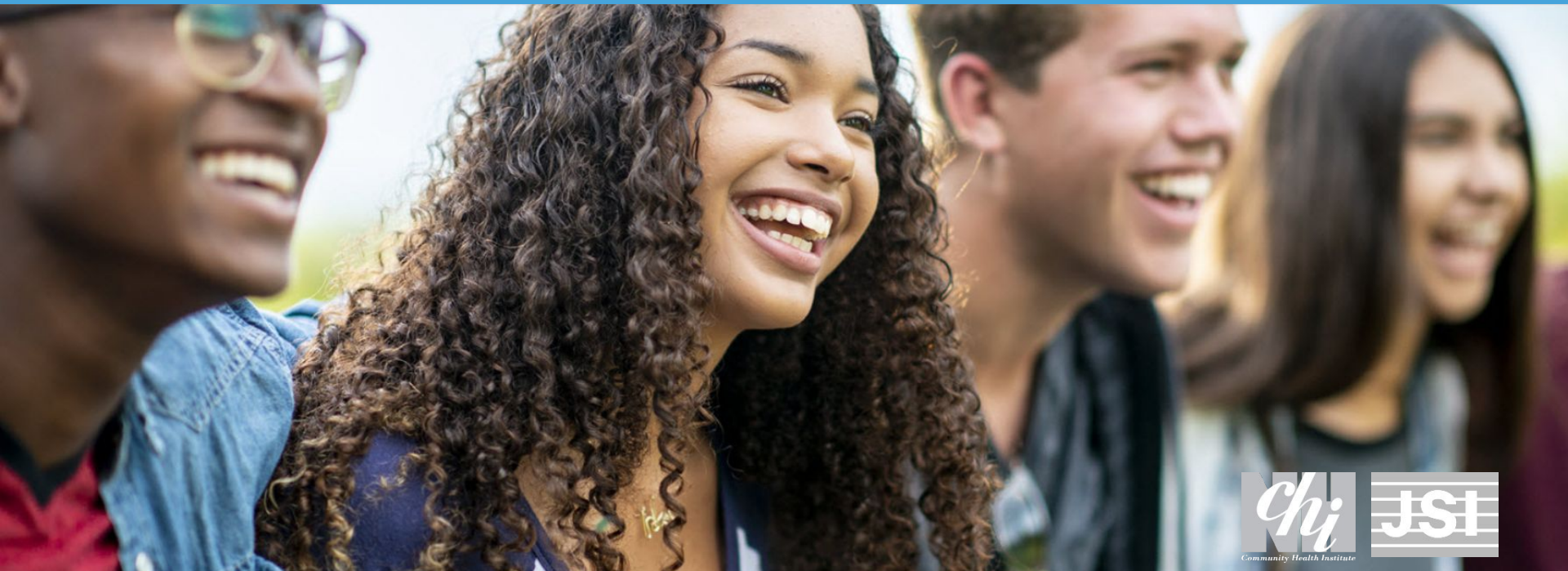


NH Prevention Program Showcase

May 8, 2023



The Partnership

Our Vision

A New Hampshire in which citizens are fully aware of the problems and solutions of substance misuse.

Our Mission

The mission of The Partnership @drugfreeNH is to create and promote consistent statewide messages about the problems and solutions of substance misuse in New Hampshire through engagement of partners.



Agenda

1:00 - 1:10

Welcome and Introductions

1:10 - 2:20

Program Presentations

- Resiliency Retreat (Community Action for Safe Teens)
- Making Change (Second Growth)
- Media Power Youth
- Take Control (The Upper Room)
- Teen Institute
 - Leaders in Prevention
 - Summer Leadership Program
- Adapt
 - Wilderness Youth Leadership Development
 - Youth Leadership Through Adventure
- Youth to Youth (City of Dover)

2:20 - 2:30

Closing

National Prevention Week

National Prevention Week is a national public education platform showcasing the work of communities and organizations across the country dedicated to raising awareness about the importance of substance use prevention and positive mental health.

NPW 2023

A Celebration of Possibility.

This week recognizes that the important work of prevention happens **every day**. By providing **evidence-based** and **accessible** resources to facilitate **collective action** and story-sharing, and by **showcasing** the work of our partners in prevention, we can **confront the societal challenges** surrounding substance misuse together while **celebrating stories of prevention**.

National Prevention Week 2023 Event List!



Monday, May 8

NH Prevention Program Showcase Workshop (1 – 2:30 PM)

Tuesday, May 9

Supporting Students with Student Assistance Program
Webinar (10 – 11 AM)

Wednesday, May 10

Facebook Live: Update on Tobacco
Use Prevention in NH (11:15 AM)



Thursday, May 11

Facebook Live: Talking Matters – Preventing
Youth Substance Use (11:15 AM)

Friday, May 12

Video Screening & Discussion for Better Now: Life Without
Substance Use (9 – 10:30 AM)

Check
the
events
out!

<https://drugfreeenh.org/national-prevention-week-2023/>

Introductions

NH Service to Science

To provide a structured process for NH-based **grassroots** prevention programs to become evidence-based through ongoing **Technical Assistance** and **Expert Panel** review and feedback.

14 Programs

Making Change (Second Growth)

Media Power Youth

Resiliency Retreat (Community Action for Safe Teens)

Take Control (The Upper Room)

Leaders in Prevention (Teen Institute)

Summer Leadership Program (Teen Institute)

Wilderness Youth Leadership Development (Adapt)

Youth Leadership Through Adventure (Adapt)

Youth to Youth (City of Dover)

Family Threads (Archways)

Recovery Friendly Workplace (State of NH and United Way)

Open Sky

Life of an Athlete

NH Juvenile Court Diversion

Partner Updates

How to Connect

Visit www.drugfreeNH.org

- For information, every day actions, connection
 - Get the facts on specific substances and evidence based practices, local and national
 - Blog
 - Podcast
 - Videos
- To join mailing list (public facing bi-weekly emails with updates)
- To join listserv (Partners sharing more casual information - job postings, training opportunities, updates in the field)
- To submit and view events

Connect on Social Media

- Facebook, Instagram, LinkedIn, Twitter, YouTube, Vimeo

Attend bi-monthly convenings, trainings, workgroups

Thank you!

Questions? Comments? Contact us!

General: thepartnership@jsi.com

Julie Yerkes: julie_yerkes@jsi.com



Children's Resiliency Retreat

Boys and Girls' Club of Souhegan Valley

.....





BOYS & GIRLS CLUB
OF SOUHEGAN VALLEY

The Children's Resiliency Retreat is an intentional, selective, intervention program for children who have been impacted by a loved one's substance use disorder.

Children's Resiliency Retreat Theory

*The theory of change is by
addressing risk factors and strengthening protective factors
for youth and families impacted by addiction,
the intergenerational cycle of addiction will be broken.*

Hawkins, J., Catalano, R., & Miller, J. (1992). Risk and protective factors for alcohol and other drug problems in adolescence and early adulthood: Implications for substance abuse prevention. *Psychological Bulletin*, 112(1), 64-105



Children's Resiliency Retreat Program

WHAT IT TAKES (INPUTS)

- Youth (6-18)
- Boys & Girls Club Volunteers
- Parental Commitment
- Community Partners
- Funding
- Evidence Based Curricula
- Program Supplies
- Transportation
- Technology

WHAT WE DO (STRATEGIC) PROGRAM COMPONENTS

MONTHLY RETREATS

Family connection

Group discussion

Life skills development

Infrastructure & administration

Supportive & developmentally appropriate education

Play & therapeutic activities with community partners

Trauma-informed & responsive, participatory culture

Community service opportunities

Positive action curriculum & social emotional activities

WHAT WE BUILD (OUTCOMES)

RELATIONSHIPS

Having:

Positive interactions with peers and adults
Trusting relationships
Responsive, sustained connections
Feelings of forgiveness
Constructive and healthy child-guardian relationships

ENGAGEMENT

Experiencing:

A sense of belonging and value
Success and accomplishment
Joy in activities with others
Connections with community
Hope and optimism for the future
Generation of social capital
Development of feelings of empathy and honesty

ENVIRONMENT

Having:

An understanding of addiction
A feeling of safety and security
Community partnerships and action to support kids and their families
Fun opportunities for developmentally appropriate challenges

SOCIAL EMOTIONAL DEVELOPMENT

Learning:

Social and emotional competence
Executive function skills
Self acceptance and confidence
Resilience
Agency and empowerment
The value of positive experiences
To avoid substance misuse



HOW WE IMPACT THE COMMUNITY



- Increased sense of community, human capital and engagement
- Community awareness of resources for youth development and well-being
- Safe and supportive youth friendly community
- Community awareness and understanding of the burden placed on children living with families experiencing SUD
- Decreased stigma around mental health and substance use within the community

The Healthy Outcomes of Positive Experiences (HOPE) framework asserts that improving the lives of all children, particularly those exposed to experiences or conditions that create toxic stress, requires intentional, informed efforts that reduce adversity and promote positive experiences (Sege, et al 2017).



BOYS & GIRLS CLUB
OF SOUTHERN VALLEY



BOYS & GIRLS CLUB
OF SOUHEGAN VALLEY

Monthly Themes

September	Serenity
October	Feelings
November	Gratitude
December	Worry
January	Loneliness
February	Love
March	Fear & Anger
April	Anger
May	Forgiveness & Recovery
June	Serenity



BOYS & GIRLS CLUB
OF SOUHEGAN VALLEY

Who Qualifies for the Children's Resiliency Retreat Program

- Children in grades 1 – 12
- Impacted by a loved one's substance use disorder
- Admission is on a rolling basis – September – June
- Children are referred to the program from schools, drug courts, recovery centers, counseling agencies, healthcare providers, youth serving agencies



BOYS & GIRLS CLUB
OF SOUHEGAN VALLEY



BOYS & GIRLS CLUB
OF SOUHEGAN VALLEY



BOYS & GIRLS CLUB
OF SOUHEGAN VALLEY

Where & When

The Children's Resiliency Retreat Program is held at the Boys & Girls Club of Souhegan Valley in Milford, NH on the 2nd Saturday of each month from September through June.

Outcomes to Date

HOPE Framework Domain	Outcome	Measure
		Decrease in youth who report “It is my fault if someone I care about misuses alcohol or drugs.
		Increase in youth who report people risk harming themselves if they use marijuana
Environment	Understanding of Substance Use Disorder	Increase in youth who report people risk harming themselves if they use alcohol
		Increase in youth who report people risk harming themselves when they vape
		Increase in youth who report people risk harming themselves if they misuse prescription drugs

CONTACT INFO

Program Director:

- **Monica Gallant, MPS, CPS**
- **mgallant@svbgc.org**
- **603-672-1002 ext. 123**
- **<https://svbgc.org/childrens-resiliency-retreat/>**



BOYS & GIRLS CLUB
OF SOUHEGAN VALLEY

MAKING CHANGE Second Growth



Presented by Rachel Loseby

INTENDED PARTICIPANTS

- Participants are recruited through local schools, court diversion programs, and referrals from outside organizations.
- The common demographic traits of the participants are young adults and adolescents, typically aged 14 to 21.
- Risk factors/behaviors: COA's, childhood/adolescent trauma, patterns of substance misuse, trouble with the law, lacking school engagement.
- Participants may be mandated to attend, or engage voluntarily.
- Participants are able to attend more than one cycle.

DEMONSTRATED OUTCOMES

Participant Satisfaction

- Majority of participants who completed Making Change wanted to return.

Successful Practice Implementation

- Adherence to program script as evidenced by Fidelity Checklist
- Supervision for facilitators

Achieved Outcomes

- Participants expressed increased awareness around substance use/misuse, as illustrated by post-group survey
- Increased number of referrals for next cycle

Quality Assurance

- Utilization of post-survey data
- Feedback from Supervision
- Referencing Fidelity Checklist
- Facilitators' evaluation



“This was the best group I’ve ever been to.”

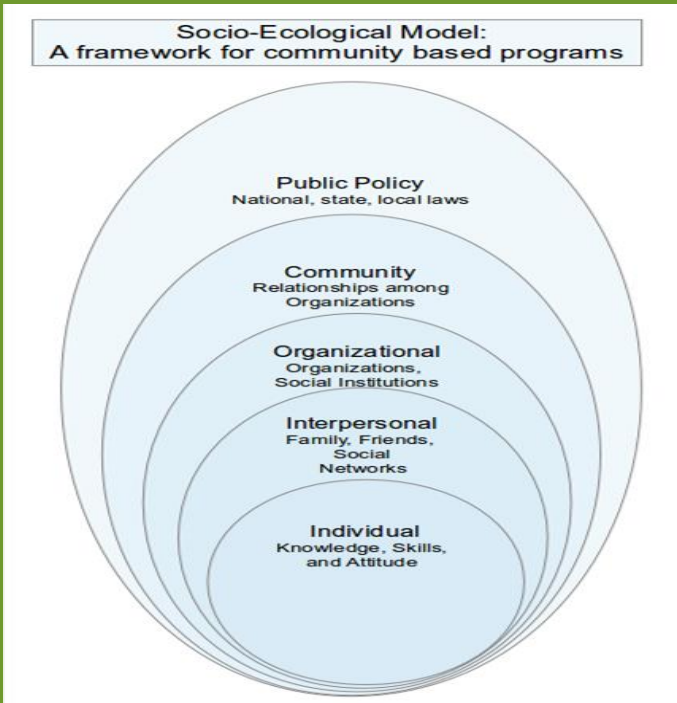
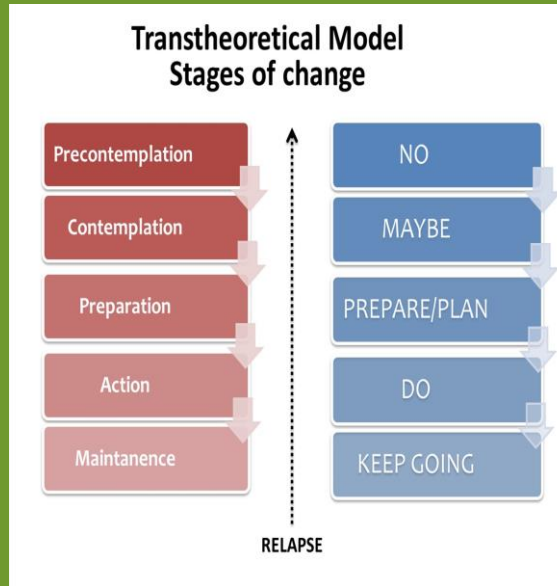
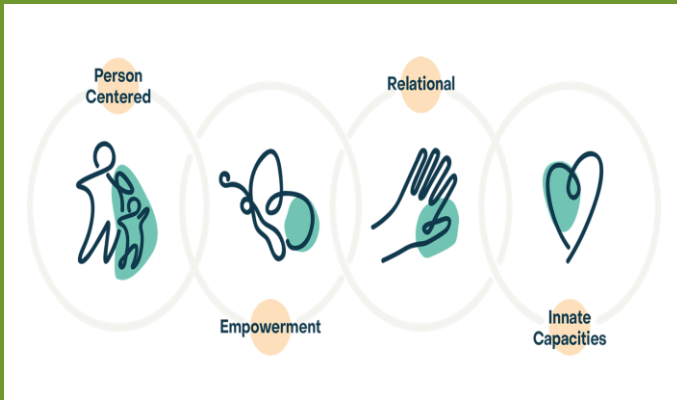
“My biggest take away from Making Change was to think more about the effects of using drugs.”

PROGRAM DESCRIPTION

- Making Change is a group therapy approach in working with adolescents and young adults, which aims to increase resilience and minimize substance use/misuse by providing a safe and supportive place for youth to explore the issues of substance use and risky behaviors with other youth.
- Eight-week program. A one-hour session per week.
- Group discussions on substance use, cravings, risk factors, supports, losses, rewards, motivation, etc.
- Implementation of group activities to facilitate further thinking and discussion (i.e., Calming Tool Box, Core Belief Worksheet, etc).



FOUNDATIONS OF MAKING CHANGE



- Literature Review demonstrates fundamental concepts upon which Making Change is founded:
 - Strengths Based Approach
 - Transtheoretical Model for Change
 - Motivational Interviewing
 - Positive Youth Development
 - Socio-Ecological Development Model
- Logic Model guides in the implementation and tracking of long and short term goals:
 - Immediate results within weeks 1-4
 - Increased knowledge, honesty, awareness
 - Intermediate results after completion of 8 week program
 - Taking actions
 - Impact
 - Maintenance

References

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- Lerner, R. M. (2009). The positive youth development Perspective: Theoretical and Empirical bases of A STRENGTHS-BASED approach to adolescent development. *The Oxford Handbook of Positive Psychology*, 148-164. doi:10.1093/oxfordhb/9780195187243.013.0014
- Niebuhr, R. (n.d.). Serenity prayer. Retrieved March 23, 2021, from <https://www.celebraterecovery.com/resources/cr-tools/serenityprayer>
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- Tuckman, B. W., & Jensen, M. A. (1977). Stages of small-group development revisited. *Group & Organization Studies*, 2(4), 419-427. doi:10.1177/105960117700200404
- W, B. (1938). *Alcoholics Anonymous* (4th ed.). Akron, OH: Alcoholics Anonymous.

Media Power Youth

Prevention Program Showcase, May 8TH

Media Power Youth inspires young people to engage with media in thoughtful and creative ways that support their physical and mental well-being.



CURRICULA · YOUTH PROGRAMS · FAMILY EDUCATION

Our Impact

- ✓ **Create awareness of how media impacts culture and well-being**
- ✓ **Help youth build life skills and healthy media habits**
- ✓ **Support youth advocates with tools and resources**

**Speak Up About Social
Media and Mental Health**

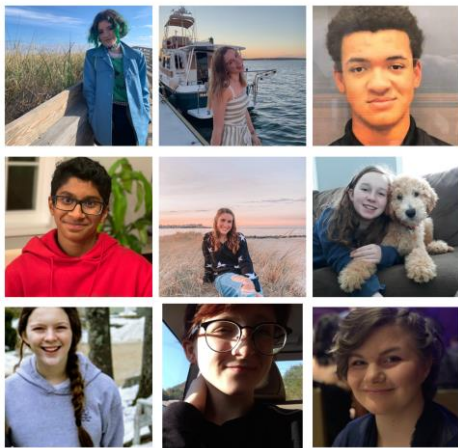


Find out how you can
make a difference



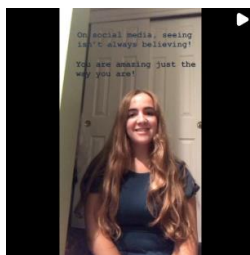
Learn more at
mediapoweryouth.org

**media
power
youth**

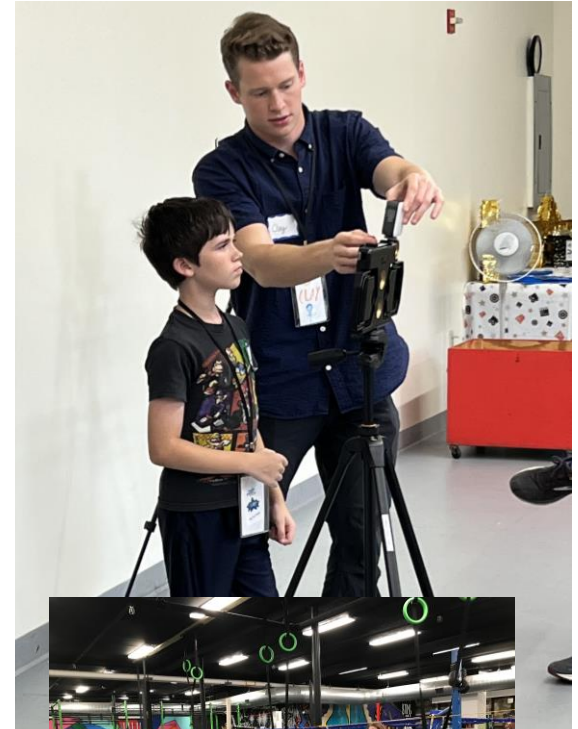
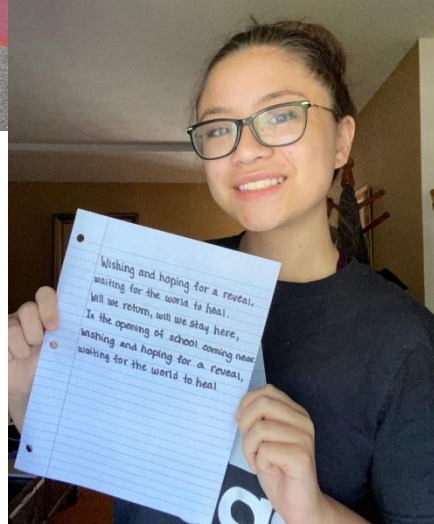


Youth Advisory Board

- Monthly Zoom meetings with high school student leaders from across the U.S.
- Share perspectives on media, technology, and other digital social delimmias
- Provide program feedback
- Collaborate on designing youth learning experiences
- Learn media creation skills



Inspiring Youth Advocacy






SEL is the **process** through which all young people and adults **acquire and apply the knowledge, skills, and attitudes** to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and **maintain supportive relationships, and make responsible and caring decisions.**

MEDIA POWER YOUTH, THE MANCHESTER COMMUNITY MUSIC SCHOOL,
AND GIRLS INC PRESENTS:

★ MUSIC VIDEO DOUBLE FEATURE ★




"NOT ALONE" - 2021




"WALK THROUGH LIFE" - 2020

We invite you to celebrate the TWO music videos made over the past two years through the creativity and hard work of Girls Inc students. Through this process, students learned how symbols, colors, and visual design influence our emotions and decisions, as well as the real-life skills of video production. We will play the videos followed by a discussion about the creative process. Light refreshments will be provided.

TUESDAY, SEPT 21ST, 12:30 - 1:30
GIRLS INC, 340 VARNEY ST, MANCHESTER NH 03102








Community & Family	Youth Workshops	School Curricula
Digital Wellness for Families	My Digital Life	Media Literacy for Safe & Healthy Choices
Summer Camps	Social Media and Advocacy	Screenshots
Film Discussions	Tech Talk	Digital Climate Change
Crossing the Digital Divide	Behind the Lyrics	Cyber Cypher

Curriculum Development App

What is media's role for students at this stage?

Different programs meet students where they are at in their media journeys

How will students use hands-on media creation to facilitate learning?

Creative final projects, PBL, and activities integrated into each lesson

How does this align with multidisciplinary standards?

Our curricula teaches competencies/skills across ELA, Health, Social Studies, ISTE, and even math!

How will we support educators before, during, and after implementation?

We offer PD workshops, media literacy office hours, supplemental lessons, parent communication templates, etc.

Curriculum Portfolio



MLSHC v. 2.0

grades 4-6



Digital Climate Change

grades 6-8



Cyber Cipher

grades 7-9

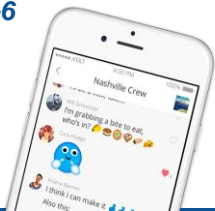


Video Game Supplements

2 options: upper elementary and
middle school

Screenshots

grades 5-6



Digital Climate Change

Driving Question

What would middle school students need to learn and know in order to build a safe and supportive network?

Digital Climate Change

5 Foundational Lessons



Social Media and Personal Use



Emotional Intelligence



Navigating Miscommunications



Building Empathy



Navigating Conflict

2 “Packaging” Lessons



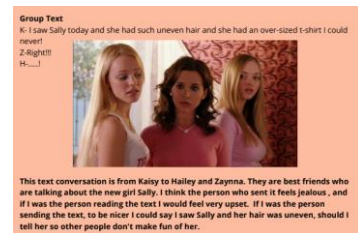
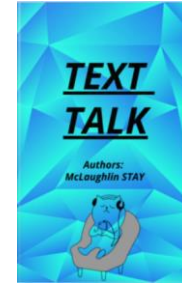
Creating Your Guide



Engaging Your Community



Final Products

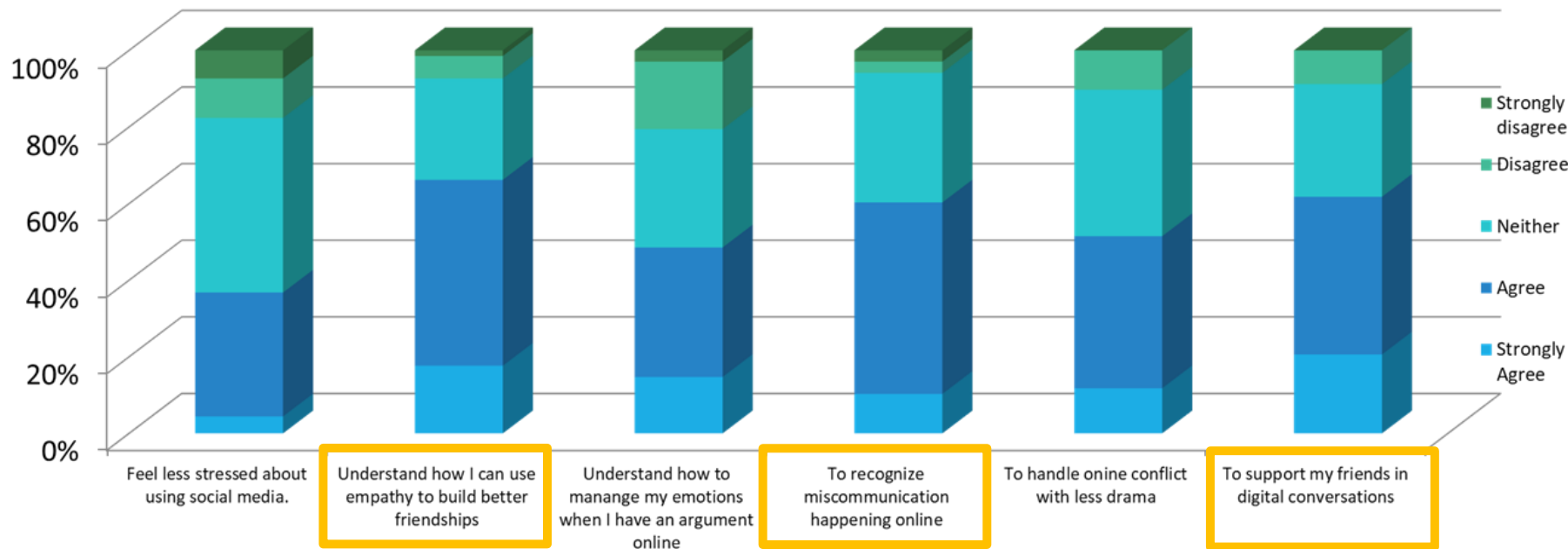


What did students learn?



Boston Children's Hospital
Digital Wellness Lab
Where the world comes for answers

media
power
youth



Media Literacy for Safe & Healthy Choice



Our "**brains, bodies, and being**"
are all intertwined, and media
messages can impact all of these
domains



Media Literacy for Safe & Healthy Choices



v2.0

BODY

Build foundational media literacy skills through the lens of nutrition and food advertising

Emphasizes healthy meal preparation and cooking

BRAINS

Helps youth discover how media messages can impact the healthy AND unhealthy choices we make

Introduces how substances can impact our brain functioning

BEING

Considers important elements of holistic health including self esteem and positive relationships

Explores stress management and healthy vs. unhealthy coping mechanisms

Project: Create a health fair for your school, community, or younger class

mediapoweryouth.org

Media Power Youth

What's In A Vape?

Help students learn about the dangers of vaping and how to quit in our new podcast

Community Conversations on Vaping features 3 episodes

1. Just the Facts
2. Youth Voices
3. Quit with Confidence



LISTEN AT

anchor.fm/mpyscoop

This podcast is made possible by the New Hampshire Department of Health and Human Services Tobacco Prevention and Cessation Program

Listen to our podcast



Community Conversations on Vaping - Quit with Confidence

Nov 19, 2020

What are the first steps to quitting vaping? Who can you go to for support? How can you find reliable information? Listen to find out the answers to these questions...

[See more](#)

16:49



Community Conversations on Vaping - Youth Voices

Nov 12, 2020

In this episode, we're going to find out what teens are really saying when it comes to vaping. What's happening at school? In sports? How can you make the right choices?

[See more](#)

16:29



Community Conversations on Vaping - Just the Facts

Nov 05, 2020

What is actually in a vape? How does it work? What does it do to your body? Are there legal things you should be thinking about? In this episode, we interview 3 experts...

[See more](#)

17:29

Current Initiative

- Friends Youth Mentoring Program
- Parent presentations on internet safety and cyberbullying prevention
- Youth and Educator Advisory Boards
- Expanding resources for youth-serving professionals and parents
- Expanding summer camp offerings
 - ☑ *SEE Science Center: Flip the Script*
 - ☑ *NH Audubon Massabesic Center: Conservation Quest*





Heather Inyart

Executive Director

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Jennie Roy

Community Engagement Coordinator

jennie.roy@mediapoweryouth.org

603-222-1200

mediapoweryouth.org

TAKE CONTROL

A TEEN CONFLICT RESOLUTION STRATEGY IN NEW HAMPSHIRE

Michelle Brauch
The Upper Room
Recertification Team

AGENDA

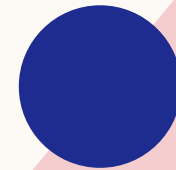
Introduction of Project

Who does Take Control Serve

Areas of Growth for Program

Timeline of data analysis

Summary



INTRODUCTION

Eleven years ago, the staff who supported adolescents at The Upper Room, a Family Resource Center found that many youth were presenting to the Juvenile Diversion Program as youth offenders for violence.

This trend created a need to address youth violence, and lack of ability/resources to manage conflict in the home, schools and community.

The team developed a series of activities that offered youth the education around triggers, and offered strategies to recognize anger, and reduce the responses/reactions to this.

Continued today are pre-post assessments, including the SBIRT to identify Substance and Mental Health concerns identified by teens.

Over the last decade plus youth have presented themselves in the Take Control class to increase their capacity to manage conflict.



PRIMARY GOALS

Prevention: offer teens an alternative to how they respond to anger, conflict.

INTENDED OUTCOMES

- Youth can recognize triggers in last years collection of results from 34 students 100% of students participating can identify what triggers their anger.
- Teens are able to identify alternative responses to conflict 94% of participants report they have a better way to handle anger
- Improve relationships with peers, family, others 85% of students can identify a support person in their lives. Improved connection to trusted adults.

AREAS OF GROWTH

	Delivery	Development	Progress	Success
Start	Program facilitated 6 – 7 x a year	As time changes activities do, update paper to virtual activities	During COVID adapted program to be delivered virtually for 18 months	Program still offers teens a place to understand their responses to anger
Current	Program facilitated 6 – 7 x a year, added offsite class at alternative school in 2022	Added new materials and activities to program	2020 applied for Service to Science grant to update curriculum and train other facilitators – 2 years of curriculum updates and training 2021 & 2022	Curriculum redesigned and formatted. Have offered 2 trainings with 14 new trainers able to deliver program

MEET OUR TEAM



**MICHELLE BRAUCH
ELAINA WHEATON**

Original Development



KELSEY MYERS

Program Coordinator



**ELIZABETH O'CONNELL, SUSAN BUCK,
CELIA WHEATON AND MIMI BERGERE,
MADISON PUGLISI**
Program Facilitators



BRENDA GUGGISBERG

Executive Director

PLAN FOR CONTINUED LAUNCH



PLANNING

All staff who deliver course are trained, always 2 staff available to teach the course



MARKETING

Disseminate brochures to schools, JPPO/s Courts, suspension programs



DESIGN

Update as time goes on with relatable activities, seek feedback to modify



STRATEGY

Foster skills that build capacity for youth to improve skills, and understand relationship between healthy response and healthy relationships



LAUNCH

Develop training for trainers, continue to offer classes for teens, update and continue to improve

TARGET POPULATIONS

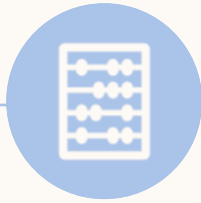
TEENS IN NEED OF SERVICE

- High school/middle school
- Mental health anxiety/depression
- Family hx of violence
- Children in homes other than their own
- Raised by grandparents
- First generation Americans
- Trauma/ACES
- Isolated
- Bullied
- Athletes
- Musicians
- Students who are suspended
- Juvenile offenders

WHO THIS IMPACTS

- Families
- Parents/caregivers who are encouraged to participate in parent education, parent caregiver support groups, and home visiting for those in need of higher level support
- Schools-work with Prevention Counselors/Admin/Counselors/Social Workers
- Other students
- The teens themselves- as it creates habits that lead to life long coping strategies

HOW WE GOT HERE=FUTURE



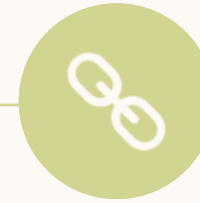
NEED

- Youth presented need which increased risk factors for further violence/SUD
- Community sought a response for this need
- Youth were not offered other solutions



IMPACT CUSTOMER

- Teens
- Parents and Caregivers
- Schools
- Courts
- JPPOs
- Communities
- Siblings



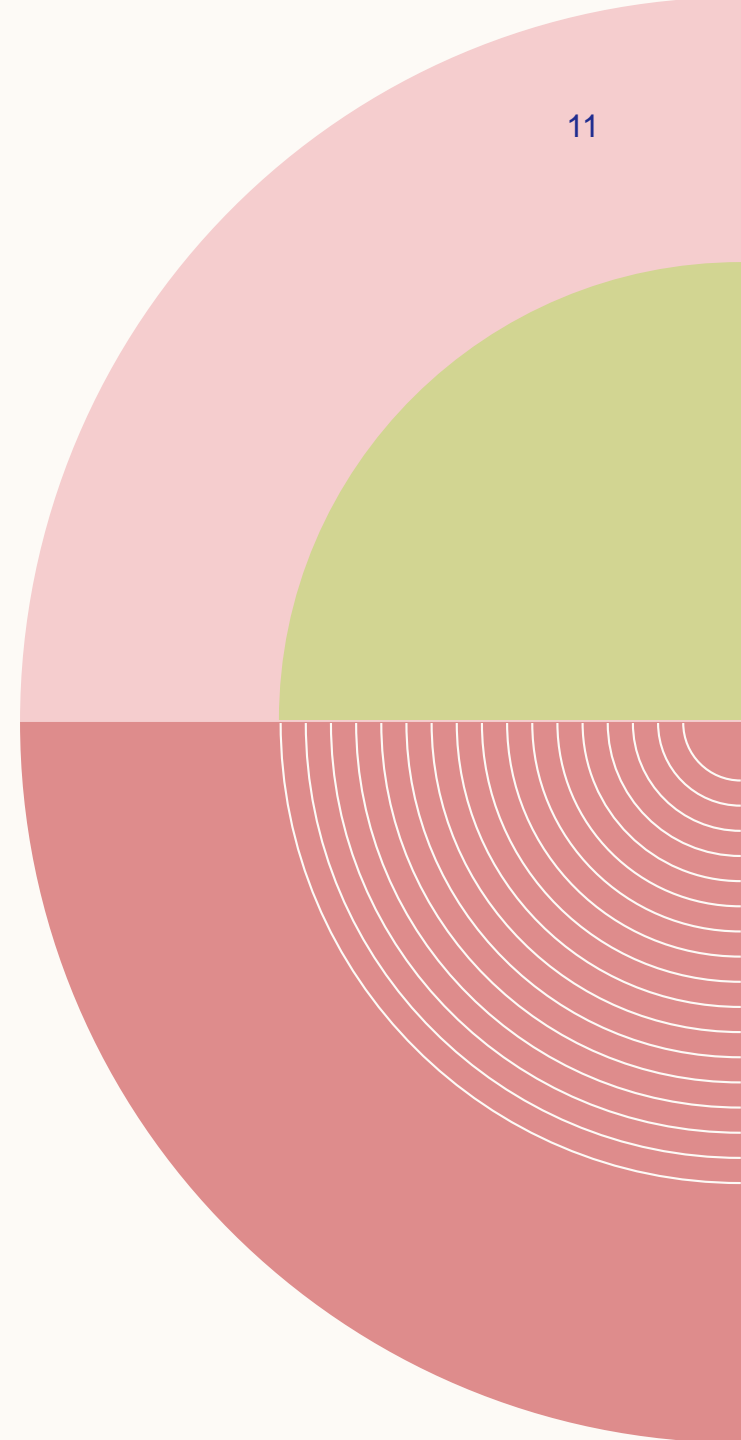
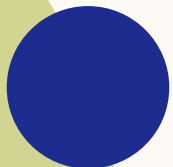
CONTINUATION

- Cultivate new trainers who will bring to their agencies, schools and communities
- Maximize trainings to achieve supports statewide

SUMMARY

Over the past 12 plus years The Upper Room has offered a prevention & early intervention strategy aimed at helping youth understand what triggers their behavior, and how to modify those responses in ways that are safe, legal and will offer positive received responses. Building positive strategies to manage stressful situations is necessary for entrance into adulthood and having the chance to explore these alternatives gives young people the opportunity to develop habits that will foster healthy relationships and self confidence, as a result of reduction of harm (Personal harm) to their perceived capacity.

Take Control will continue to encourage teens to develop strong and positive strategies to manage conflict.



THANK YOU

Michelle Brauch

Elaina Wheaton

Kelsey Mayland

Brenda Guggisberg

Youth Leadership Retreats

with the



NEW HAMPSHIRE
TEEN INSTITUTE

Jessica Pennell, MPH
Special Project
Manager

Summer Leadership Program

- 6-day, 5-night Leadership Retreat for high school students
- Explore issues such as substance misuse, mental health, sexual health, relationships, and family
- Increase positive, healthy coping strategies
- Learning through experiential workshops

Summer Leadership Program

- Increase understanding of their own leadership style
- Exploration of their personal values
- Experience in building a positive, collaborative community

Summer Leadership Program

- intended participants: NH and NE incoming freshman-age to graduating senior-age
- demonstrated outcomes: reduce in substance use, increase in protective factors: perception of risk, disapproval of personal and peer use, awareness of beliefs and values, self-efficacy, ability to manage and reduce stress

Summer Leadership Program

- activities: large group presentations, small group meetings, elective workshops, community building activities
- evaluation: surveys (pre, post and 6-month)
- staffing opportunities: SLP, day programs, LIP

Summer Leadership Program

Registrations are Open for our 2023 Session!

July 9 - July 14th

Lions Camp Pride in New Durham, NH

Scholarships Available!

Leaders In Prevention

- 3-day, 2-night Middle School Retreat (6, 7, 8th grade students)
- Attend in teams of 8 Students & 2 adult advisors from a school or community group
- Understand of the power and impact youth leaders can have on their community

Leaders in Prevention

- intended participants: NH 6th-8th graders
- demonstrated outcomes: increased ability to: problem-solve, connect with community, value diversity, form and maintain positive peer relationships; delay onset of substance use, increase ability to identify community needs

Leaders In Prevention

- Discuss school climate issues to increase their knowledge, understanding, and empathy around issues impacting them, their peers, their families, and their communities
- Create an Action Plan to take back to their community to help impact &/or change an issue that they identify through consensus
- Interactive workshops and activities to work collaboratively and build their own leadership skills

Leaders In Prevention

- **activities:** large group presentations (SMD, PSA, DA, BP), small group action planning, small group workshops (GtMA, PP, LoM, Funmanship), public speaking
- **evaluation:** surveys (pre, post, 6-month), follow-up, staffing opportunities

Leaders In Prevention

2024 Leaders In Prevention already booked!

February 16-17-18 or March 15-16-17

Camp Cody in Freedom, NH

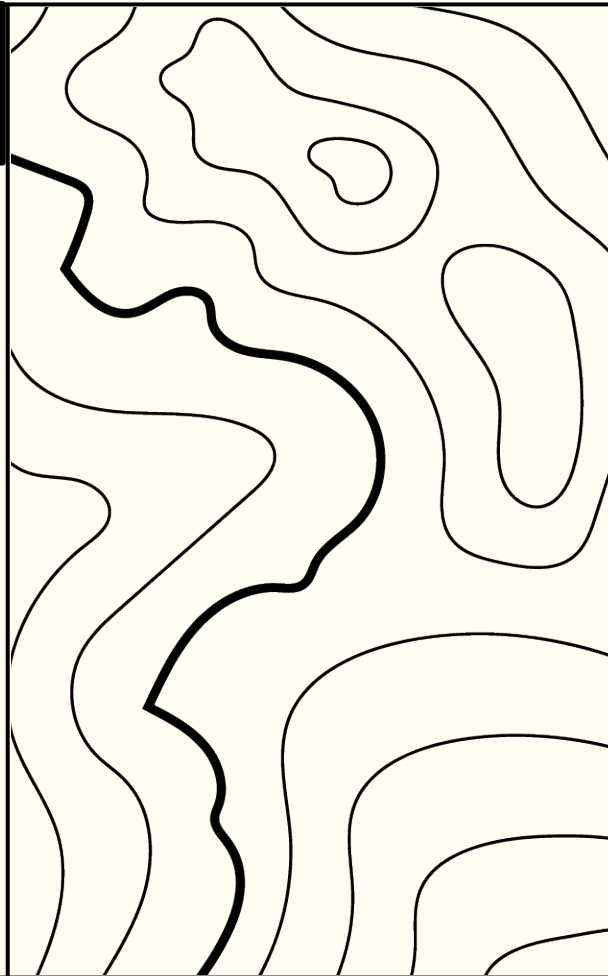
Scholarships Available!



setting a course for the future

An Adventure Based Approach To Student Wellness

Prevention Program Showcase 2023



PROGRAM DESCRIPTION

Youth Leadership Through Adventure (YLTA) is recognized by the state of New Hampshire as a Evidence Based program for Middle and High School students. YLTA is an innovative regional initiative focused on the **prevention of youth substance misuse by fostering positive youth development and leadership skills.** This program allows youth to emerge as leaders in their schools and their communities and learn how to be a positive influence for their peers through conferences and activities that are student-driven and adult guided.

Intended Participants

- Middle School & High School Students (Age 10-18)
- Students who are interested in developing leadership skills through experiential education and adventure.
- Those seeking a voice within their school communities to implement positive change



Demonstrated Outcomes

Youth Leadership Through Adventure is an Evidence Based Program as of 2021!

Outcomes:

1. Heightened sense of community
2. Impact on the Environment/Culture
3. Building skills and challenging youth
4. Improved decision making skills
5. Acceptance of others
6. Self-knowledge and interpersonal skills
7. Immersion in the practice of leadership skills
8. Inspiring youth from diverse rural backgrounds to embrace self-determination



How can students connect?

YLTA relies on participation from advisors and students. At least one school faculty member (typically the SAP, school counselor, student advisor) is the adult representative for that schools YLTA chapter. This is designed to keep a line of communication open about events, camps and experiences for YLTA students.

Adult Advisor Training

A two day training at our basecamp facility in Campton. We take this time to go over the YLTA advisor manual and run through examples of various games/activities. In addition, this training is used to spread the mission and goal of our organization to our advisors.

Annual Conferences

Conferences are a great introduction to YLTA. Advisors can refer students and bring them to the conference where they can learn what the program is all about and meet like minded peers.

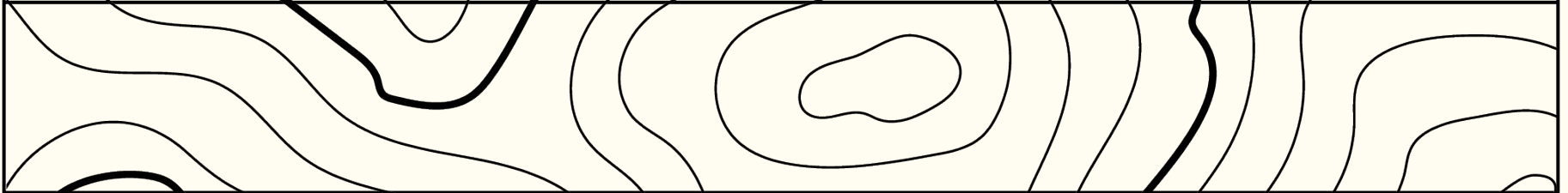
Summer Leadership Academies

Throughout the summer we offer overnight, backcountry experiences for students in middle and high school.

YLTA COMPONENTS

The following are the major activities involved in the implementation of a successful Youth Leadership Through Adventure program.

- Summer Leadership Academies
- School Group Meetings
- Annual Conferences
- School Climate Projects
- Service Learning Projects
- Chem-Free Events
- Environmental Prevention Activities
- Celebration Events





Summer Leadership Academies

YLTA Middle School Wilderness Leadership/Climbing Camp

For: Students entering grades 5-8th [Fall of 2023]

Rate: \$750 *Full-Registration*

Dates: August 7-11, 2023

Cap: 10 campers

What we can offer:

Spend a week in the beautiful White Mountains of New Hampshire gaining leadership experience, learning new skills, and developing friendships that will last a lifetime! This week will provide opportunities to focus on backcountry skills such as navigation, route planning, campsite selection, expedition mentality, group dynamics, back country cooking, and Leaving No Trace. We will create a space to step outside your comfort zone with a facilitated adventure experience that focuses on safety, learning, and fun. Our experienced guides will lead the group for a day of climbing at Rumney Rocks, then pack for trail at our basecamp. We will spend the first night in our yurts before heading out into the White Mountains for 2 nights and 3 days of backpacking! We will return to basecamp for our last night where we will once again stay in the yurts before departing in morning!



YLTA High School Canoe Adventure

For: Students Entering 9-12th Grade

Dates: July 7-9

Rate: \$300 *Full-Registration*

Cap: 10

What we can offer:

Spend the weekend navigating the beautiful Connecticut River via canoe! You can expect to learn how to steer a canoe, river camping techniques, outdoor cooking, fire building & much more. This stretch of river runs from Haverhill NH to Bradford VT. We will travel an average of 5 river miles both days which is equivalent to about 4 paddling hours a day. Time at camp will be spent playing games, cooking great food and sharing conversation by the campfire.





Advisor Training 2023

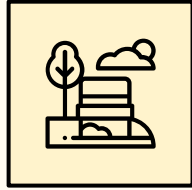
ADVISOR TRAINING

How to adapt adventure education activities to be effective learning tools to address bullying and other challenging social behaviors. We'll help you **apply adventure education learning techniques to the challenges of bullying and other antisocial behaviors** and share program ideas and specific activities that can be effectively integrated into any classroom setting. Using an activity -based approach for teaching social skills has long been proven to be an effective method for changing behaviors and creating positive group norms.

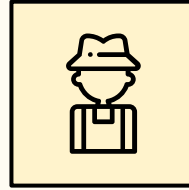
ADVISOR TRAINING



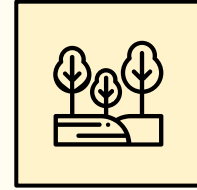
Learn how to establish group norms that support and encourage a positive environment



Learn how to evaluate and measure the effectiveness of your program's goals



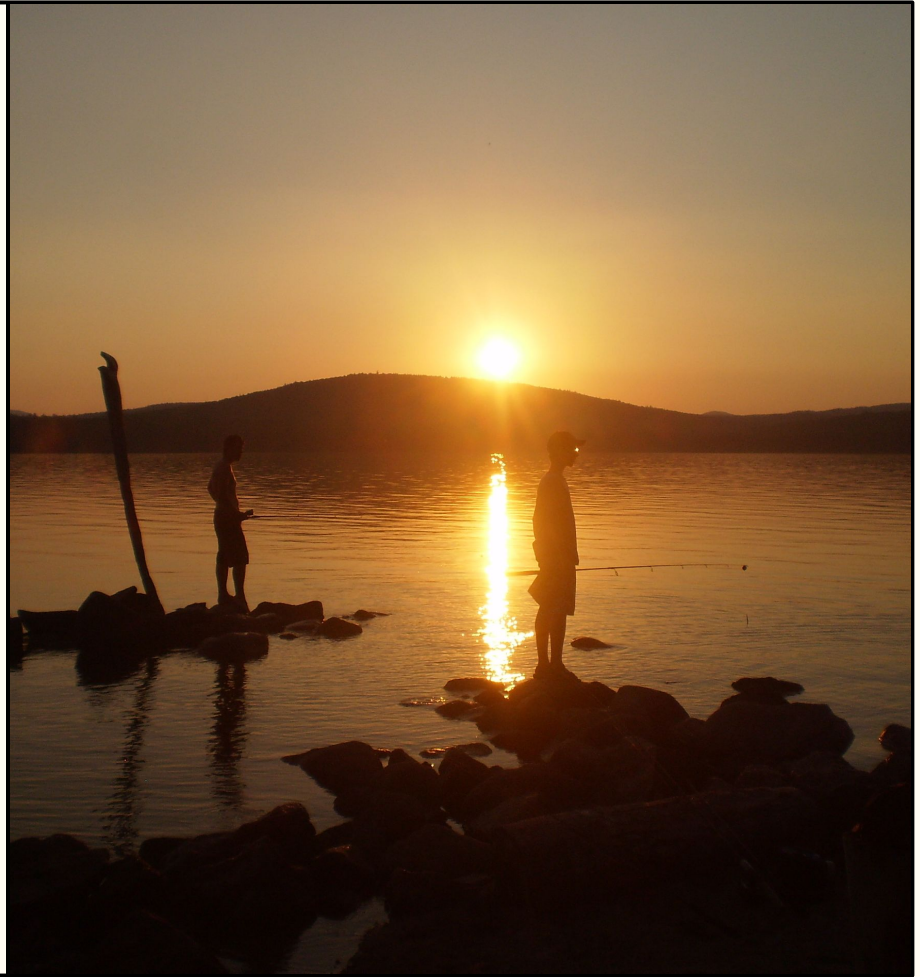
Learn successful methods for engaging students in a fun and productive manner to address challenging social issues



Learn methods for incorporating appropriate activities into an existing curriculum

OBJECTIVES

By the end of the training, attendees will have the knowledge to **create Middle & High school YLTA groups in their own school** and fully implement the program with fidelity to the model



Advisor Training 2023

Date: June 30 & July 1,, 2023

Location: 72 Beebe River Road, Campton NH

Meals, lodging, implementation manual and student journals provided.

(Lodging will be in our new glamping yurts)

**There is no cost associated with this training as funding has been provided
by the Center for Excellence**



Drone footage
above our
basecamp!



Get in touch!

Sean O'Brien - CEO and
Creator

seanobrienadapt@gmail.com

Visit us!

Basecamp
72 Beebe River Rd.
Campton, NH
03223

The background of the slide is a black and white topographic map. It features numerous contour lines of varying thicknesses and curvatures, creating a complex, organic pattern that resembles a landscape with hills and valleys. The lines are more densely packed in some areas and more spread out in others, giving a sense of depth and movement.

QUESTIONS?



setting a course for the future





Knowledge Skills Action Model of Youth Empowerment

Reaching Us Later

Dover Youth to Youth

DoverY2Y@dover.nh.gov

603-516-3274

www.DoverY2Y.org

Dover Youth to Youth

- Participants in Dover:
 - **60 local youth**
 - **4 Different Teams**
 - **Grades 6 – 12**
 - **+ College age volunteers**

Our Model of Empowerment

Youth Empowerment:

***Youth have the capacity to
change their environment.***



www.DoverY2Y.org

↓ Our Model

↓ KNOWLEDGE

↓ SKILLS

ACTION

Knowledge

- ✓ **Learn about the problem**
- ✓ **Develop “command” of the topic**
- ✓ **Expertise = Understanding of possible solutions = Desire to take Action**

Skills

Before you can take action...

You need the SKILLS to do so.



Examples of Skills

- ✓ Presentation Skills
- ✓ Media Production Skills
- ✓ Activism Skills
- ✓ Writing Skills
- ✓ Theatrical Skills
- ✓ Leadership Skills

2 Levels of Impact

- On the Community
- On the youth advocate

Community Impacts

- The impact on the community of the programs the advocates conduct...

Media

↪ Module 2C



Classroom Presentations



Foster's Daily Democrat

Since 1873

www.fosters.com \$1

Thursday, February 11, 2016

WEATHER

TODAY	FRI	SAT
		
29°/17°	23°/14°	18°/-5°

Complete forecast, A11

LOCAL



DOVER

Council bans e-cigarettes

The electronic devices no longer allowed in city where cigarettes are prohibited

By Nik Beimler
nbeimler@seacoastonline.com

DOVER — The City Council on Wednesday night voted unanimously

to ban the use of electronic cigarettes where regular cigarettes are already banned on city property. This includes on school grounds and on city athletic fields.

Dover Youth to Youth, an alcohol and drug prevention group, brought the resolution to the council. Prior to the vote to approve the measure, Hannah Martuscello,

Haley Demeris and Emma Foss, three Youth to Youth members, spoke on behalf of the organization during citizens' forum.

"It will protect family aspects on public grounds and sports fields," Demeris told Foster's. "... And it will eliminate the negative influence that e-cigs can have on

children." As Demeris noted to the councilors, children who see adults using electronic cigarettes are more likely to think it is okay to use the devices. Violation of the new ban could result in a fine of \$50 for a first offense and \$100

SEE E-CIGS, A2

Policy Change



Sticker Shock

↪ Module 3C-1

Alcohol and Youth Don't Mix

Teens may look mature - but their brains are still growing and developing until age 25.

Alcohol can permanently affect a brain's development, as well as mess up the part of the brain that is responsible for judgment, impulse control and risk taking.



Alcohol can help teens make the dumbest decisions of their lives.

www.DoverYouth.com



Flavors Help Addict Kids

Flavored vapes make it seem harmless...

Make it easy to try...

But it's really hard to quit.



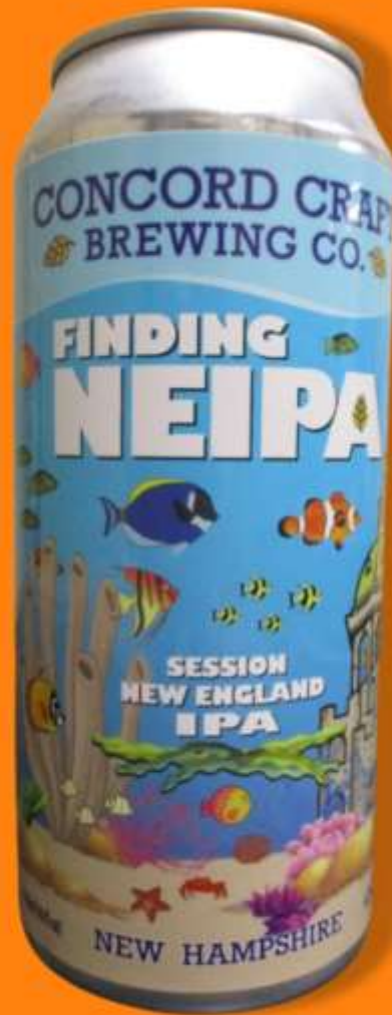
Lab Rat Campaign



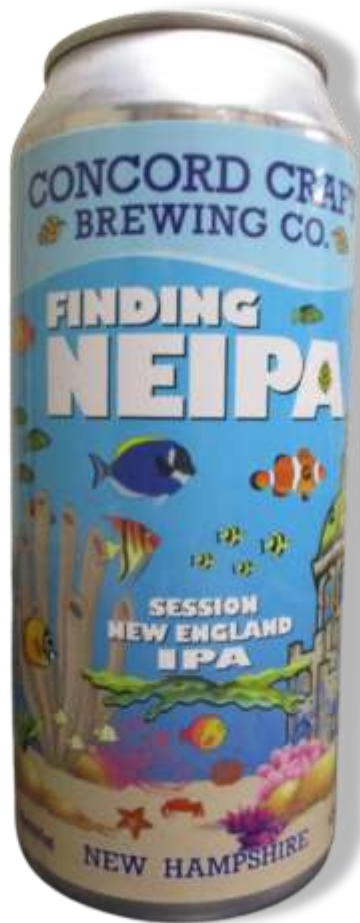
Hard Mtn Dew



Finding “Nemo”



Finding “Nemo”



Advocate Impacts

- The impact on the YOUTH ADVOCATES themselves...
 - Increased Core Skills and competencies
 - Reduced 30-day use
 - Delayed onset of use



*Assisting Others:
Support for NH
Communities*

The Toolkit

Training Resources and Activity Ideas



Training Support for NH

- Our annual Fall Conference (in November)
- Zoom training for your staff
- Support for activities (planning the first meeting or recruitment)

—AND MORE





Conclusion and Resources

Reaching Us Later

Dover Youth to Youth

DoverY2Y@dover.nh.gov

603-516-3274

www.DoverY2Y.org

Closing Out Today:

- Our Web Site **DoverY2Y.org**
- YouTube Channel **DoverY2Y**
- Recordings of Training (Vimeo)
- No Charge to email:
 - A PSA script
 - An mp3
 - A theatrical skit

Resources

- **No Charge to:**
 - Call or email and ask questions; or get our opinion or advice.
 - Come visit us.
 - Access our resources on our web site **DoverY2Y.org**
 - or YouTube Channel: **DoverY2Y**

Sign Up for Our Mailing List

Scan the QR Code



Or Email Us

DoverY2Y@dover.nh.gov



Knowledge Skills Action Model of Youth Empowerment