



Office of Alcoholism and Substance Abuse Services

Youth Clubhouses: Age and Developmentally Appropriate Peer Recovery Support Services in Action

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NYS Office of Alcoholism & Substance Abuse Services, Bureau of Women, Adolescent and Children's Services

October 6, 2017

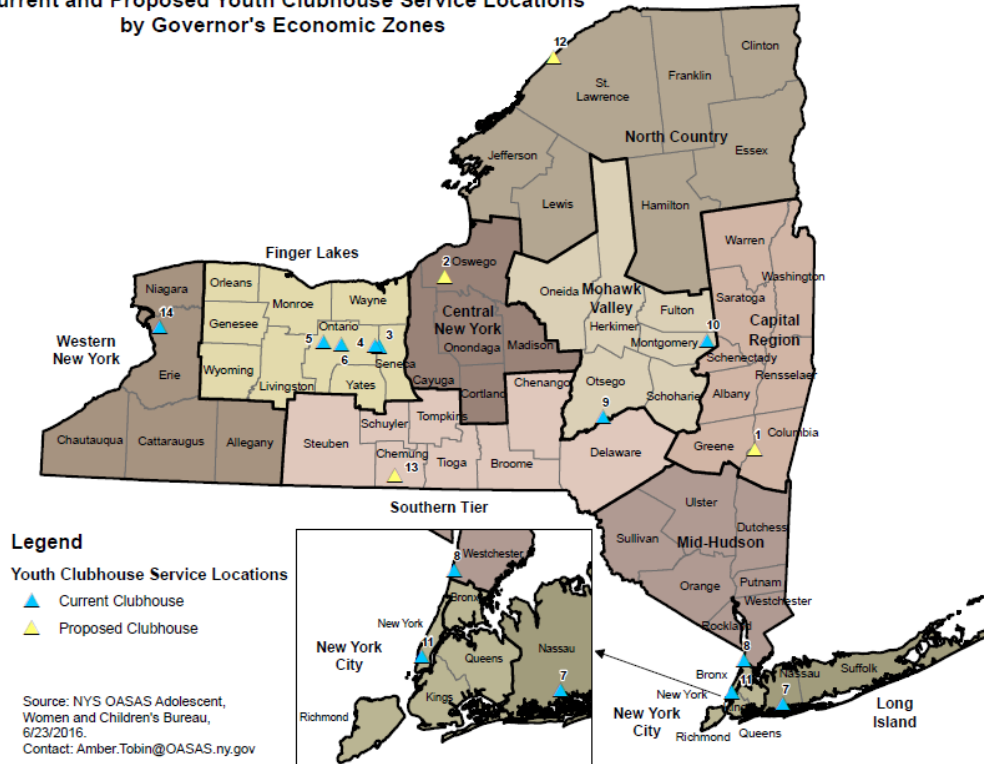


Office of Alcoholism and Substance Abuse Services

This presentation will review preliminary output data from the current NYS OASAS Youth Clubhouses, as well as discuss some of the best practices of Clubhouses to date

October 6, 2017

Current and Proposed Youth Clubhouse Service Locations
by Governor's Economic Zones



Youth Clubhouses in New York

Club Help – Freeport
 Creative Connections – Amsterdam
 Restoration Society – Buffalo
 FOR DO Club Odyssey – Oneonta
 FOR DO Clubhouse Project
 Partnership for Ontario Co – Geneva
 YMCA of Yonkers – Yonkers
 The Center LGBT – Manhattan
 Seaway Valley Prev. – Malone
 Trinity of Chemung – Elmira
 MHACG – Hudson and Catskill
 Oswego Co Opportunities – Oswego



Agenda

- Clubhouse Model 2016 - Implementation
- Inside of the Clubhouses throughout New York State
- Data from 2016-2017
- Clubhouse Model 2017 - Developments through Youth Input



The Clubhouse Model

Purpose of a Clubhouse

The purpose of a Clubhouse is to serve adolescent youth and young adults who have, or are at risk for, a substance use disorder and/or a co-occurring mental health disorder. The Clubhouse should provide a safe and inviting place for adolescent youth and young adults to develop pro-social skills that promote long-term health, wellness, recovery and a drug and alcohol-free lifestyle.



The Clubhouse Model

Who Does a Clubhouse Serve?

- The Clubhouse model is designed to serve adolescent youth, ages 12-17 as well as young adults, ages 18-21. One Clubhouse may serve both populations, as long as the populations and activities remain separate for safety purposes.
- Clubhouses are community-based, and should serve the unique population of the local community.
- The Clubhouse is designed for adolescent youth and young adults who are in need of Recovery Support Services, as well as adolescent youth and young adults who are not in recovery, but are seeking a safe, drug and alcohol-free environment.



The Clubhouse Model

What services does a Clubhouse Provide?

Non-Clinical

- A Clubhouse is a non-clinical facility, and separate from any treatment facilities.
- A Clubhouse does not provide direct clinical services, but may host community meetings and groups such as Alcoholics Anonymous or Narcotics Anonymous.

Peer-Driven

- A Clubhouse creates the opportunity for members to work with each other to reach personal and common goals related to recovery, as well as prevention, from addiction.
- Peer supports are a core tenet of the Clubhouse model.

Pro-Social

- A Clubhouse helps adolescent youth and young adults to foster friendships, promote positive self-esteem and self-worth, and the Clubhouse activities encourage positive family, peer and community involvement.



The Clubhouse Model

What kind of activities take place at a Clubhouse?

A Clubhouse provides a program of services and activities. These include, but are not limited to:

- Recreation
- Education
- Support
- Structured skill-building activities
- Appropriate evidence based practices related to a drug and alcohol-free lifestyle



The Clubhouse Model

Where are Clubhouses located?

Community-Based

- The Clubhouse should be located in a place where youth naturally congregate in the community.

Separate From Treatment Facilities

- A Clubhouse can share space with a treatment center – but all services and events must be separate from the treatment area, including a separate entrance.
- More importantly, a Clubhouse should only be co-located with a treatment center if it is a location where youth already gather in the community.



The Clubhouse Model

When do Clubhouses operate?

Youth-based hours

- The Clubhouse should be open, and offer activities, during times that are amenable to the ages of the target population.
- This should include weekend and evening hours.
- These hours and available activities may vary if the Clubhouse is serving adolescent youth ages 12-17 and young adults ages 18-21.



The Clubhouse Model

How is a Clubhouse organized?

Staff

Clubhouse staff should be:

- Dedicated
- Culturally competent
- Familiar with the unique needs of youth and young adults
- Trained to help young people reach their recovery goals

Advisory Committee

Fifty-one percent or greater of Advisory Committee members should include, but are not limited to:

- Youth
- Family members
- People in the recovery community



Mental Health Association of Columbia/Greene Counties Clubhouses- Hudson and Catskill









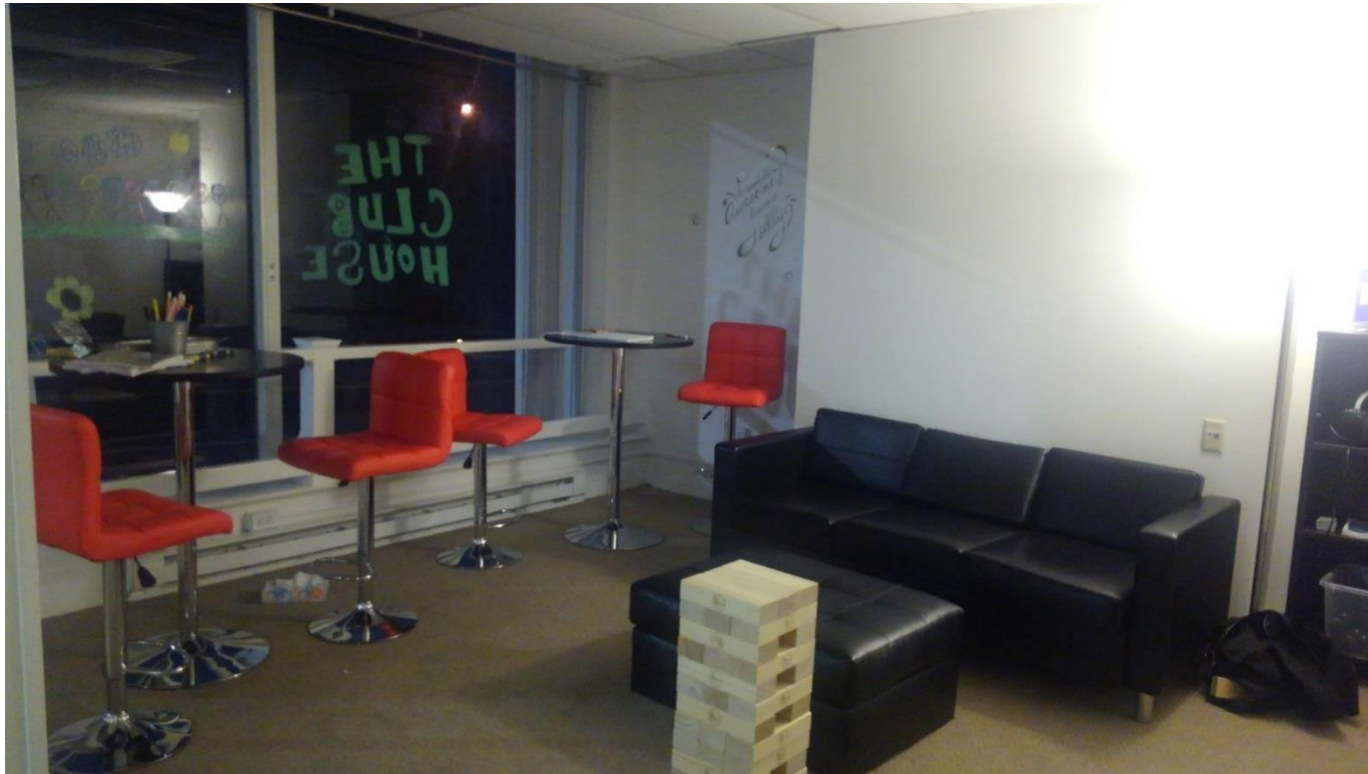














EPIC Zone

Partnership for Ontario County











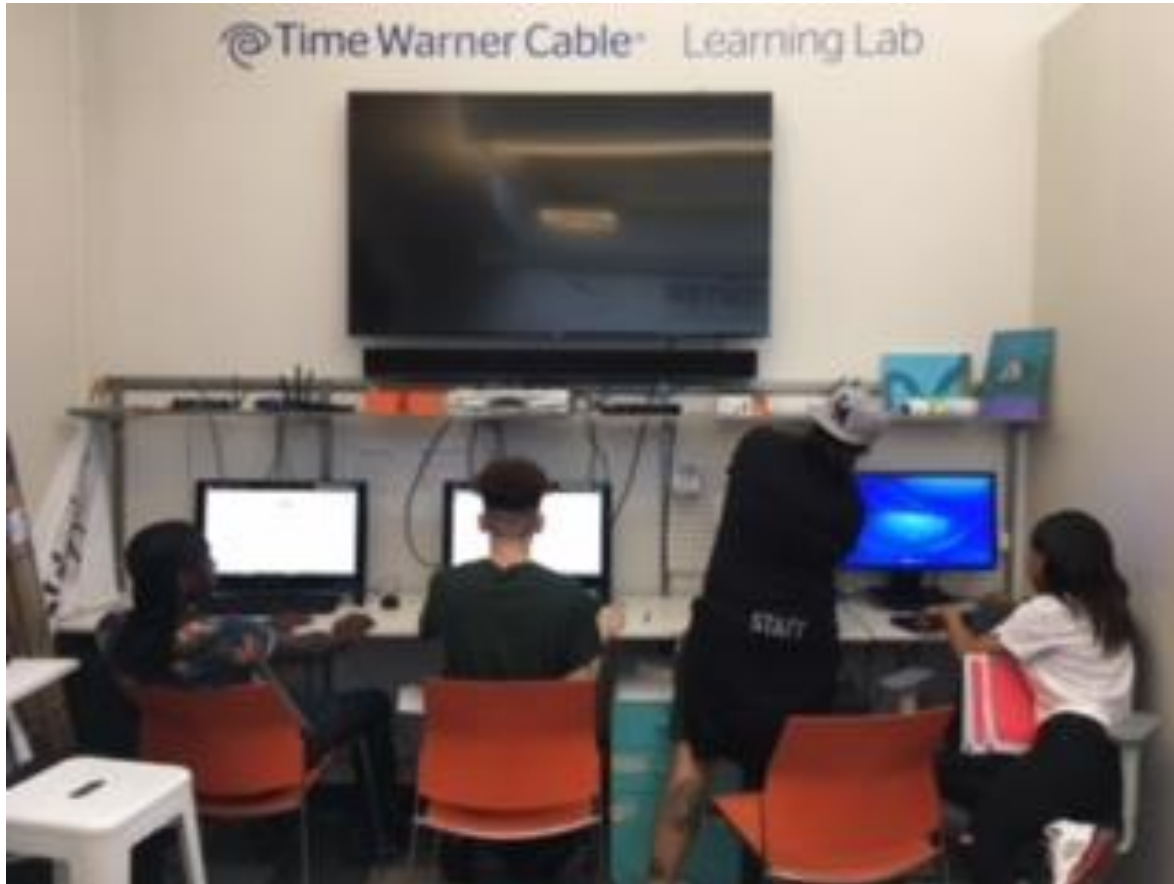
The Center Clubhouse

The LGBT Community Center















Creative Connections Clubhouse

HFM Prevention Council













Club HELP

HELP Services



















Clubhouse Project & Club Odyssey

FOR-DO





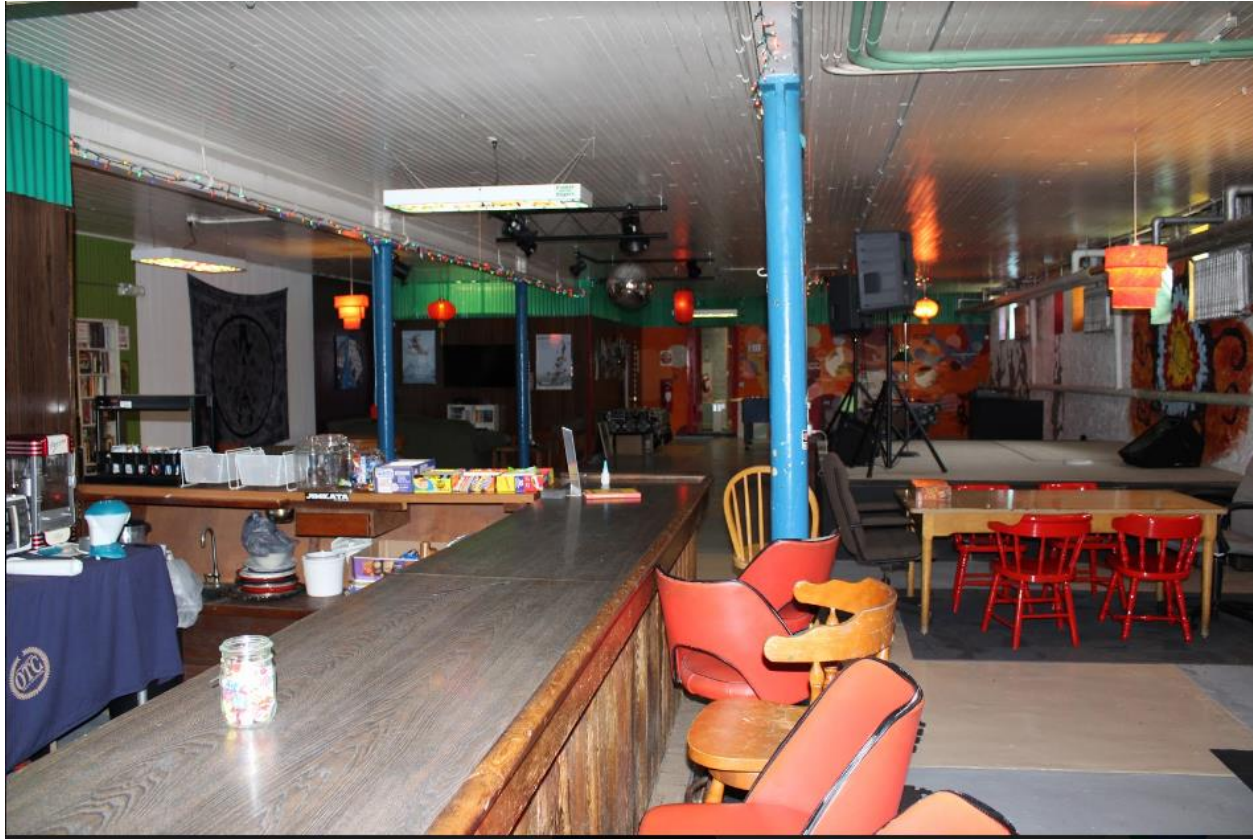
























Yonkers YMCA Clubhouse













Restoration Society Clubhouse

Restoration Society, Inc













The TC Commons

Trinity of Chemung County













Oswego County Opportunities Clubhouse













Seaway Valley Prevention Council Clubhouse



















Clubhouse Data

Maggie Taylor, PhD
Research Scientist



Clubhouse Data Terminology

Unique Members:

- Individual youth members that attend the Clubhouse

Example:

- If Maggie attends 3 Clubhouse programs, she is counted as 1 youth member here.

Total Members:

- Total number of youth members who went through the door of the Clubhouse

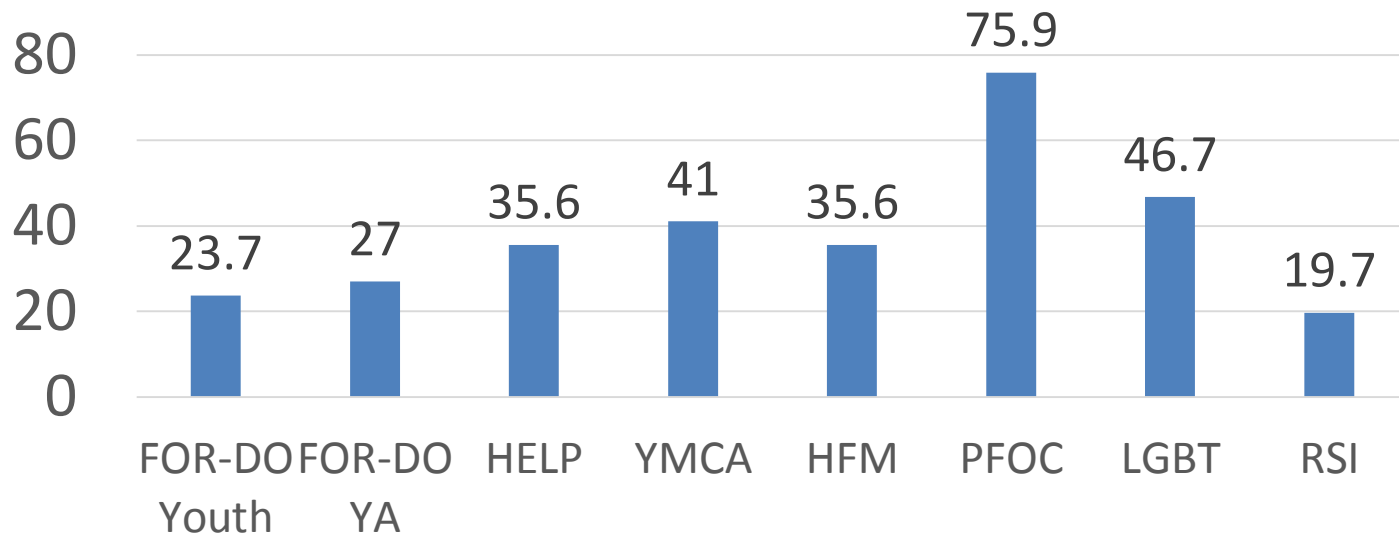
Example:

- If Maggie attends the Clubhouse on 3 days this month, she is counted as 3 youth members here.



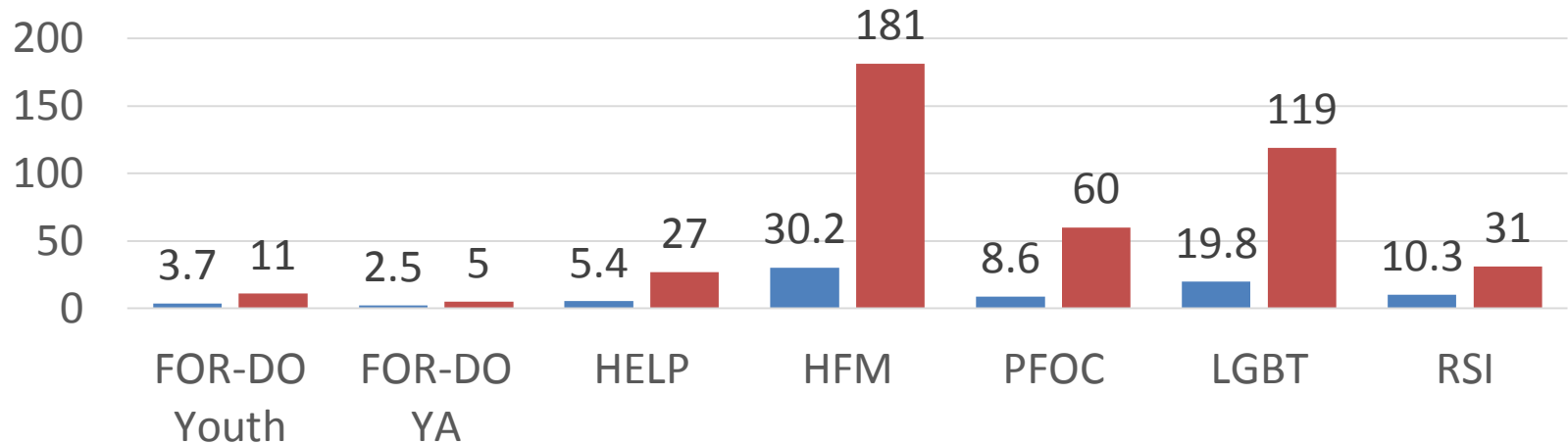
2016 Data

Average Unique Clubhouse Members Per Month: 2016



2016 Data

Average Monthly Total Programs and Total Overall Programs for Selected Clubhouses:
2016



■ Average Monthly Total

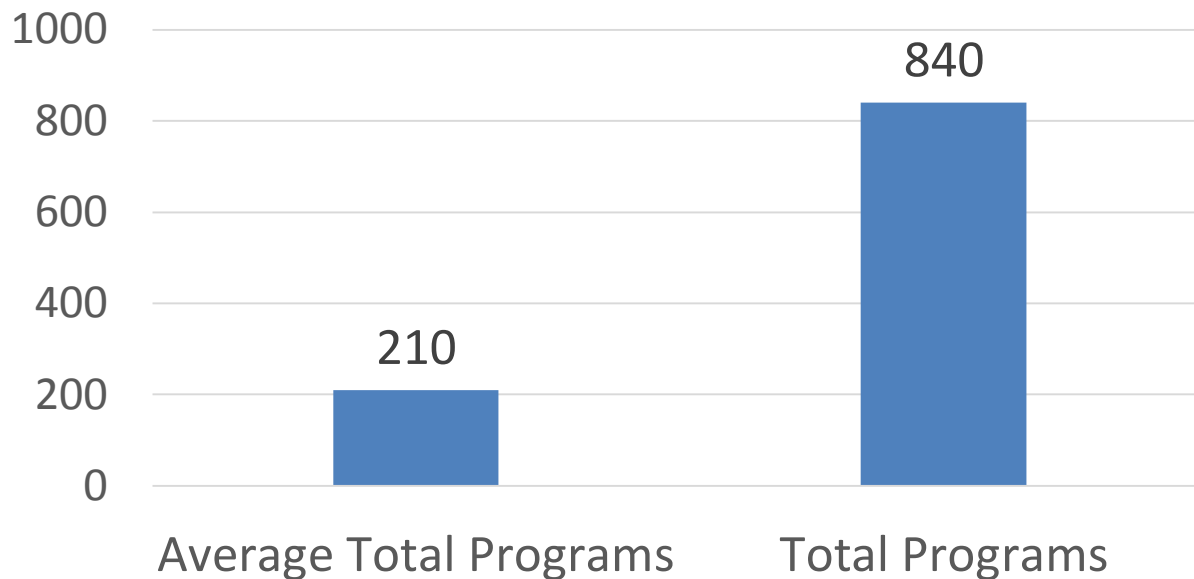
■ Overall Total For Year



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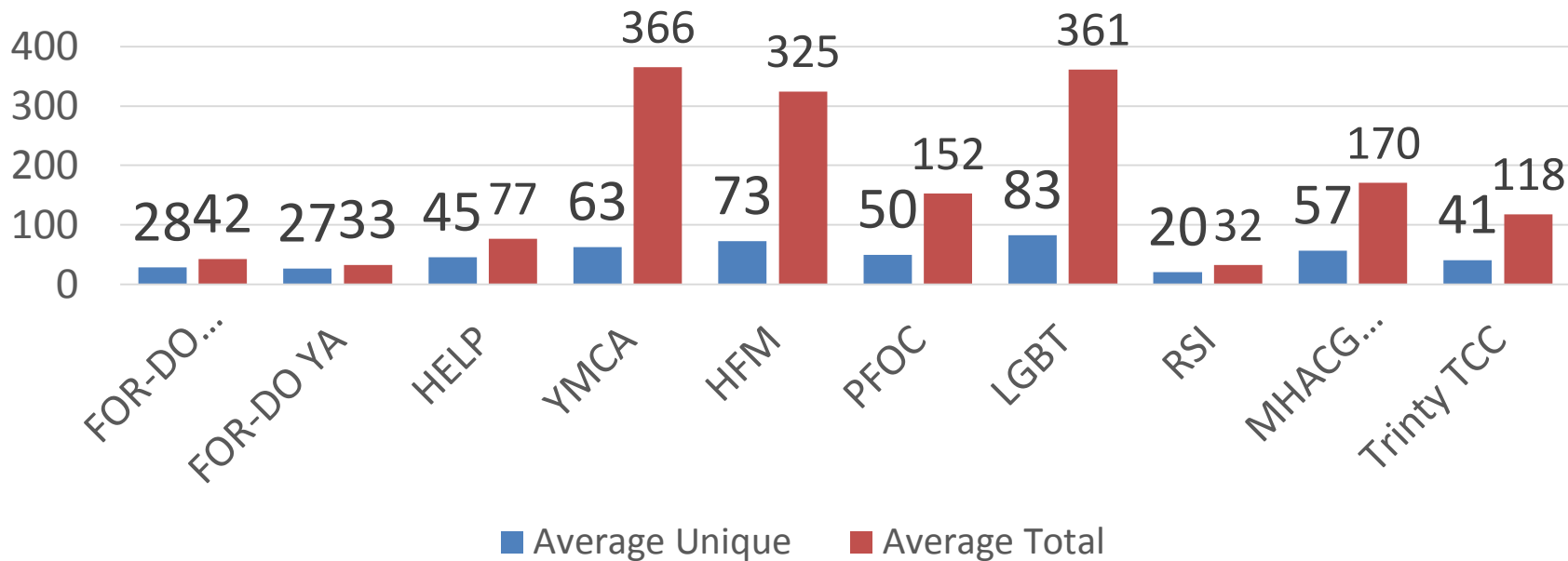
2016 Data

Average Monthly Total Programs and Total
Overall Programs: YMCA of Yonkers



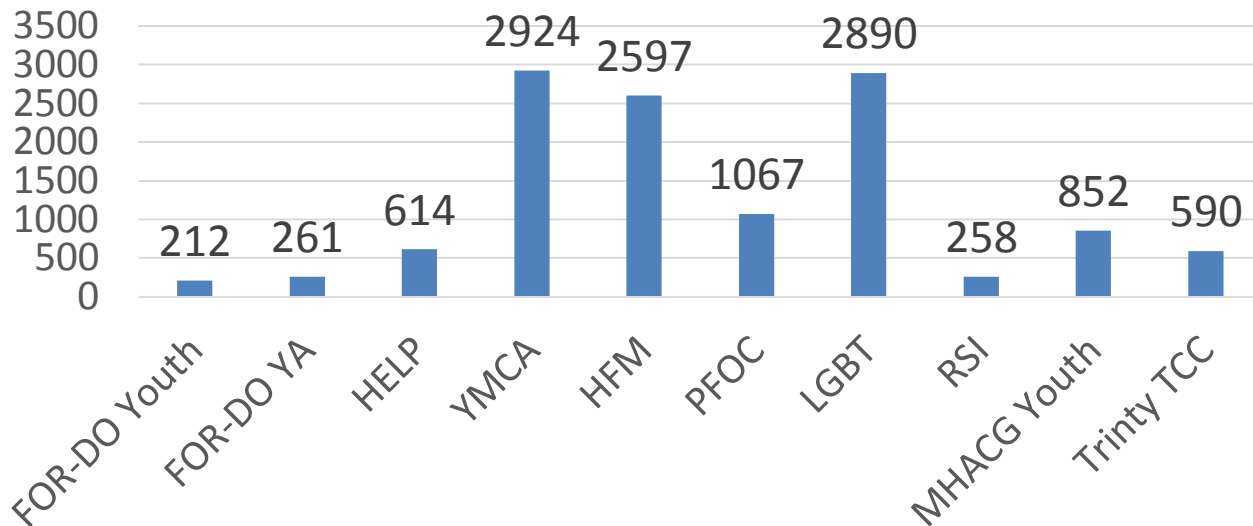
2017 Data

Average Unique and Average Total Clubhouse Members Per Month: January - August 2017



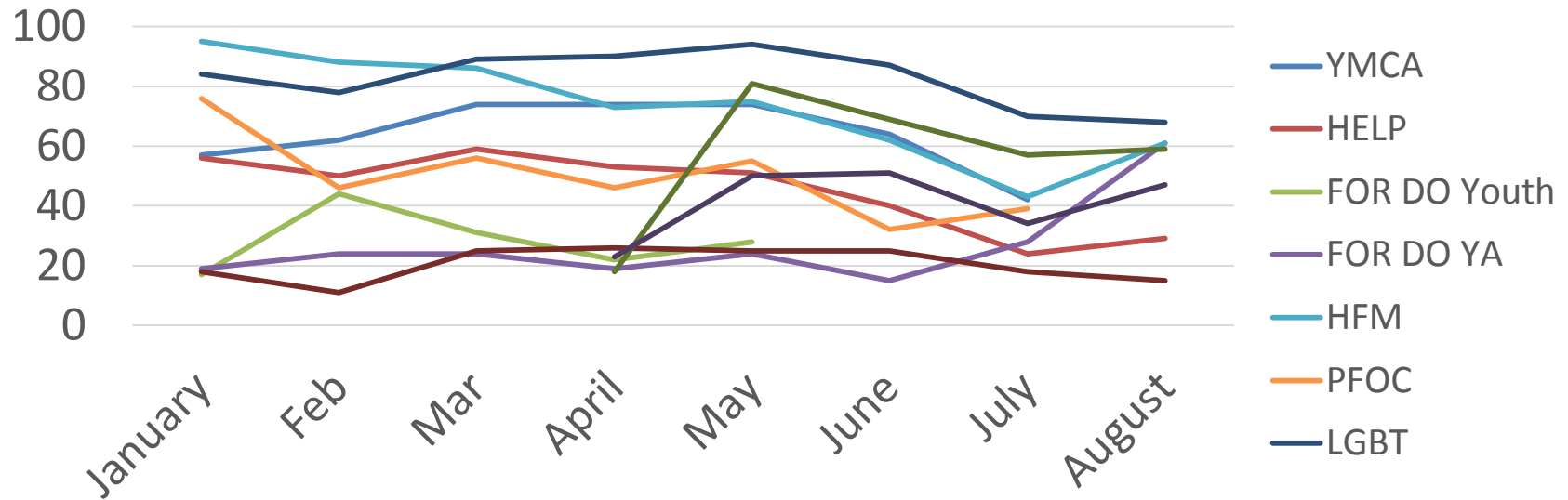
2017 Data

Total Overall Number of Clubhouse Members: January - August 2017

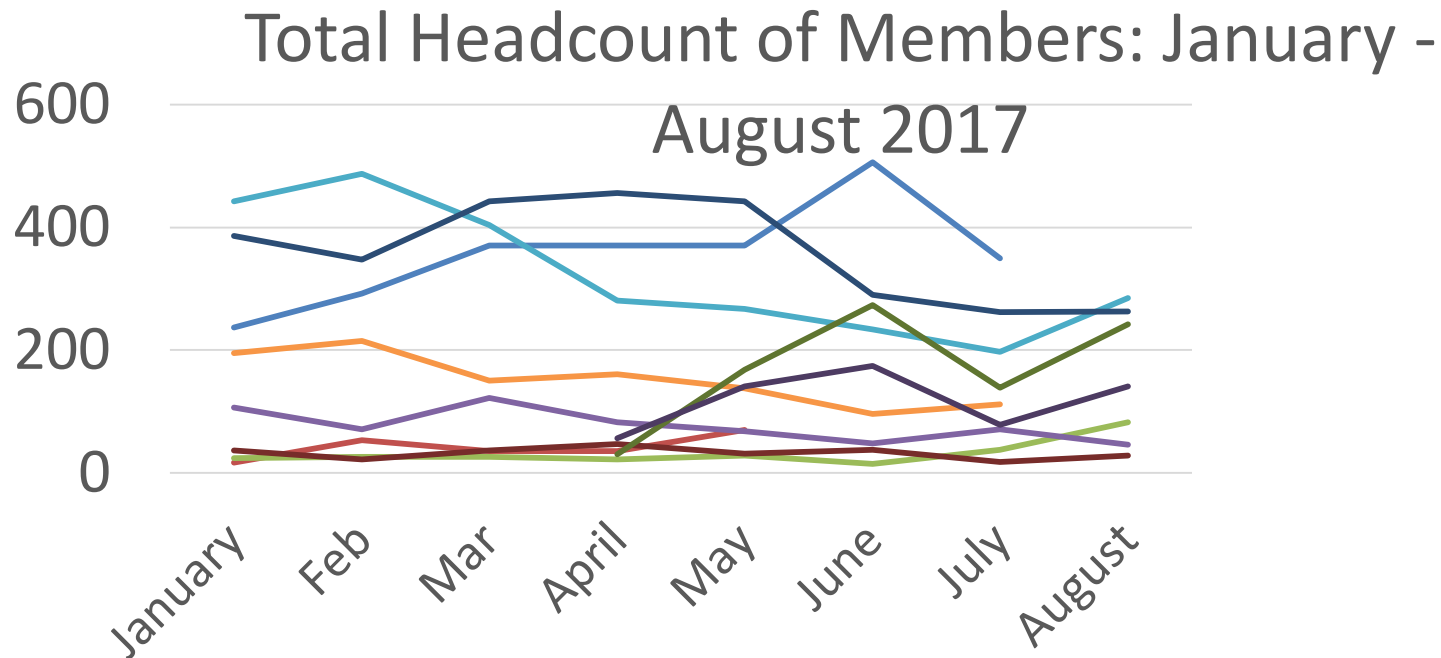


2017 Data

Unique Members per Month: January - August
2017



2017 Data





NYS OASAS
Like This Page · July 13 · 🌐

We had a great turnout for the 2017 OASAS Clubhouse Summit, being held today and tomorrow here in Albany. Lots of ideas being exchanged about ways to reach young people across NYS.

Kaler Carpenter, Joanne Chapman, Charlene Raneri and 18 others like this. [Top Comments ▾](#)

4 shares [1 Comment](#)





Who Does a Clubhouse Serve?

2016 Clubhouse Model

- Adolescent youth, ages 12-17 as well as young adults, ages 18-21.
- One Clubhouse may serve both populations separately.
- Serve the unique population of the local community.
- Designed for adolescent youth and young adults who are in need of Recovery Support Services and adolescent youth and young adults who are not in recovery, but are seeking a safe, drug and alcohol-free environment.

2017 Youth Informed Additions

- Adolescent youth, ages 12-17 as well as young adults, ages 18-21 or 18-25 and their age appropriate siblings with appropriate staffing for safety and security.
- One Clubhouse should serve both populations separately, although if certain programming is for all, appropriate staffing for safety and security is necessary.
- Designed for adolescent youth and young adults, *and their families*, who are in need of Recovery Support Services and adolescent youth and young adults and their families who are not in recovery, but are seeking a safe, drug and alcohol-free environment.



What services does a Clubhouse Provide?

2016 Clubhouse Model

Non-Clinical

- A Clubhouse is a non-clinical facility, and separate from any treatment facilities.
- A Clubhouse does not provide direct clinical services, but may host community meetings and groups such as Alcoholics Anonymous or Narcotics Anonymous.

Peer-Driven

- A Clubhouse creates the opportunity for members to work with each other to reach personal and common goals related to recovery, as well as prevention, from addiction.

Pro-Social

- A Clubhouse helps adolescent youth and young adults to foster friendships, promote positive self-esteem and self-worth, and the Clubhouse activities encourage positive family, peer and community involvement.

2017 Youth Informed Additions

Non-Clinical

- A Clubhouse does not provide direct clinical services, but may host community meetings and groups such as Alcoholics Anonymous or Narcotics Anonymous. YPR meetings have also been held as well as preliminary Youth Advisory Committee meetings.
- Strong focus on developing and maintaining relationships with community connections

Peer-Driven

- Peer supports are a core tenet of the Clubhouse model....Some staff are Recovery Coaches who encourage Peer Support



Where are Clubhouses Located?

2016 Clubhouse Model

Community-Based

- The Clubhouse should be located in a place where youth naturally congregate in the community.

Separate From Treatment Facilities

- A Clubhouse can share space with a treatment center – but all services and events must be separate from the treatment area, including a separate entrance.
- More importantly, a Clubhouse should only be co-located with a treatment center if it is a location where youth already gather in the community.

2017 Youth Informed Additions

Community-Based

- Clubhouses attempting start in rural locations have struggled
- Solution to create central hub in more populated towns to establish reputation, then spread out to rural locations

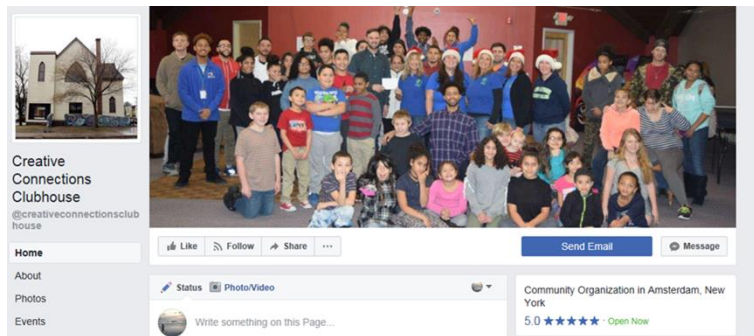
Separate From Treatment Facilities

- A Clubhouse can share space with a treatment center – but all services and events must be separate from the treatment area, including a separate entrance.





Marketing



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The Clubhouse Model

What kind of activities take place at a Clubhouse?

A Clubhouse provides a program of services and activities. These include, but are not limited to:

- Recreation
- Education
- Support
- Structured skill-building activities
- Appropriate evidence based practices related to a drug and alcohol-free lifestyle





SUMMER 2017 - YONKERS YMCA CLUBHOUSE PROGRAM SCHEDULE

Group Members #1 (12-14) Clubhouse Hours of Operation – 1:00pm-7:00pm * (Movie Night - Program Closes at 7:00pm) – Mike

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Café Meal: 1:00p – 2:00p (Library)	Café Meal: 1:00p – 2:00p (Library)	Café Meal: 1:00p – 2:00p (Library)	Café Meal: 1:00p – 2:00p (Library)	Café Meal: 1:00p – 2:00p (Library)
1. Life Skills: 2pm – 3pm Room – (Computer Lab) 2. Swim: 3pm – 4pm, (Pool) 3. Gym: 3pm – 4pm 4. Open Discussion & Support: 4pm – 5pm (Library) 5. Gym/Fitness: (Gym) 5pm – 5:45pm 6. Dinner: 5:45pm – 6:15pm Room – Multi Room 7. Open Gym/Fitness: 6:15pm – 7:00 pm (Gym/Fitness area) *GYM-CH Only: (5–6:30p)	1. Socialization/ Life Skills (Teen Center) 2p – 4pm 2. Media Class: Teen Center, 4pm – 5pm 3. Open Discussion & Support Group: 5pm – 5:45pm (Teen Center or Library) 4. Dinner: 5:45pm – 6:15pm Room – Multi Room 5. Open Gym/Teen Center: 6:15pm – 7:00pm	1. Vocational/ Educational: 2pm – 3pm, Computer Lab 2. Gym/Fitness/Swim/: 3pm – 4pm, (Computer Open) 3. Open Discussion: 4pm – 4:45pm Room – Computer Lab 4. Life Skills 5pm – 5:45pm, Library 5. Dinner: 5:45pm – 6:15pm Room – Multi Room 6. *GYM - CH Only: (6pm– 7pm)	1. Socialization/ Open Discussion Group: 2p – 4pm, Teen Center 2. Media Class: 4pm – 5pm Media Room – Teen Center 3. Prevention/ Recovery Group: 5pm – 5:45pm Room – Old Fitness 4. Dinner: 5:45pm–6:15pm, Room – Multi Room 5. *Movie Night: 5pm or 6:15pm – 7:00pm* Room – Library	1. Socialization/ Music: 2 pm – 4pm Room- Computer Lab or Teen Center 2. Video/ Board Games 4pm – 5pm – 5:45pm, 6:15p – 7:00p 3. Open Discussion, Computer Lab or Teen Center, 4pm – 5:45pm 4. Dinner – 5:45p – 6:15pm Room – Multi Room 5. Teen Center/ Open Gym: 4pm – 7:00pm Room – Gym

Group Members #2 (15-18) Clubhouse Hours of Operation – 1:00pm-7:00pm * (Movie Night - Program Closes at 7:00pm) – Cliff

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Café Meal: 1:00p – 2:00p (Library)	Café Meal: 1:00p – 2:00p (Library)	Café Meal: 1:00p – 2:00p (Library)	Café Meal: 1:00p – 2:00p (Library)	Café Meal: 1:00p – 2:00p (Library)
1. Socialization/ Open Discussion Group 2pm – 4pm, Teen Center 2. Swim: 3pm – 4pm (Pool) 3. Gym: 3pm – 4pm 4. Media Class: 4pm – 5pm Media Room – Teen Center 5. Gym/ Fitness: 5pm – 5:45pm 6. Dinner: 5:45pm – 6:15pm Multi-Room 7. Open Gym/Fitness: 6:15 pm – 7:00 pm – Gym *GYM-CH Only: (5–6:30p)	1. Computer Tech: 2pm – 4pm Computer Lab 2. Swim 3pm – 3:45pm Pool 3. Prevention/ Recovery 4pm – 5pm Computer Lab 4. Healthy Living Group: 5pm – 5:45pm – Teen Center or Library 5. Dinner: 5:45pm – 6:15pm Room – Multi Room 6. Open Gym/Fitness/Teen Center: 6:15pm – 7:00 pm	1. Peer-to Peer/ Open Discussion: 2pm – 4pm Teen Center 2. Media Class: 4pm – 5pm Media Room – Teen Center 3. Peer Support: 5pm – 5:45pm, Computer Lab 4. Dinner: 5:45pm – 6:15pm Room – Multi Room 5. *Movie Night: 5pm or 6:15pm – 7:00 pm * Room – Library 6. *GYM - CH Only: (6pm– 7pm)	1. Vocational/ Educational: 2pm – 4pm, Computer Lab or Library 2. Swim 3pm – 3:45pm (Pool) 3. Video/ Board Games: 4pm – 4:45pm Room: Computer Lab 4. Life Skills: 5pm – 5:45pm Room – Computer Lab 5. Dinner: 5:45pm – 6:15pm, Room – Multi Room Open Gym/Fitness: 6. 6:15 pm – 7:00 pm Room – Gym/Fitness Area	1. Socialization/ Music: 2 pm – 4pm Room- Computer Lab or Teen Center 2. Video/ Board Games 4pm – 5pm – 5:45pm, 6:15p – 7:00p 3. Open Discussion, Computer Lab or Teen Center, 4pm – 5:45pm 4. Dinner – 5:45p – 6:15pm Room – Multi Room 5. Teen Center/ Open Gym: 4pm – 7:00pm Room – Gym

CH has the Teen Center on Tuesdays from 5pm – 7pm & Fridays from 4pm – 7pm

Revised 6/20/2017 - * Program Schedule to Change*

W
RK
ATE

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RSI Youth Clubhouse February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 5-7PM WHAT'S NEXT 7 PM - Solutions group - NA	2 7PM Inspiring TED Talks and Discussion	3 6 PM Albright Knox 7-9 PM Board game tournament	4 10 - 2 Gloria J Parks - Gym and basketball 1-3 PM WHATS NEXT
5 12:30 - Showing: The Anonymous People 3 - 4 PM Serenity Group	6 5-7 PM Resume Building 7 PM BIG TALK	7 6 PM Life Skills Workshop 8 PM Coloring for Adults	8 5-7PM WHAT'S NEXT 7 PM - Solutions group - NA	9 6 PM What is Recovery Advocacy? 8 PM - Coffee Hour	10 7 PM Intro to Yoga 8 PM Guided Meditation	11 12 - 2 Learn Curling at Canalside 1-3 PM WHATS NEXT Digital Detox Day
12 12 - 2 PM Tool Library Tour 2:30-4PM Neighborhood Exploration	13 5-7 PM Study Groups 7PM Inspiring TED Talks and Discussion	14 5:30 What is Recovery? 7-9 PM Game Night	15 5-7PM WHAT'S NEXT 7 PM - Solutions group - NA	16 7PM Using Technology as a Recovery Resource	17 6 PM - Find your Creative Calling - Art workshop	18 10 - 2 Gloria J Parks - Gym and basketball 1-3 PM WHATS NEXT
19 12-2 PM Ice Skating at Canalside 3 - 4PM: Serenity Group	20 7:00 PM BIG TALK 8 PM Music Appreciation	21 5:30 PM - \$5 Movies at the Regal 7:00 PM Emotional Wellbeing	22 5-7PM WHAT'S NEXT 7 PM - Solutions group - NA	23 7-8 PM What should I read next? Start a Book club with Us!	24 7 PM Meditation 8 PM - 12 AM PARTY SOBER - EDM Dance Party	25 10 - 2 Gloria J Parks - Gym and basketball 1-3 PM WHATS NEXT 3PM Member Business Meeting
26	27 7-9 PM Study Groups 6 PM - Find your Creative Calling - Journaling/Writing	28				

MEALS

Dinner is served Monday - Friday at 6:30. On Saturdays and Sundays, lunch or brunch is at 11:30 and Dinner is at 5:30 here one hour beforehand to sign up and participate in cooking with us

WHAT'S NEXT WEDNESDAYS & SATURDAYS

5:00 to 7:00 PM WED and 1-3 SAT
Dedicated for personal development.
One on one work with a recovery coach is available. If you would like to work with a coach outside of these times, please set an appointment

MORE INFORMATION

HOURS: M-F 5-9 PM, S & S 10 AM - 6 PM
66 Englewood Ave Buffalo NY 14214
PHONE: 716-832-2141
Questions or Suggestions?
Contact Robert Morrow
716-832-2141 x217
rmorrow@restoration-societyinc.org



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Evidence-Informed Programming

- Popular Option Leader (POL) – Safe and Dope Sex Ed
- Botvin – life skills, risk taking and SA <http://www.lifeskillstraining.com>
- Music/Lyrics – Talk about SA related lyrics
- Combine Art/Dance/Sports (Visual and Active)
- Drawing game – Ex. Drawing a house
- TED Talk
- Engage with Prevention Group
- TeamPedia.com, Ninja
- Peer Support through SAMHSA – certified
- Vision Board
- Doors to my future
- Role plays with 6 strategies
- Telephone game
- Motivational interviewing
- “Project Adventure” <http://www.pa.org/>
- Tie a game into real life situations
- ROES Program
- 40 Developmental Assets
- National Work Readiness
- Peanut Butter and Jelly Sandwich Demonstration
- Strategies for effective community change
- Too Good for Drugs
- Too Good for Violence
- WHAM – Whole Health Action Management https://www.integration.samhsa.gov/health-wellness/wham/WHAM_Participant_Guide.pdf
- Strength Based strategies
- Train Staff as Recovery Coaches



When do Clubhouses Operate?

2016 Clubhouse Model

Youth-based hours

- The Clubhouse should be open, and offer activities, during times that are amenable to the ages of the target population.
- This should include weekend and evening hours.
- These hours and available activities may vary if the Clubhouse is serving adolescent youth ages 12-17 and young adults ages 18-21.

2017 Youth Informed Additions

Youth-based hours

- The Clubhouses are open, and offer activities, during times that are amenable to the ages of the target population with input from Youth Members and Advisory Committees.
 - Summer Hours
 - Host meetings
- These hours and available activities may vary if the Clubhouse is serving adolescent youth ages 12-17 and young adults ages 18-25 in college towns
 - Siblings
- This includes weekend and evening hours through midnight or later for older populations



How is a Clubhouse Organized?

2016 Clubhouse Model

Staff

Clubhouse staff should be:

- Dedicated
- Culturally competent
- Familiar with the unique needs of youth and young adults
- Trained to help young people reach their recovery goals

Advisory Committee

Fifty-one percent or greater of Advisory Committee members should include, but are not limited to:

- Youth
- Family members
- People in the recovery community

2017 Youth Informed Additions

Staff

Clubhouse staff are:

- Young adult leaders familiar with the community
- Engage in trainings monthly re: Trauma informed, Cultural competence, etc.
- Recovery Coaches
- In Recovery

Advisory Committee: Challenging

Fifty-one percent or greater of Advisory Committee members should include, but are not limited to:

- Youth
- Family members
- People in the recovery community



- Challenges

- ✓ Engaging the 18-21yo group
- ✓ Engaging volunteers
- ✓ Transportation Issues
- ✓ Follow through and Follow up
- ✓ Seasonal Attendance
- ✓ Not enough staff
- ✓ Location
- ✓ Hours

- Ongoing Evaluation for Solutions

- ✓ Expanded ages in some areas
- ✓ Volunteer TA
- ✓ Central location/Public Trans/Van
- ✓ Reaching out
- ✓ Expanding hours to meet needs
- ✓ Utilizing volunteers
- ✓ Location - Centralized
- ✓ Hours – Advisory Committee



Questions?

Thank you

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