

Registration Form:

Child's Name: _____

Parent's Name: _____

Address: _____

City: _____ Zip: _____

Home Phone: _____

Cell Phone: _____

Email: _____

School: _____

Grade (Fall 2009): _____

Please choose one week per workshop for your child to attend.

Week 1 (7/6/09-7/10/09) Next Step: Real Life

Week 2 (7/13/09-7/17/09) Dating Without Drama

Week 3 (7/20/09-7/24/09) Persist to Resist

Week 4 (7/27/09-7/31/09) Home Times Two

Week 5 (8/3/09-8/7/09) Dating Without Drama

Week 6 (8/10/09-8/14/09) Next Step: Real Life

Week 7 (8/17/09-8/21/09) Home Times Two

Week 8 (8/24/09-8/28/09) Persist to Resist

Enclosed is a nonrefundable check for \$25.00 per week. Total check amount is: \$ _____

Please mail completed Registration Form with full payment (checks can be made out Holcomb Behavioral Health Systems) to 126 E. Baltimore Pk., Media, PA 19063.

*Full DCYC Parent Packet will be sent to you upon receipt of Registration Form. Please choose below:

Email me the DCYC Parent Packet at (email) _____

Mail me the DCYC Parent Packet to (address if different than above): _____

DCYC
DELAWARE COUNTY YOUTH CONNECTION
DARE TO BE PART OF THE SUMMER ADVENTURE!

**COORDINATED BY
HOLCOMB BEHAVIORAL
HEALTH SYSTEMS**

**FUNDED BY DELAWARE
COUNTY OFFICE OF
BEHAVIORAL HEALTH,
DIVISION OF DRUG AND
ALCOHOL.**

SUMMER

DCYC: BE PART OF THE ~ ADVENTURE!

Only \$25 per week-long session! For youth entering 8th or 9th grades only.

DCYC's Summer Program targets teens entering eighth and ninth grade because these years have been found to be the most transitional and therefore most experimental. Studies show youth are more likely to engage in risk taking behaviors during these years including drug and alcohol use. Alternative activities focusing on leadership, community involvement, and increased family communication are protective factors that have been shown to increase positive behaviors. Each workshop uses evidence-based curricula and is split into two parts: 1 1/2 hours of programming and 1 1/2 hours of teambuilding or leadership adventure activity.

Next Step: Real Life (Tiger Woods Action Plan)

This leadership program helps kids realize they can set & achieve goals, make a difference and reach their full potential. Through group activities, discussion and brainstorming sessions, youth will leave with increased self-esteem, attitudes toward school, and overall attitudes and behaviors relating to goal-setting and achievement.

Persist to Resist (Project Alert)

Persist to Resist is an evidence-based program that gives students insight, understanding, and actual skills for resisting substance use/abuse. The program successfully addresses tobacco, alcohol, marijuana and inhalants, the substances teens are most likely to use. Through group activities, role playing and interactive lessons participants will motivate youth to avoid using drugs and resist pro-drug social influences.

Dating Without Drama...Respect Yourself! (Safe Dates)

Dating Without Drama is a program designed to address different kinds of relationships. Through role-playing, group activities and group discussions participants will learn what it means to have healthy relationships and friendships.

Home Times Two (Children in the Middle)

Home Times Two teaches children in a divorced/divorcing family skills to navigate the difficulties of growing up between two homes. Through group activities and discussion participants will learn stress management, communication and conflict resolution skills. Participants will leave feeling resilient and able to thrive in their new family dynamic.

Daily Schedule (Monday—Friday per workshop):

- Drop-off at 1 p.m.
- 1:30pm-3pm: Workshop & Discussion (Snacks will be provided)
- 3pm-5pm: Various fun activities (i.e. kickball, board games, etc.)
- Pick-up between 5-5:30pm

About Holcomb Behavioral Health Systems

Holcomb's Prevention & Education is located in Media, PA, in the Gayley Square Shopping Center. Holcomb offers a wide range of programs designed to help people lead healthier lives and to build stronger communities.

Services include conducting trainings and consultations, launching public awareness campaigns, providing supervised drug-free youth programs, and assisting Delaware County schools implement the Commonwealth's Student Assistance Program.

To see even more of the services we offer, please check out our website at: www.holcombprevention.org and www.thespot.vpweb.com

MEET OUR STAFF!

Alex Compton, a Prevention Specialist, coordinates the DCYC Program as well as the YEL Program (Youth Engagement Liaison). Alex holds a Bachelors Degree in Psychology from Penn State University and has over 3 years experience working with youth.

Chrissie Dziembowski, also a Prevention Specialist, works in general prevention and also coordinates The S.P.O.T. (Supervised Programs Organized for Teens) Network and other underage drinking prevention programs. Chrissie holds a Masters Degree in Public Health from West Chester University. Chrissie has over 2 years experience working with youth in prevention and health education.

Patti O'Connor, a Student Assistance Program (SAP) Consultant, works in schools throughout Delaware County as a counselor on SAP Teams. Patti holds a Masters Degree in Social Work from Temple University. Patti has over 5 years experience counseling youth in schools and private settings.

Schedule of Events:

Weeks 1 & 6: Next Step: Real Life

Weeks 3 & 8: Persist to Resist

Weeks 2 & 5: Dating Without Drama...Respect Yourself!

Weeks 4 & 7: Home Times Two

***Please choose one week per workshop for your child to attend. Each child may attend a maximum of four workshops. Space is limited to 12 students per workshop, register ASAP!**

Holcomb Behavioral Health Systems: Prevention & Education

126 E. Baltimore Pike, Media, PA 19063

Phone: 484-444-0412

Fax: 484-444-0421

www.holcombprevention.org

www.thespot.vpweb.com