

IMPACT REPORT



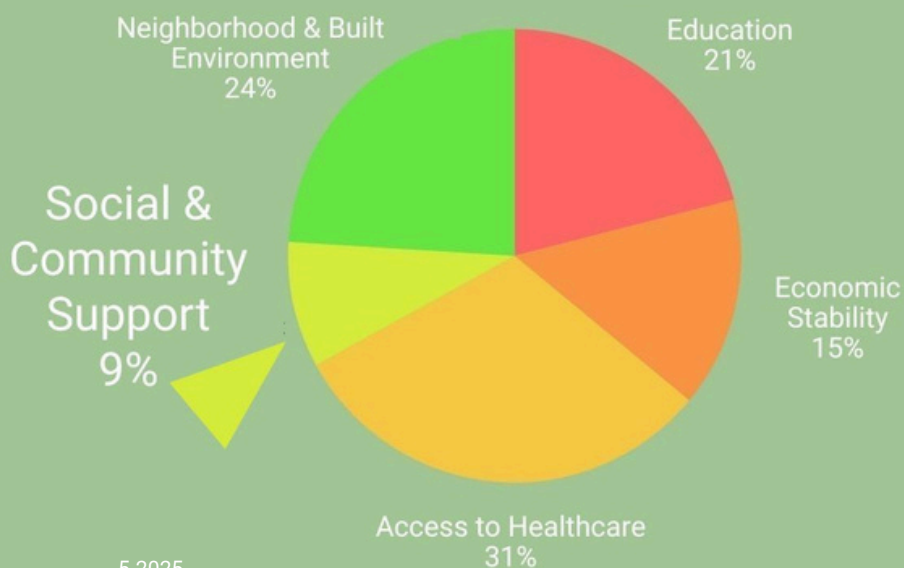
NANTAHALA
HEALTH FOUNDATION

A Catalyst for Innovation and Collaboration

Nantahala Health Foundation is addressing the factors that impact health in Western North Carolina. We believe the best way to remove barriers to health is to invest in community organizations: their work and their people.

Humans are social creatures.

HEALTH & WELLBEING INVESTMENTS



Feeling Connected

\$360,181
Invested



How to Rejoin Society

Western Carolina
Pacesetters takes kids
who have never quite felt
apart of their community
and changes lives.

Their programs inspire
personal growth,
empower kids to trust
themselves and others,
and create opportunities
for young people to leave
lawlessness behind in
favor of moving forward
as productive, engaged,
and law-abiding members
of society.



Finding Health Through Connection

Diane* came into the Adventure Program with extreme anger and anxiety issues. It was normal for her to curse her teachers and throw objects across the room. If she was not acting out in anger, she was shut down completely.

During the program, she went from closed off and distant to a distinct leader with initiative. Today, she openly speaks to others about how the program helped her develop outlets and tools to assist with her anger and anxiety management.



Diane now serves on her school's leadership team and is making positive changes within her school. Her grades are steady A's, and she's set to graduate early. Her ultimate goal is to attend college to become a psychologist to help youth in her community.



The positive changes in these young women's demeanor and social interactions have not only impacted their immediate well-being but also set a foundation for brighter futures. —
Valori Cassel, Executive Director

Elizabeth* was struggling with the aftermath of family traumas. Initially, she found it challenging to navigate social interactions and build connections.

However, the tailored support provided by Pacesetters' staff allowed her to explore and understand her emotions in a safe and nurturing environment. Through the program, she not only developed essential social skills but also gained tools to cope with stress and adversity. Her newfound resilience and self-awareness empowered her to engage with her peers and mentors by removing barriers that had been hindering her social growth.

By the end of the 4-month program, Elizabeth emerged as a more confident, communicative, and emotionally resilient individual.