



# The Clubhouse

## 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 The Clubhouse, our aim is 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 care with compassion and understanding.

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





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

The Clubhouse is an after-school program for adolescents ages 12 to 17\*. By providing a structured and supportive environment through The Clubhouse, we seek to create a safe space for participants to learn about substances and SUDs, develop pro-social behavior and important life skills.

### **The Clubhouse Goals**

- Observing a reduction in substance use and SUDs among participants.
- Providing education about substances and SUDs, including naloxone training and nicotine cessation classes.
- Encouraging active participation by offering engaging activities like 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 to help them better understand concepts like identity, bias, power, privilege and gender that define the world around them.
- Improving parental confidence, skills, and building a stable support system through the Strengthening Families training program.
- Providing support services and resources to participants and their families through our peers.

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 for our participants to reduce and prevent substance use and SUDs.

### **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) or email: [theclubhouse@ashleytreatment.org](mailto:theclubhouse@ashleytreatment.org).

### **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.

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