

**2008-2009  
AHM Annual Report**

*Dear Friends:*

*Since 1983, AHM Youth and Family Services, Inc. has coordinated a wide range of group programs, individualized services and special community events for the citizens of Andover, Hebron, Marlborough, and most recently the Town of Columbia. AHM is one of one hundred youth service bureaus in the State of Connecticut. Youth service bureaus offer programs and opportunities that help children and teens develop as responsible, healthy and caring members of the communities in which they reside. The mission of our organization is: "to provide mental health and positive youth development services, which assist children, young people, and their families in creating a supportive and caring environment for them to reach their maximum potential as members of society."*

*AHM Youth and Family Services, Inc. is governed by a volunteer Board of Directors, all of whom are local residents. In addition to adult directors, the board also includes teen representation. There are several program sub-committees working with AHM that consist of police officers, parents, clergy, educators, court officials, medical professionals, and senior citizens. Recognized as an outstanding non-profit organization, AHM has received numerous statewide awards and invitations for representatives to speak at national and regional conferences on children's issues, non-profit fund development methods, Juvenile Justice initiatives, and proven models for regional programs. AHM staff members have diverse professional backgrounds in the fields of mental health, social work, recreation, business administration, education, and social sciences. It is through their dedication and expertise, combined with the support of donors and volunteers; that last year AHM reached 6063 individuals as described in this report.*

*To learn more about AHM Youth and Family Services, please call our Executive Director, Joel Rosenberg at 228-9488.*

*Sincerely,*

*Members of the AHM Youth and Family Services  
Board of Directors and Staff*

**Family Resource Center**

The national philosophy of Family Resource Centers is that healthy development and good education begin with access to support services from birth through the pre-school age years of child development. The vision of the Family Resource Center is to prevent an array of childhood and adolescent problems by strengthening the family. Family Resource Centers also provide a common ground for all families to benefit from the services offered.

**Family Resource Center-Individual Services & Activities**

<u>Play &amp; Learn Groups</u>				<u>KinderRHAMa Preschool</u>		
Town	Children	Adults	Total	Town	Children	Total
Hebron	58	41	99	Hebron	19	19
Andover	7	6	13	Andover	4	4
Marlborough	42	32	74	Marlborough	12	12
	107	79	186		35	35

<u>Home Visits</u>			
Town	Children	Adults	Total
Hebron	12	8	20
Marlborough	14	9	23
	26	17	43

**Family Resource Center-Other Group Activities**

<u>Field Trips</u>				<u>Day Care Provider Training</u>		
Town	Children	Adults	Total	Town	Adults	Total
Hebron	123	77	200	Hebron	23	23
Andover	7	7	14	Andover	1	1
Marlborough	115	96	211	Marlborough	7	7
	245	180	425	Others	8	8
					39	39
<u>Growth &amp; Development</u>				<u>Marlborough Programs</u>		
Town	Children	Adults	Total	Town	Children	Total
Andover	27	28	55	Hebron	24	24
Marlborough	17	17	34	Andover	4	4
	44	45	89	Marlborough	60	60
					88	88

Family Resource Center-Other Group Activities (continued)

<u>Discussion at Gilead</u>				<u>Gilead Hill Kindergarten Welcome</u>			
Town	Children	Adults	Total	Town	Children	Adults	Total
Hebron	22	15	37	Hebron	21	70	91
	22	15	37		21	70	91

Family Resource Center-Family Social Enrichment Activities

<u>Strawberry Shortcake</u>				<u>End of the Year Picnic</u>			
Town	Children	Adults	Total	Town	Children	Adults	Total
Hebron	26	30	56	Hebron	14	9	23
Andover	4	4	8	Andover	2	1	3
Marlborough	11	10	21	Marlborough	16	11	27
	41	44	85		32	21	53

<u>25th Anniversary Family Celebration</u>			
Town	Children	Adults	Total
Hebron	34	36	70
Andover	8	5	13
Marlborough	7	6	13
	49	47	96

Lanterns Mentoring Program

Many children in our community are eager to connect with adults who are willing to listen to them, share with them, and help them develop to their fullest potential. Mentoring is very effective in helping children stay in school, avoid dangerous behaviors, and navigate the bumpy road to adulthood.

<u>Lanterns Mentoring Program</u>		
Town	Children	Total
Hebron	14	14
Andover	7	7
Marlborough	8	8
	29	29

**Gilead, Hebron and Andover Elementary School Student Support Services**

This social work model program is designed to assist students in grades K-6 and their families with a comprehensive network of support services. These services include: parenting support, referrals to community resources, school based individual sessions, school based group sessions, and JRB referrals. The AHM Elementary Student Support Services Counselor helps families that want parental support, want links to outside services, are struggling financially, experiencing illness, death, divorce, and short term crisis, or want assistance with developmental issues related to elementary school-aged children. Children who are socially isolated, depressed or angry, anxious, having difficulty adjusting to a new school system, either a bully or are being bullied, chronically absent or tardy, chronically ill, have disciplinary problems, or are potential Juvenile Review Board cases, can receive help from our AHM Student Support Services Counselor.

**Gilead, Hebron and Andover Elementary School Student Support Services- Individual Services & Activities**

<u>In-School Counseling &amp; Case Management</u>			<u>Support Groups</u>		
Town	Children	Total	Town	Children	Total
Hebron	8	8	Hebron	4	4
Gilead	11	11	Gilead	16	16
Andover	11	11	Andover	13	13
	<b>30</b>	<b>30</b>		<b>33</b>	<b>33</b>

**Gilead, Hebron and Andover Elementary School Student Support Services- Other Group Activities**

<u>Andover Character Education Classes</u>		
Town	Children	Total
Andover	174	174
	<b>174</b>	<b>174</b>

**Teen Center**

This program is designed to provide a safe environment for young people to have fun with their peers. The AHM Teen Center features board games, air hockey, foos-ball, pool tables, computer stations, movies, television and more. Outdoors there is a basketball court, garden and picnic area, and a play field. Special Activities throughout the year feature a cooking club, holiday parties, special sports competitions, and a pool league in partnership with the Connecticut State Police and the area senior centers.

**Teen Center-Individual Activities & Services**

<u>Teen Center Drop In</u>			<u>Bon Appetite Club</u>		
Town	Teens	Total	Town	Teens	Total
Hebron	46	46	Hebron	3	3
Andover	14	14	Marlborough	3	3
Marlborough	16	16	Columbia	3	3
	76	76		9	9

<u>Jazz for Juniors</u>		
Town	Teens	Total
Hebron	11	11
	11	11

**Teen Center-Other Group Activities**

<u>Police Pool Tournament</u>			<u>Incoming 7th Grade Open House</u>		
Town	Teens	Total	Town	Teens	Total
Hebron	24	24	Hebron	10	10
Andover	4	4	Andover	3	3
Marlborough	20	20	Marlborough	7	7
	48	48		20	20

<u>Special Olympics Party</u>				<u>25th Anniversary Party</u>		
Town	Teens	Adults	Total	Town	Teens	Total
Hebron	14	15	29	Hebron	42	42
Andover	5	9	14	Andover	18	18
Marlborough	6	11	17	Marlborough	20	20
	25	35	60		80	80

**Teen Center-Other Group Activities (Continued)**

<u>Movie Night</u>		
Town	Teens	Total
Hebron	6	6
Andover	2	2
Marlborough	4	4
	12	12

**RHAM Middle School Student Support Services Program**

This service is designed to support the social and emotional well being of middle school students. The AHM Middle School Student Support Services Counselor coordinates and provides the following services: counseling, crisis intervention, assessment and referral to outside services, support groups, juvenile review board, serving as chair of the Student Study Team, presentations to health classes, school diversity project coordination, AHM-CREC Suburban Youth Employment Program, seventh grade team building day, staff consultation and serving on numerous school committees. The AHM Student Support counselor can help young people who are: experiencing difficulty with peers, depressed, anxious and/or stressed, having difficulty adjusting to the middle school environment, experiencing bullying, chronically absent or tardy, disciplinary problems, dealing with loss issues, or experiencing difficulties in the family.

**RHAM Middle School-Individual Services & Activities**

<u>In-School Counseling/Case Man.</u>			<u>Children of Divorce Support Groups</u>		
Town	Teens	Total	Town	Teens	Total
Hebron	33	33	Hebron	13	13
Andover	13	13	Andover	7	7
Marlborough	17	17	Marlborough	5	5
	63	63		25	25
<u>School Diversity Project</u>			<u>Student Study Team</u>		
Town	Teens	Total	Town	Teens	Total
Hebron	16	16	Hebron	6	6
Andover	5	5	Andover	2	2
Marlborough	9	9	Marlborough	5	5
	30	30		13	13

RHAM Middle School-Other Group Activities

<u>7th Grade Team Building Day</u>			<u>Antibullying Activities</u>		
Town	Teens	Total	Town	Teens	Total
Hebron	196	196	Hebron	367	367
Andover	52	52	Andover	89	89
Marlborough	89	89	Marlborough	160	160
	337	337		616	616
<u>Stress Management (7th Grade)</u>			<u>Suicide Prevention Classes (8th Grade)</u>		
Town	Teens	Total	Town	Teens	Total
Hebron	91	91	Hebron	142	142
Andover	28	28	Andover	46	46
Marlborough	42	42	Marlborough	76	76
	161	161		264	264

<u>Incoming 7th Grade Orientation</u>		
Town	Teens	Total
Hebron	170	170
Andover	47	47
Marlborough	95	95
	312	312

**RHAM High School Student Support Services Program**

This service is designed to support the social and emotional well being of high school students. The AHM High School Student Support Services Counselor coordinates and provides the following services: counseling, crisis intervention, assessment and referral to outside services, support groups, juvenile review board referrals, Peer Helpers, staff consultation and serves on numerous school committees, student support team, Power of Words Assembly. The AHM Student Support counselor can help young people who are: experiencing difficulty with peers, depressed, anxious and/or stressed, having difficulty adjusting to the High School environment, experiencing bullying, chronically absent or tardy, disciplinary problems, dealing with loss issues, or experiencing difficulties in the family.

**RHAM High School-Individual Services & Activities**

<u>In-School Counseling/Case Man.</u>			<u>Social Skills Group</u>		
Town	Teens	Total	Town	Teens	Total
Hebron	40	40	Hebron	1	1
Andover	9	9	Andover	4	4
Marlborough	16	16		5	5
	65	65			
<u>Peer Helpers</u>			<u>Power of Words Team</u>		
Town	Teens	Total	Town	Teens	Total
Hebron	16	16	Hebron	15	15
Andover	7	7	Andover	7	7
Marlborough	9	9	Marlborough	11	11
	32	32		33	33

**RHAM High School-Other Group Activities**

<u>Freshman Orientation</u>			<u>Orientation Follow-up Activities</u>		
Town	Teens	Total	Town	Teens	Total
Hebron	140	140	Hebron	160	160
Andover	69	69	Andover	64	64
Marlborough	91	91	Marlborough	99	99
	300	300		323	323

RHAM High School-Other Group Activities (continued)

<u>Power of Words Assembly</u>			<u>Power of Words Follow-up</u>		
Town	Teens	Total	Town	Teens	Total
Hebron	142	142	Hebron	132	132
Andover	49	49	Andover	49	49
Marlborough	83	83	Marlborough	83	83
	274	274		264	264

<u>Wellness Days</u>			<u>Suicide Prevention Classes</u>		
Town	Teens	Total	Town	Teens	Total
Hebron	40	40	Hebron	47	47
Andover	4	4	Andover	7	7
Marlborough	13	13	Marlborough	15	15
	57	57		69	69

<u>Mock Accident</u>		
Town	Teens	Total
Hebron	252	252
Andover	88	88
Marlborough	139	139
	479	479

### Mental Health Clinical Services

AHM is proud to offer mental health clinical services to youth and their families. These services are designed to support families in transition, crisis, or in normal developmental processes. AHM therapists provide counseling upon request as needed and psychiatric services are available when deemed necessary. Services provided include: Individual, marital, and family therapy; psychiatric evaluation, medication management, crisis intervention, consultation with school and other professionals involved with the child.

#### **Mental Health Clinical Services-Individual Services & Activities**

<u>Clinical Cases</u>		
Town	Teens	Total
Hebron	51	51
Andover	10	10
Marlborough	10	10
	71	71

Of the 71 cases: **62** children and teenagers sought **individual therapy**

Of the 71 cases: **45** families sought **family therapy**

Of the 71 cases: **19** children, teenagers and families sought **crisis intervention**

Of the 71 cases: **14** children, teenagers and families sought **psychiatric services**

### General AHM Community Wide Programs

#### Juvenile Review Board

The purpose of the Juvenile Review Board is to offer meaningful alternatives to the Criminal Justice System through intervention strategies that are community-based. The Board designs alternatives that promote responsible behavior by offenders, help solve problems that may be at the root of at-risk behavior and take into consideration the needs of the victim. The Juvenile Review Board presents the diversion alternatives to the offender and his/her family, who must be present at the hearing. If they agree with the diversion alternatives, the caseworker becomes responsible for overseeing the agreement and reporting back to the Board. If the young person complies with the diversion alternative, they will not have to appear in court and the offender will NOT have a juvenile record regarding the offense.

<u>Juvenile Review Board</u>		
Town	Children & Teens	Total
Hebron	9	9
Andover	4	4
Marlborough	6	6
Columbia	3	3
	22	22

### Summer Youth Theater

This program provides an opportunity for young people who are entering grades six through twelve to participate in a Broadway Theater production. The summer theater helps students explore techniques and skills related to interpersonal communication, leadership, conflict resolution, acting, singing and dancing. This is AHM's longest running program.

<u>SYT-Annual Production</u>		
Town	Children & Teens	Total
Hebron	50	50
Andover	10	10
Marlborough	34	34
	94	94

### Girl Power Camp

In conjunction with RHAM HS and MS, this program provides a week long group experience for girls transitioning from eighth to ninth grade. The goals of this week are to help enhance self esteem, prepare for the high school experience and discuss general adolescent issues in a structured, safe environment. Many fun activities are incorporated into the week, such as Yoga and a sleepover.

<u>Girl Power Camp</u>		
Town	Teens	Total
Hebron	5	5
Andover	2	2
Marlborough	4	4
	11	11

### CHORES Program

This program pairs local teens with senior citizens in our communities to help with tasks such as yard work, light housekeeping, organizational tasks, etc. These connections not only help the seniors to remain independent, but also provide a wonderful intergenerational experience for all involved.

<u>CHORES Program</u>			
Town	Teens	Seniors	Total
Hebron	14	10	24
Andover	14	7	21
Marlborough	4	6	10
	32	23	55

### CREC Program

Through a partnership with CREC during this period AHM coordinated a suburban youth employment program to help young people develop employability skills. The foundation of this program was a 120 hour paid work experience during the summer months. There were a set of government regulations that students had to meet in order to qualify to work. Students were placed at various locations throughout the region ranging from the Marlborough Senior Center, to the Hebron Lions Fairgrounds, local town halls and senior centers.

<u>CREC Program</u>		
Town	Teens	Total
Hebron	7	7
Andover	1	1
Marlborough	5	5
	13	13

### Project Graduation

For the past 20 years AHM Youth & Family Services, with the endorsement of RHAM High School, has sponsored a safe, drug and alcohol free environment for the graduating class to share their final high school moments and memories together.

<u>Project Graduation</u>		
Town	Teens	Total
Hebron	97	97
Andover	22	22
Marlborough	46	46
	165	165

### Adult Grief Support Group

Bereavement Support Group meetings provide a safe place to share the stories of our loved ones as well as learn about the process of bereavement with others from the community. The Bereavement Support Group at AHM is facilitated by grief educators. Meetings are offered periodically during the year.

<u>Adult Grief Support Group</u>		
Town	Adults	Total
Hebron	6	6
Out of District	2	2
	8	8

**Parent Forum**

This presentation focused on underage drinking and illegal drug use. The panel included a state juvenile prosecutor, an emergency room doctor, police officers, a defense attorney and a parent.

<u>Parent Forum</u>		
Town	Teens/Adults	Total
Hebron	23	23
Andover	6	6
Marlborough	24	24
	53	53

**Town of Columbia**

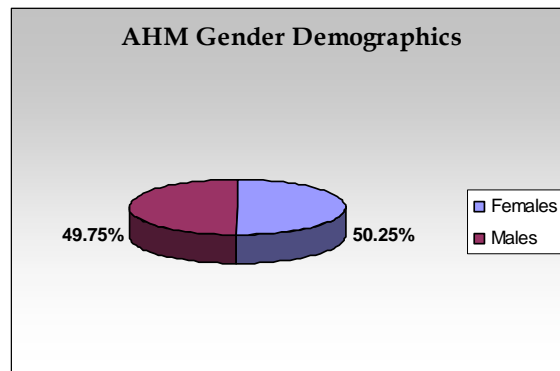
During this fiscal year, AHM was proud to announce contractual services with The Town of Columbia including The Juvenile Review Board, Resource and Referral, Bon- Appetite Cooking Club and the Grief Support Group. This year, much of the groundwork was laid developing connections and communication between our AHM staff person and particularly The Juvenile Review Board. We are planning on also providing clinical services to Columbia with priority given to Juvenile Review Board cases, beginning in the Fall of 2009.

Note: Total served 6063 individuals for the 2008-2009 fiscal year. Please note that while every effort is made not to duplicate data, it is assumed that in many instances children, teens and adults may have participated in more than one activity or service during the year. To put this information into perspective, it is more realistic to view the figures listed above as the total number of times that local residents utilized programs and services offered by AHM Youth Services.

Demographic Information

Gender:

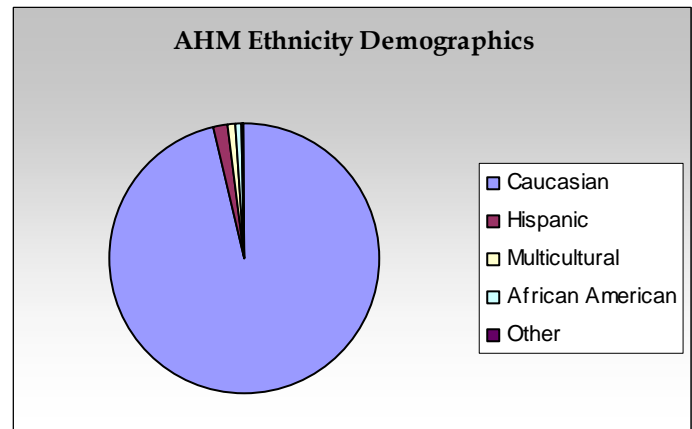
Of the 6063 people served, 3047 are females and 3016 are males.



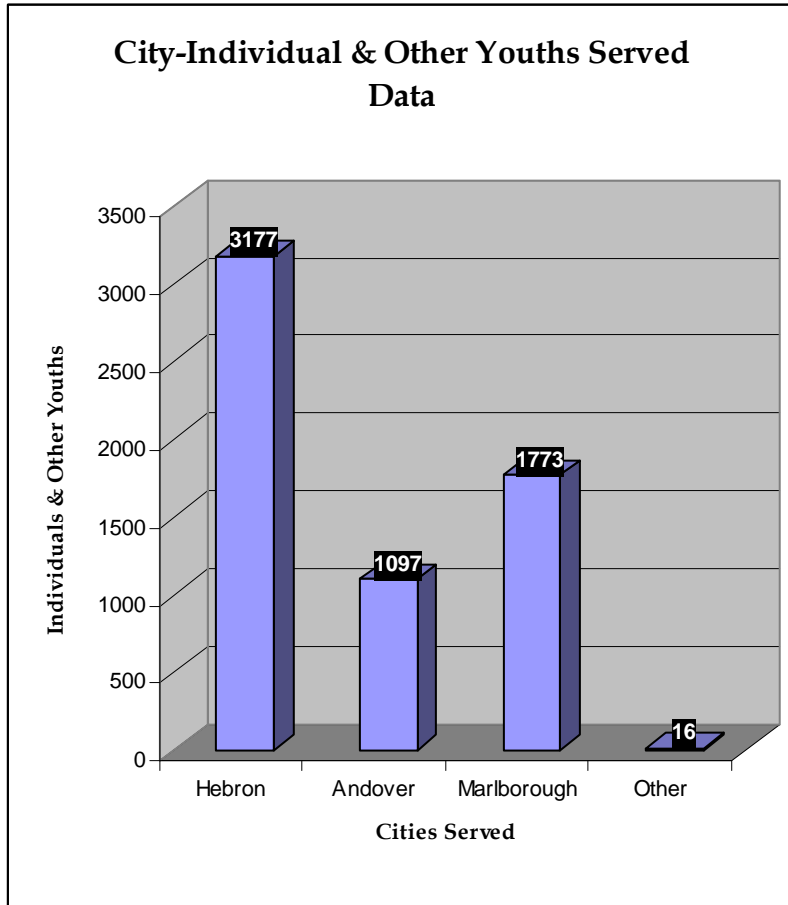
Ethnicity:

Of the 6063 people served, the following data was captured based on both information from *KidTrax Member Management System* as well as *Connecticut Town Profiles*.

96.5% of the people served are Caucasian
1.50% of the people served are Hispanic
1.25% of the people served are Multiracial
.50% of the people served are African American
.25% of the people served are Other/Unspecified



City-Individual & Other Youth Served Data:



**Family Constellation:**

Based on the collected data for individuals served (880), the following is the information regarding family setting:

Family Setting	Individuals	Percentage
Two Birth/Adoptive Parents	647	73.50%
Single Parent Female	142	16%
Step and Birth Parent	37	4.20%
Single Parent Male	25	3%
Blended Family	13	1.50%
Relative/Guardian/Grandparents	11	1.25%
Foster Parent(s)	3	0.30%
DCF Guardianship	2	0.20%

**Referring Organization:**

Based on the collected data for individuals served (880), the following is the information regarding referring organization:

Referring Organization	Individuals	Percentage
Self	293	34%
Parent/Guardian	276	32%
School	259	27%
Other	40	5%
Police	7	1%
DCF	5	1%