commitment to community engagement is an inspiration to others and has helped foster a meaningful connection back to the community and can even boost your resilience. It can also raise your self-esteem and sense of empowerment, help you touchstone when you're challenged during recovery. It can also help you to see the good you can do in the world—often an important factor in recovery. Michele's dedication to giving back is just one example of how McCall & Help is working to encourage and enable clients to give back to the community.

We know that effective prevention is based on research and displays evidence-based theory to truly change the norms in a community. It is about building resilient families and communities, identifying, and addressing the root causes of addiction and providing healthy, prevention-focused options. McCall & Help, Inc. is committed to making sure that your donations go into programs that are effective in preventing substance use. We have partnered with over a dozen organizations and have been able to provide a comprehensive approach to prevention. The culmination is the annual celebration each May that will occur online on Zoom. We encourage you to follow our prevention efforts by staying informed about the problems we face and the strategies we are implementing to address them. We believe in prevention, and we will continue to work towards a future where addiction is not a barrier to living a full and rich life.