



Programs, Services & Events!

As a 501(c)(3) nonprofit organization, AHM is governed by a volunteer Board of Directors, all of whom are local residents collectively dedicating hundreds of community leadership service hours annually. In addition to adult directors, the Board also includes youth representation as part of its belief in the philosophy of Positive Youth Development.

AHM Executive Director

Tressa Giordano

Board Officers:

Brendan Shea - President

Sara Tarca - Vice President

Paulette Adams - Treasurer

Joleen Yorio - Recording/Corresponding Secretary

Board Directors:

Brenda Bula, Director

Kay Corl, Member at Large

Steve Fish, Director - Immediate Past President

John Gasper, Director

Aubree Jordan, Youth Director

Inara Kermalli, Youth Director

Maryanne Leichter, Director

Raymond "Chip" Morris, Director

Gayle Mulligan, Director

William Sudol, Director

Marcia Tecca, Director

Peter Yorio, Director



For a full staff listing, please visit our website at:
<https://ahmyouth.org/about-us/our-staff/>

 **Fall 2023**



AHM Youth & Family Services

Founded in 1983, AHM is a non-profit charity 501-(c) (3) that provides many services to the communities of Andover, Hebron, Marlborough & Columbia.

AHM's services include: helping divert teens from juvenile court, providing community drug and alcohol prevention activities, mental health counseling and social work services, youth worker programs for senior citizens, as well as many positive youth & family activities.

AHM has both a Youth Service Bureau and a Family Resource Center, which includes intervention, prevention and positive youth development programs and services. In addition to our main office location at 25 Pendleton Drive, Hebron, we have satellite offices & programs providing Student Support Services in each of the K-12 local schools within Andover, Columbia, Hebron, Marlborough & Regional School District #8 (RHAM).

How to Register for Programs
 AHM uses RecDesk for program registration. If you do not have an account with us, you will need to register your family, and then you will be able to sign up for programs.

<https://ahmyouth.recdesk.com/Community/Program>





Our Mission:

To provide mental health and positive youth development services that assist children, young people, and their families in creating a supportive and caring environment, for them to reach their maximum potential as members of society.

Visit our website for more information at www.ahmyouth.org

Ways to Support AHM

There are several ways to give a gift to AHM. Your financial support helps us to continue our work in the areas of intervention, prevention and positive youth development. You can also help by donating goods and services, volunteering and supporting our many events.

Areas to donate to:

- Donation to our General Operating Fund
- Memorial and Honorary Gifts
- Workplace Giving
- Matching Gifts
- Tax Free IRA Gift (70 1/2 and older)



We love our volunteers!

If you would like to sign up to volunteer for a fundraiser or event, please contact:

Individual Giving & Event Coordinator
Ann Marie Drury
 Phone: 860-228-9488 x29
 Email: AnnMarieD@ahmyouth.org



CUISINE for CHARITY

Dinner at Gina Marie's Hebron for a good cause!



OCTOBER 2ND 6-9 PM



scan for ticket info!




AHM Youth & Family Services | 25 Pendleton Drive, Hebron CT 06248 | ahmyouth.org





NOVEMBER 13TH 9AM - NOVEMBER 27TH 9PM

COMING SOON! AHM'S HOLIDAY AUCTION!

scan the QR code!





The AHM Family Resource Center received its first grant in 1996 from the Connecticut State Department of Education and has collaborated with the four regional Elementary Schools, the Middle School and the High School in various programs and services.

The philosophy of Family Resource Centers is that healthy development and good education begin with access to support services from birth. When these services are offered in schools, services are readily accepted and accessible to families.



Play & Learn in the Park

Instructors: Ashlee Parks, Becky Murray
Dates: Mondays 9/11, 9/18, 9/25, 10/2, 10/16, 10/23 (Makeup 10/30 if needed)
Time: 10 - 11:00 am
Location: Columbia Rec Park Playscape
Fee: \$40/Family, 6 sessions
Age: Children birth-5 and parents/caregivers
Participants will have the opportunity to play outside, socialize with other children and families, explore the playground, engage in developmentally appropriate games and learning experiences, and enjoy listening to a story and songs. Feel free to pack a blanket to sit on and a snack to eat during story time.

First Steps in Music

Instructor: Mallory Kokus
Dates: Tuesdays, 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/14 (no group 11/7-Election Day)
Time: 9:30-10:15 am
Location: AHM Performing Arts Room
Fee: \$125/family, 8 classes
Age: Children birth-5 and parents/caregivers

This program is geared towards children ages 0-5 and their grown-ups. Participants are engaged in many activities including bounces, finger wiggles, action songs, vocal exploration, movement exploration, playing instruments, ball rolling, and more! First Steps in Music is a wonderful opportunity for children to have fun, interact with other children, and bond with their grown-up, all while beginning their journey to becoming tuneful, "beat-ful", and artful.

Play & Learn at GHS

The program includes crafts, free play with materials (trucks, train table, play kitchen, puzzles), circle time, snack, information about parenting and child development in a fun and relaxed atmosphere! All enrolled families will be offered a free developmental screening for their child.

Location: Gilead Hill School, Family Resource Center
Age: Children birth-5 and parents/caregivers
Instructors: Ashlee Parks, Becky Murray

Session 1

Dates: Wednesdays 9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25
Time: 10 - 11:15 am
Fee: \$60/family, 7 classes

Session 2

Dates: Wednesdays 11/1, 11/8, 11/15, 11/29, 12/6, 12/13, 12/20
Time: 10 - 11:15 am
Fee: \$60/family, 7 classes



Sparkler Fun & Learning Group!

Join us for a FREE Sparkler fun and learning group for children birth-5 and adults. Children will get to socialize, and engage in age appropriate learning. Parents and caregivers will learn how to use the free Sparkler app and use it at home for activities, screenings, and parenting tips. Snack will be provided for both parents and children. Parents signing up for the group will be asked to create a Sparkler Account and access the account for screening and activities.

Translation available for non-English speaking families.
Please let us know if you are a non-English speaker and would like to participate in this program.

Location: Gilead Hill School, Family Resource Center
Age: Children birth-5 and parents/caregivers
Instructors: Ashlee Parks, Becky Murray

Session 1

Dates: Thursdays 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, and 11/2
Time: 10 - 11:30 am
Fee: FREE

Session 2

Dates: Thursdays 11/9, 11/16, 11/30, 12/7, 12/14, 12/21, 1/11, 1/18, 1/25 - Makeup if needed
(No Group 11/23, 12/28 and 1/4)
Time: 10 - 11:30 am
Fee: FREE

Sparkler App:

<https://playsparkler.org/sparkler-for-families/>



Messy Hands

Sensory play allows children to engage their five senses by exploring different textures. In this group, children will get the chance to explore a variety of different messy materials in a relaxed setting while creating, constructing, and exploring! Materials may include: fingerpaints, playdough, slime, water play, shaving cream, & other substances. Please come dressed in VERY casual clothing, smocks will be provided!

Location: Gilead Hill School, Family Resource Center
Age: Children 2-5 and parents/caregivers
Instructors: Ashlee Parks, Becky Murray

Session 1

Dates: Fridays 9/15, 9/22, 9/29, 10/6, 10/13, 10/20
Time: 10 - 11:00 am
Fee: \$45/family

Session 2

Dates: Fridays 11/3, 11/17, 12/1, 12/8, 12/15, 12/22
(No group 11/10 Veterans & 11/24 for Thanksgiving)
Time: 10 - 11:00 am
Fee: \$45/family



Family Resource Center Director: Becky Murray
 Cell: 860-573-1260, **GHS Classroom:** 860-228-0871
 KinderRHAMa Classroom: 860-228-5310
 Email: BeckyM@ahmyouth.org

Family Resource Center Associate: Ashlee Parks
 GHS Classroom: 860-228-0871
 Email: AshleeP@ahmyouth.org



Health Matters is a mind and body wellness program developed by AHM's Leadership, Mental Health and Prevention Team. Residents of all ages from Andover, Hebron, Marlborough, and Columbia are invited to participate. AHM believes participation in healthy programming is one of the best ways to reduce risk factors for mental illness and substance abuse in youth, families, and our communities.

All classes will be held in AHM's Wellness Room.

Fall Candle Making Workshop

Instructor: Ajia Loomis, All Love Candles

Date: Thursday, October 12th, 6 - 7:30 pm

Fee: \$20/person

Age: 12+

In this hands-on workshop, you will learn to make a scented candle from scratch, choosing from one of the following scents: lavender, pumpkin spice, apple pie, fallen leaves, or coffee. All materials will be provided.

Modern Calligraphy Workshop

Instructor: Ann Marie Drury

Date: Thursday, October 19th, 6 - 8:00 pm

Fee: \$25/person

Age: 12+

In this workshop, artist Ann Marie Drury will instruct the basics of modern, pointed-pen calligraphy, to add elegance to your holiday cards, invitations, correspondence, decorations, and more! All supplies will be included, and participants will leave with a calligraphy toolkit.

Charcuterie Boards

Instructor: Emily Love, Make Food Lovely

Date: Saturday, October 7th, 10 am - 12:00 pm

Fee: \$25/person

Age: 12+

This workshop will teach participants how to incorporate flavors, textures, and colors to create an amazing charcuterie board! Participants will take home their own delicious centerpiece to share with family & friends! All supplies provided.

Pumpkin Decorating

Instructor: Shamane Shepard

Date: Wednesday, October 25th, 6 - 7:00 pm

Fee: \$10/person

Age: All ages (Ages 4 -10 must be accompanied by an adult)

Let your creativity shine by decorating pumpkins with your favorite arts & craft supplies! Use colors, stickers, jewels, glitter and much more, to create a boo-ti-ful work of art. Pumpkins and supplies included.

Vision Boards

Instructor: Phet DiLullo, LCSW

Date: Saturday, November 4th, 10 - 11:00 am

Fee: \$10/person

Age: 16+

In this workshop, you will use your creativity to design an impactful vision board collage, using a variety of materials, images, inspirational quotes, and positive affirmations that align with your goals and intentions. Supplies provided.

Picture Perfect Art Series

Instructors: Kristina Smith & Colleen Mcleod

Dates: Wednesdays 9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1, 4:30 - 5:30 pm

Fee: \$42/person for 7 weeks

Age: Ages 4-8

In this class kids will be exploring all things fall through fall stories & crafts, including apples, leaves, pumpkins, scarecrows, animals, and some spooky creatures as well. Students will be encouraged to get creative by using markers, crayons, paints, clay, glue, nature, and much more.

Friendship Bracelets

Instructor: Shamane Shepard

Date: Wednesday, November 1st, 6 - 7:00 pm

Fee: \$10/person

Age: 7+

In this workshop, you will design unique and personalized accessories using a variety of beads. Use vibrant colors and experiment with different patterns to make bracelets that reflect your distinctive style and personality. Supplies included.

Pottery Painting-Pumpkin Mug

Instructor: Tina Parsadanov, The Color House

Date: Tuesday, October 10th, 6 - 7:30 pm

Fee: \$20/person

Age: 4+ (Ages 4 -10 must be accompanied by an adult)

Participants will paint a spooky, Jack O' Lantern and cat mug! This is a fun and creative workshop for children and adults. This is a relaxing & enjoyable craft to start the fall season!

Pottery Painting-Santa Owl Dish

Instructor: Tina Parsadanov, The Color House

Date: Tuesday, November 28th, 6 - 7:30 pm

Fee: \$20/person

Age: 4+ (Ages 4 -10 must be accompanied by an adult)

Participants will paint a colorful Santa owl dish. This is a fun and creative workshop for children and adults.

Cupcake Decorating & Brioche Knots

Instructor: Xander Williams, The Flour Girl

Date: Thursday, October 5th, 5:30 - 7 pm

Fee: \$20/person

Age: 12+

In part one of this session, participants will learn how to make brioche knots - which includes rolling out the dough, adding the filling, and forming the knots. In part two of the session, participants will learn cupcake decorating - which includes basic instruction on one or two flower patterns. All supplies and ingredients are included.

Art With Audrey-Autumn Houses

Instructor: Audrey Carroll-Prucnal

Date: Thursday, November 2nd, 5:30 - 7:30 pm

Fee: \$10/person

Age: 4+ (Ages 4 -10 must be accompanied by an adult)

Participants will paint picturesque autumn houses. This class is perfect for adults and children who enjoy painting or simply want to try a new project. All supplies will be provided!

Art With Audrey-Winter Snowmen

Instructor: Audrey Carroll-Prucnal

Date: Thursday, November 16th, 5:30 - 7:30 pm

Fee: \$10/person

Age: 4+ (Ages 4 -10 must be accompanied by an adult)

Participants will paint beautiful winter snowmen. This is a fun and creative workshop for children and adults. All supplies will be provided!

Kids Cookie Baking Class

Instructor: Shamane Shepard

Date: Saturday, November 18th, 10 am - 12 pm

Fee: \$20/person

Age: Ages 10-18

AHM's Wellness Coordinator, Shamane Shepard will teach you how to make a delicious sugar cookie arrangement, perfect for the fall! Each participant will bake and design a beautiful platter with colors of the season. Bring these cookies to your fall gatherings, and friends and family will surely gobble them up! All supplies and ingredients are included.



Health Matters Program Coordinator

Shamane Shepard

Phone: 860-228-9488 x10, Email: ShamaneS@ahmyouth.org





PLAYHOUSE THEATRE ACADEMY

AHM & Playhouse Theatre Academy partner to offer fun and exploratory pre-professional theatre programs! From workshops in Musical Theatre to themed sessions of Creative Drama, Playhouse Theatre Academy offers something for everyone. As an emerging artist, or as a student wanting to explore your creativity in a new way, Playhouse Theatre Academy is your home for quality theatre instruction!

All programs located: AHM's Performing Arts Room

Story to Stage: Where the Wild Things Are K-2nd Grade

Dates: Mondays 9/18, 9/25, 10/2, 10/16, 10/23, 10/30, 11/6, 11/13 (no class 10/9)
Time: 4:15-5:00 pm
Fee: \$65/person

Young actors and actresses will explore creative play and storytelling through an adaptation of the children's book, Where the Wild Things Are! Exercises and games will focus on the introduction of basic acting techniques, storytelling, puppetry, creating a character and fun team-building games. Perfect for budding performers or those who participated in any class last year at AHM! Participants will receive a copy of the book!

Musical Theater Cabaret! 3rd-6th Grade

Dates: Mondays 9/18, 9/25, 10/2, 10/16, 10/23, 10/30, 11/6, 11/13 (no class 10/9)
Time: 5-6:00 pm
Fee: \$70/person

In this class, students will learn to sing and dance selected Broadway showstoppers! They will also explore character choices, vocal techniques and how to work together as an ensemble! Over the eight-week session, students will rehearse and stage their numbers, and then perform them for families in a final class/showcase!

Teen Audition Techniques 7th-12th Grade

Dates: Mondays 9/18, 9/25, 10/2, 10/16, 10/23, 10/30, 11/6, 11/13 (no class 10/9)
Time: 2:45-4:00 pm
Fee: \$75/person

This class is for anyone interested in learning valuable tips and techniques to ace your next audition! Students will go through a "mock" audition from start to finish, all while learning how to impress directors sitting behind the audition table. Session concludes with a mock auditioning showcase for families, friends and maybe a special guest or two!

Adult Introduction to Musical Theater Dancing 18+

Date: Monday, 9/25, 6-7:30 pm
Fee: \$20/person

This workshop will consist of a dance warm-up, tips on dancing, and the teaching of a combination from a modern musical will be taught. No experience necessary & modifications can be provided for all skill levels!

Adult Introduction to Improv 18+

Date: Monday, 10/16, 6-7:30 pm
Fee: \$20/person

In this workshop you'll learn the basics of improvised theatre - spontaneity, playfulness, creativity, listening, storytelling, and more - through fun games and exercises. You'll be encouraged to try new things, take a few risks, stretch your boundaries while you meet some new people, and have a great time.

Adult Introduction to Acting 18+

Date: Monday, 10/23, 6-7:30 pm
Fee: \$20/person

This workshop is designed for beginning actors, actors who have been away from the craft for a while, or even for the simply curious! The workshop will focus on the fundamentals of the craft, including voice and moment and stage presence. You will also learn about beats, intentions and the basics on how to approach a scene with a partner.

HERE 4 YOU

As part of an ongoing effort to help residents feel more at ease talking about mental health concerns, AHM staff have created, as part of its Here 4 You campaign, a lending library of books on a range of mental health topics. All books have been pre-screened by staff. One library has been donated to each town, where anyone can access books on age-appropriate topics.

These mental health resource libraries include books on topics such as social and emotional learning for children, coping with anxiety, getting control over anger, controlling impulsive behavior, building self esteem, and how to speak with a child or teen about depression, anxiety, and self-harm.

Two of the primary goals of these mental health resource libraries are to help normalize for children and teens that they are not alone, and that there are resources and professionals to help get through times in life when an individual's state of mental health may feel overwhelming. Reading materials in the libraries are free, and paid for through a Directed Local Funds grant provided to AHM from the Department of Economic and Community Development, Connecticut Office of the Arts. A major proponent for this grant was Senator Cathy Osten, a longtime community mental health advocate for AHM Youth and Family Services. A very special thanks to Senator Osten for her work in helping to make the Here 4 You grant project a reality.

There are four permanently placed mental health libraries in AHM's partner towns – Andover, Columbia, Hebron, and Marlborough. The books and guides on

mental health will range from families of pre-school age children through teens, young adults, and adults.

In Andover, the library is located in the rear of the Town Hall parking lot. Columbia's Here 4 You library is at the Murphy House, located at the Town Beach by the Recreation and Social Services offices. In Hebron, the Here 4 You Library is located on the grounds of the Douglas Library. In Marlborough, the Here 4 You Library is on the grounds of the Richmond Library.

Theater & Here 4 You Program Contact:
Tressa Giordano, AHM Executive Director
Phone: 860-228-9488 x13, Email: TressaG@ahmyouth.org





Marlborough's Greater Together Community Fund for helping to support this program.

Teens must reside in the towns of Andover, Hebron, Marlborough or Columbia to be eligible to participate.

If you are interested in registering for the CHOREs Program, or if you have any questions or concerns, please contact:

Town of Andover: Cathy Palazzi
Andover Senior Coordinator
Phone: (860) 916-6122
Email: nanasworld@comcast.net

Town of Hebron: Sharon Garrard
Hebron Senior Services Director
Phone: (860) 228-1700
Email: sgarrard@hebronct.com

Town of Marlborough: Vi Schwarzmann
Marlborough Senior & Human Services Director
Phone: (860) 295-6209
Email: socialservices@marlboroughct.net

AHM's TASKs Program is a partnership with the town of Columbia to assist the seniors within the community. The TASKs Program works with the Columbia Senior Services to help improve the quality of life for senior citizens age 60 and older, by providing them with the assistance and support of a youth TASKs worker.

Town of Columbia: Bernadette Derring
Columbia Senior Services Director
860-228-0759, bderring@columbiact.org

AHM's CHOREs & TASKs Coordinator: Kristina Smith
Phone: 860-324-1820, Email: KristinaH@ahmyouth.org



The purpose of the CHOREs & TASKs Programs is for teenagers to help senior citizens with chores within their home and on their property such as raking, stacking wood, weeding, dusting and vacuuming. Senior citizens 60+ years of age who are residents in the towns Andover, Hebron and Marlborough are welcome to contact their town's senior center for the application forms.

The benefits are great for both senior citizens and teenagers! Senior citizens have chores completed at no charge around their home and yard! Teenagers age 14-18 can earn \$15 per hour, earn a letter of recommendation for active involvement in the program, and learn communication, scheduling and time-management skills! A win-win!

AHM's CHOREs Program supports the towns of Andover, Hebron & Marlborough, and is coordinated by AHM Youth & Family Services. This program is funded by a grant from the NCAAA (North Central Area Agency on Aging) along with donations from Church of the Holy Family, Marlborough Congregational Church and St. Peter's Episcopal Church. Special thanks this year to Hebron's Greater Together Community Fund, and

Who inspired you as a child?

Maybe it was a family member or friend, a teacher, or a famous person. We all have the power to influence someone, especially a child. AHM's Lanterns Mentoring Program matches children in our community with adults who are eager to listen to them, share with them, and help them develop to their highest potential. Mentoring is very effective in helping children to stay in school, avoid dangerous behaviors, and navigate the sometimes bumpy road to adulthood.

An hour of your time once a week can change a child's life! AHM Youth & Family Services has an opportunity for you to mentor a child in our local communities.

The AHM Lanterns Mentoring Program is a school-based model. Mentors and students meet once a week for one hour (usually during lunch and recess) in the six schools in the towns of Andover, Hebron and Marlborough. The mentoring pairs eat lunch together, play games, do crafts, and take walks outside. They form important friendships that inspire children to be the best they can be. Youth who are matched with a mentor demonstrate improved academic performance, improved peer/family relationships, increased communication skills, decreased drug use, and improved school attendance.

Mentors are trained, supported, and provided with ideas for mentoring sessions. Mentoring not only benefits a child, but can also help the mentor increase their leadership and communication skills. Both mentors and students in the Lanterns Program find much joy in the positive relationships formed.

If you are 21 years of age or older and interested in mentoring, contact Laura Beeler, Lanterns Programs Coordinator at: 860-228-9488 x10.

Welcome Back Gathering

Date: October 26th
Time: 5:30 - 7pm
Location: AHM Wellness and PAC Rooms
Fee: FREE to mentoring families & mentors!
RSVP: Email Laura Beeler at LauraB@ahmyouth.org.
Join us for a Welcome Back gathering for mentors, students and families enrolled in the Lanterns Program! Dinner will be served, and games and activities will be provided. Enjoy a laughter-filled evening reconnecting with our families and adults from the Lanterns Program!

Lanterns Program Coordinator: Laura Beeler
Phone: 860-228-9488 x10, Email: LauraB@ahmyouth.org





AHM's Prevention Programming promotes awareness of and education about substance and alcohol use among our youth with initiatives designed to reduce occurrence. AHM's Coalition for a Healthy & Empowered Community (AHM CHEC) and its' youth alliance, SOAR Youth Leadership Group, work towards this goal through healthy lifestyle activities and events in the community and in the schools.

AHM CHEC is made up of RHAM Middle School and RHAM High School administrators, town leaders, parents, business owners, and community members, with the focus to incorporate increased community wellness with an emphasis on helping to keep youth alcohol and drug-free.

Panel Discussion

Join us in-person or via Zoom for an enlightening panel discussion with specialists who will give valuable insight relating to youth substance and alcohol use. Guest speakers include a pediatric doctor from Yale, local law enforcement officer, a Tobacco Treatment Specialist and members of the Governor's Prevention Partnership. Participants are eligible to receive free ice cream from 6:00 - 6:20 pm.

Date: Thursday, 9/28, 6:30 - 7:30 pm

Location: AHM Youth & Family Services

Fee: FREE for parents & students grades 6 and above

RSVP: Email JenniferB@ahmyouth.org

Please note the # of attendees for in-person or Zoom

Prevention Programs Coordinator: Jennifer Boehler

Phone: 860-228-9488, x22

Email: JenniferB@ahmyouth.org

National Drug Take Back Day

National Drug Take Back Day is an initiative that encourages people to safely dispose of their unused and unwanted medications. This event is hosted by AHM CHEC, in partnership with RHAM Administration and local law enforcement.

National Take Back Day Event:

Date: Saturday 10/28, 10:00 am - 2:00 pm

Location: RHAM High School, 85 Wall Street, Hebron

*The first fifty cars to drive through will receive a free SAFE Rx locking pill bottle to keep medications safely stored! The locking pill bottles are funded by the CT Department of Mental Health & Addiction Services (DHMAS) Local Prevention Council Grant.

Project Graduation

Project Graduation is the all-night, substance-free celebration that occurs on the night of graduation. AHM will begin to plan this year's event for RHAM's "Class of 2024" in February. Parents of RHAM Juniors and Seniors are needed to fine-tune the event details with the AHM Project Graduation Coordinator.

Project Grad Zoom Meetings

Dates: Wednesdays 2/7, 4/3, and 5/1

Time: 6:30 -7:15 pm

Zoom meeting information is on the AHM Project Graduation webpage.



Screenagers

Discover the award-winning documentaries by Dr. Delaney Ruston and Lisa Tabb designed exclusively to be watched by parents and their children. Through these three films, together we will open the conversation about the complexities associated with social media, substance use, and the challenges youth face online.

While most documentaries about substance use focus on severe addiction, this film fills a pressing need that explores more common scenarios faced by youth and a deep dive into the science of substance use as it relates to youth. The digital age is complicated and it is important for parents to be aware of how it influences youths' decisions to use substances, vaping, drugs, and alcohol.

All 3 Screenager Films Will be Shown

Location: AHM's Performing Arts Room

Fee: Free

Age: Grade 6+ and parents & caregivers

RSVP: Email JenniferB@ahmyouth.org (please note the number of adults & students attending)

Time: *Doors open at 6pm for all 3 films!

Screenagers Under the Influence: Vaping, Drugs and Alcohol in the Digital Age

Date: Tuesday, 10/10, Film begins at 6:30 pm

Screenagers The Next Chapter: Addressing Mental Health in the Digital Age

Date: Wednesday, 11/8, Film begins at 6:30 pm

Screenagers

Growing Up in the Digital Age

Date: Thursday, 12/7, Film begins at 6:30 pm



SOAR Youth Leadership Group

SOAR welcomes RHAM Middle School and RHAM High School students who would like to make positive changes on the RHAM campus through service and education. All students are welcome! Leadership and community service opportunities are available throughout the school year. AHM sponsors SOAR Youth Leadership Group, under the direction of Prevention Coordinator Jennifer Boehler and RHAM High School School Psychologist Carol Rusch.

SOAR 2023-2024 Meetings

Dates: Wednesdays 9/13, 10/11, 11/8 & 12/13

Time: 2:20 - 3:20 pm

Location: RHAM High School Fishbowl





QPR & Narcan Training

Training will include: The Good Samaritan Law, support information and resources, and warning signs of a suicide crisis and how to respond.

Participants will receive a QPR (Question, Persuade, Respond) training booklet and a 2-dose supply of Narcan, an opioid overdose treatment.

Facilitators: Megan Aldridge & Tressa Giordano
Location: AHM Wellness Room

QPR/Narcan Session 1

Date: Friday, September 22nd
Time: 9:30-11am
Fee: FREE
Age: 18+

QPR/Narcan Session 2

Date: Monday October 16th
Time: 5:30-7pm
Fee: FREE
Age: 18+

School-Based Support Services

AHM provides school-based student support services for elementary, middle, and high school students. A Student Support Services Counselor (SSSC) is located within the school, and can be easily accessed by students for a variety of needs. Services include individual counseling, group counseling, risk assessment, crisis intervention, classroom/teacher support, parent support, referrals to outside services, peer mediation, and positive youth development programming.

Student Support Services Counselors are master's level therapists or school counselors who are professionals in the field of mental health. They are skilled in identifying a child's needs, collaborating with school staff and parents, and offering interventions designed to support each student's success. Our counselors are also active in the Juvenile Review Board, as well as on-going positive youth programming such as Power of Words, Peer Helpers, Freshman Orientation, Girl Power Camp, among others.

If your child is struggling, please reach out. We are here for you. Our counselors address these topics and more:

- Counseling services
- Crisis intervention
- Assessment/referral to outside services
- Support & SMART Recovery groups
- Juvenile Review Board
- Peer Helpers
- Power of Words program
- Collaboration & consultation with school staff
- Collaboration with parents
- Family-based interventions

Smart Recovery Support

SMART Recovery helps people to gain independence from addiction. The 4-Point Program offers specific tools and techniques for each of the program points:

- Point 1: Building and Maintaining Motivation
- Point 2: Coping with Urges
- Point 3: Managing Thoughts, Feelings and Behaviors
- Point 4: Living a Balanced Life

AHM is currently offering SMART Recovery meetings for teens. Follow our website for more information on when our Friends & Family and Young Adult groups will start back up again.

Smart Recovery Teen Group

Facilitator: Kristina Smith
Date: Each Thursday
Time: During Lunch Periods
Location: RHAM High School Guidance Department

SMART Recovery Meeting Finder

<https://meetings.smartrecovery.org/meetings/location/>

or

<https://www.youthrecoveryct.org/find-a-meeting/>

For questions about these services, please contact:
Megan Aldridge, AHM Clinical Director
Phone: 860-228-9488 x17, Email: MeganA@ahmyouth.org





Programs & Services Offered By AHM



Intervention

Youth and Family Counseling | Juvenile Review Board (JRB)
School-Based Student Support Services
Substance Abuse Counseling | Smart Recovery

Prevention

Health Matters Programs | Project Graduation
Coalition for a Healthy & Empowered Community (CHEC) | SOAR Youth Leadership Group

Positive Youth Development

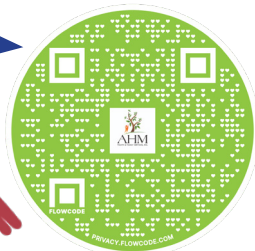
Youth Theater | Empowerment Camp | Power of Words
CHORES & TASKS Youth Employment Programs | Peer Helpers

Family Resource Center

Free Developmental Screenings | Parent Education Classes | Lanterns Mentoring Program
Groups for Children Birth-5 | Home Visits | Family Referral Services | KinderRHAMa Preschool

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