

The Kids Aren't Alright: Increasing Engagement in Adolescent Clubhouses through Peer

Supported Substance Use Prevention and Intervention

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Background

- Adolescents with a family history of substance use are at greater risk of developing a substance use disorder due to genetic predisposition. Adolescents are at even greater risk if they experience **Adverse Childhood Experiences (ACEs)** and/or exposure to substance use within their family of origin.
- Clubhouse models strive to create a safe environment through community building through shared experiences, and are rooted in addressing mental and behavioral health needs.
- **The Clubhouse by Ashley**, seeks to serve adolescents and prevent further substance use while instilling recovery concepts. The program formally launched in a physical space in July 2022, and many concerted efforts were taken to engage adolescents who could benefit from the program.



Objective

- The purpose of this study is:
 - 1) To infuse the Clubhouse model with greater attention to peer-to-peer support and responding to members' expressed desires for programming, and
 - 2) To identify if a peer staff and supported, member-driven approach to programming is associated with increased Clubhouse engagement and participation.

Methods

- For the member-driven approach, staff noted when adolescents were coming to the Clubhouse, then geared future programming based on this quantitative service use data and trends represented. Additionally, qualitative data was collected from youth by soliciting suggestions and feedback from all members.
- The program formed and facilitated a youth leadership council, called the Clubhouse Committee to assist in the management of daily operations of the Clubhouse in February. The Committee meets weekly on Wednesdays, and provided direction on the following:
 - A Behavioral Plan, to address breaches of the Clubhouse Code of Honor
 - Theme Nights (e.g, 2000's Night, Hot-Pot Night, Movie Nights, Self-Care Night)
 - Menu planning for the week
 - Speakers from the Recovery Community
 - Workshops of interest (e.g, Nicotine Cessation, Healthy Relationships, STD Prevention)

Comment

- As the state continues to identify methods of support for adolescents at-risk or impacted by substance use, the Clubhouse model serves as a viable option to address community needs. In order to ensure the sustainability and success of these programs, keeping adolescents engaged is an important task. Utilizing a peer supported and member-driven approach led to greater engagement and attendance within the Ashley Adolescent Clubhouse.

Results

	January	February	March	April	May
Avg. Daily Attendance	3	5.56	8.32	5.64	7.38
Median	3	5	9	6	8
Mode	3	4	9	8	8
Total Number of Participants (n=number)	45	89	158	79	118
Standard Deviation	1.07	2.31	2.19	2.17	2.25
High/Low (Daily Attendance)	5/1	9/2	12/4	8/2	11/2

- Following the implementation of the Clubhouse Committee, members took a greater interest in Clubhouse programming and attendance began to increase. When adolescents are empowered to make decisions regarding programming, they are more invested in programming and are more likely to attend. Utilizing peers to provide feedback in planning increases therapeutic rapport and builds confidence in decision making.

References

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