



# The Clubhouse by Ashley

## Helping to Educate Adolescents About Substance Use Disorders

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### Providing a Structured and Supportive Environment

When we think of recovery from substance use disorders (SUDs), we often think about adults or young adults seeking treatment. Prevention starts earlier than this; a group that is strongly impacted by or at-risk for SUDs are adolescents ages 12 to 17\*. With our after-school program, The Clubhouse by Ashley ("The Clubhouse"), we aim to help children in this critical phase of their development as well as their families learn about substances, SUDs and help them develop healthy coping skills. Every aspect of our programming is guided by our principle to deliver compassionate care in a structured, supportive and safe environment that allows our adolescents to acquire important life skills and behaviors.

**The Clubhouse**  
 **by Ashley**



*Providing structure and support to educate about SUDs and strengthen family bonds.*

## The Clubhouse Goals

- Observing a reduction in substance use and SUDs among participants.
- Providing education about substances and SUDs.
- Encouraging active participation through yoga, board games, arts and crafts projects, and life skills training that promote healthy communication, self-regulation and empowerment.
- Introducing concepts of diversity, inclusion and equity.
- Providing support services and resources to participants and their families.

## Strengthening Families Program

The Clubhouse will offer the evidence-based Strengthening Families Program (SFP). SFP works with the family from a strengths-based approach, seeking to empower the family unit. The SFP training program conveys five key protective concepts:

- Parental Resilience
- Social Connections
- Knowledge of Parenting
- Child Development
- Social and Emotional Competence of Children

To learn more and apply, visit:

[www.ashleytreatment.org/strengtheningfamilies](http://www.ashleytreatment.org/strengtheningfamilies)

Research shows that when we actively include the whole family in the recovery journey, the success rates for long-term recovery increase exponentially. This is why we believe in educating the entire family and building a stable support system.

## How to Participate

The Clubhouse serves adolescents ages 12 to 17\* and their families in the Harford County area who are impacted by or at-risk for SUDs and wish to introduce positive change into their lives. Participation is free of charge. To learn more about the program and apply, please visit [www.ashleytreatment.org/theclubhouse](http://www.ashleytreatment.org/theclubhouse), email [theclubhouse@ashleytreatment.org](mailto:theclubhouse@ashleytreatment.org) or call (410) 273-2300.

## A Legacy of Compassionate, Effective Care

Our co-founders Mae Ashley Abraham and Father Joseph C. Martin, believed we should treat SUD differently. To them, SUD was a disease — a disease they both lived with. They knew the only path to lifelong recovery was one of empathy and compassion. To this day, their legacy has helped more than 50,000 patients and 100,000 family members heal their minds, bodies and spirits. We know that recovery means everything, and we know that recovery is possible.

*\*We also welcome participation of adolescents age 18 as long as they are still attending high school.*