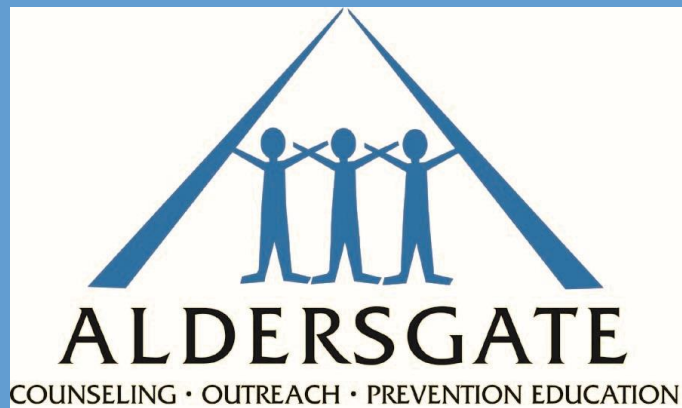


ALDERSGATE YOUTH AID PANEL PROGRAMS

Presented by Aldersgate Youth Services Bureau



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ALDERSGATE

Aldersgate is a community-based social service agency located in Willow Grove. We offer both telehealth and agency-based individual and family counseling, other emotional, behavioral health supports, drug and alcohol prevention/intervention services, parenting education and support, information & referral and grief and loss supportive counseling at a reasonable fee.

Aldersgate has been providing services to the Eastern Montgomery County community for over 45 years. The agency also provides SAP (Student Assistance Program) support via an on-site SAP Liaison at over 28 area school buildings, K-12 SAP Screenings, and classroom-based drug and alcohol prevention education lessons and groups. Other Aldersgate county-funded intervention counseling services specific to vaping, e-cig use, and youth alcohol and/ or marijuana initial use and experimentation are also available at no charge to eligible Montgomery County youth.

Aldersgate also provides school-based support services to students in Abington, Cheltenham Jenkintown, Lower Moreland, Springfield Township, Upper Moreland, and Wissahickon School Districts.

YOUTH AID PANEL ENROLLMENT PROCEDURE

- Youth Aid Panel refers client to Aldersgate
- Client contacts Aldersgate to enroll in required program
- Client is assigned a counselor who contacts client to schedule first session
- At first session, counselor explains program requirements and expectations
- Upon completion of sessions and required paper, counselor emails the completion letter to the client
- Client forwards both their two-page paper and completion letter to Youth Aid Panel caseworker

YOUTH AID PANEL PROGRAM GOALS

- Address behavior
- Take responsibility
- Learn new coping skills

TEEN INTERVENE (TI)

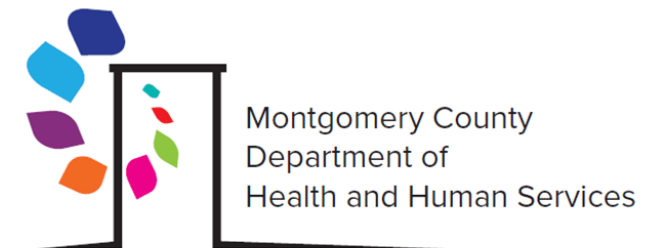
- Evidence-based program for teenagers suspected of experiencing mild or moderate problems associated with alcohol and/or other drug use
- Clients are referred due to underage alcohol use or possession of alcohol
- Program consists of three 50-minute, weekly sessions
- Parent/guardian participation required for third session
- Program utilizes worksheets to integrate stages of change model, motivational interviewing, and cognitive-behavioral therapy
- Two-page paper required by Youth Aid Panel

YAP referred youth may be assigned to another county approved provider for county-funded Drug and Alcohol programs, Teen Intervene and Marijuana Brief Intervention. as per the referred youth's school district. Aldersgate can assist with other agency TI and MBI referral linkages as needed.

MARIJUANA BRIEF INTERVENTION (MBI)

- Evidence-based program to help manage, reduce, or stop marijuana use
- Clients are referred due to marijuana use, and/or possession of marijuana or marijuana paraphernalia
- Program consists of four 50-minute, weekly sessions
- Program utilizes worksheets to integrate stages of change model, motivational interviewing, and cognitive-behavioral therapy
- Two-page paper required by Youth Aid Panel

YAP referred youth may be assigned to another county approved provider for county-funded Drug and Alcohol programs, Teen Intervene and Marijuana Brief Intervention. as per the referred youth's school district. Aldersgate can assist with other agency TI and MBI referral linkages as needed.



ADOLESCENCE

Goals:

- Building and maintaining social relationships
- Exploring their identities
- Separation – individuation
 - Establishment and development of sense of self apart from caregivers



The challenges of adolescence are magnified during COVID, and teens are having more difficulty navigating these challenges.

REASONS FOR SUBSTANCE USE

- Anxiety
- Boredom
- Curiosity
- Depression
- Peer pressure to fit in
- Perceived use among peers
- Stress
- Way to relax and have fun



LOSS OF SOCIALIZATION AND MILESTONES

- Peer relationships are of the utmost importance at this stage
 - Now, they are dealing with stress related to boredom, isolation, and loss; being stuck at home
 - Missing the in-person contact with friends
 - Being away from school, sports, jobs, and other activities
 - Loss of daily/family school routines and schedules
- Loss of milestones:
 - Extracurricular activities
 - Family vacations
 - First year of high school and college
 - Graduation
 - Holidays
 - Sports
 - Spring break

ANGER MANAGEMENT

- Program is designed to address issues related to anger, and learning appropriate ways of managing and expressing anger
- Clients are referred due to inappropriate expressions of anger and fighting
- Program consists of three 45-minute, weekly sessions
- Utilizes Anger Inventory to assess level of anger
- Two-page paper required by Youth Aid Panel

RETAIL THEFT

- Program is designed to address issues related to shoplifting and retail theft
- Clients are referred due to stealing-related offenses (shoplifting, employee theft, stealing from peers)
- Program consists of three 45-minute, weekly sessions
- Utilizes Shoplifting Inventory to assess behavior
- Two-page paper required by Youth Aid Panel

PROGRAMS DESIGNED FOR SPECIFIC ISSUES

- Aldersgate's programs can be tailored to address other issues:
 - Vandalism
 - Trespassing
 - Sexting
 - Online sexually explicit content
- Youth Aid Panel caseworkers may contact Aldersgate to discuss potential referrals

RESOURCES

- <https://www.samhsa.gov/underage-drinking>
- <https://www.healthychildren.org/English/ages-stages/teen/Pages/Whats-Going-On-in-the-Teenage-Brain.aspx>
- Check out Aldersgate Youth Services YouTube Channel:
<https://www.youtube.com/channel/UCs4TTSvgHyMQvly3fI rzVKg>
- <https://aldersgateservices.org/>
 - Go to News and Events to access parent newsletters
- Montgomery County official website for information and resources: www.montcopa.org

Webinars and Parent Support

- <https://conversation.zone/online/>
- <https://operationparent.org/resource-type/webinar/>

ALDERSGATE SUPPORT

- Aldersgate provides county funded programming for Montgomery County teens who experiment with substances
- Please contact Aldersgate for more information
- Phone: 215-657-4545
- Email: info@aldersgateservices.org
- Aldersgate is currently providing telehealth support services for adults and for children, teens, and their families

