



AHM

2009-2010

Annual Report

This 2009-2010 Annual Report was Edited by:

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KidTrax Coordinator

With publishing support by:
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AHM Annual Report

Dear Friends:

June 30, 2010 marked the end of another year of service to the communities of Andover, Hebron, Marlborough and more recently Columbia through AHM Youth and Family Services. AHM has coordinated a wide range of group programs, individualized services and special community events for local citizens since 1983. This youth services bureau remains as one of the most highly recognized and widely respected agencies of its kind in the State with a number of programs that have served as models for training and replication. 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 youth 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 during the 2009-2010 fiscal year AHM reached 7,838 residents through both individual services, small and large group activities.

To learn more about AHM Youth and Family Services, visit the agency website at www.ahmyouth.org or please call our Executive Director, Joel Rosenberg at (860) 228-9488.

*Sincerely,
The AHM Board of Director*

AHM Mission

“To provide mental health and positive youth 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 Purpose

“Our purpose is to promote and support the health and well being of children, youth and families for themselves and for the greater good of the communities.”



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We appreciate your interest in reading our Annual Report. Please note the following points in your review of the data.

AHM Youth and Family Services served 7,838 participants for the 2009-2010 fiscal year in all of its programs. Every effort is made not to duplicate data. In many instances children, teens and adults 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 as the total number of times that local residents utilized programs and services offered by AHM.

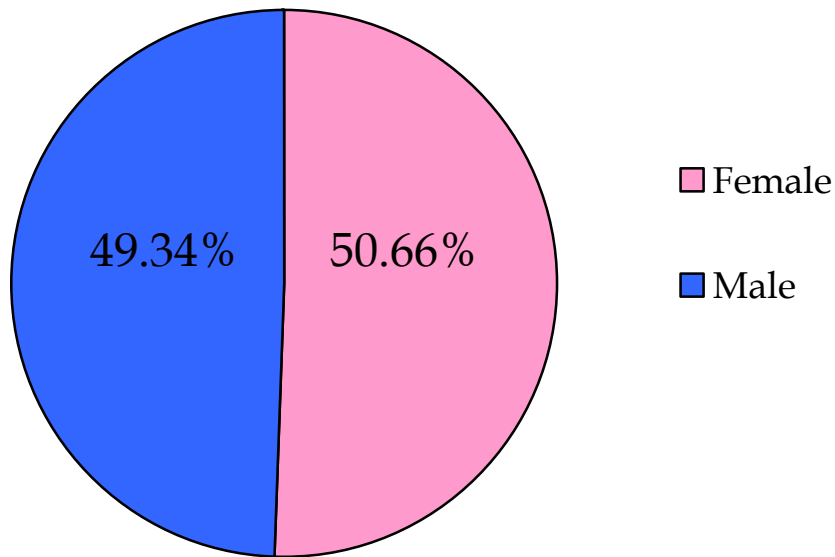
In 2006, AHM became one of eight youth service bureaus in Connecticut to participate in a state-wide data tracking pilot program. Since that time, AHM has become a leader in the state in this new data tracking technology for youth service bureaus. The data in this report was captured based on information from the *KidTrax Member Management System*.

This year, for the first time, we are reporting on “**density**” for programs serving individuals. We have been collecting this data in order to provide a better sense of the time that children and teens spend within each program. *Please note that density is not collected for large group activities or those programs where individual Kid Trax data is not available.*

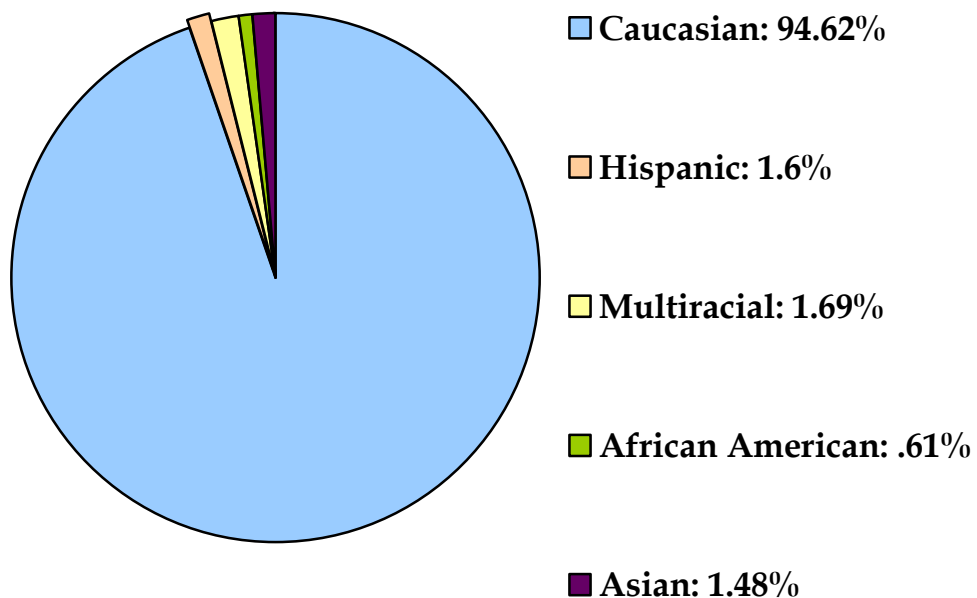
Demographics

Of the 7838 people served, 3971 are females and 3867 are males.

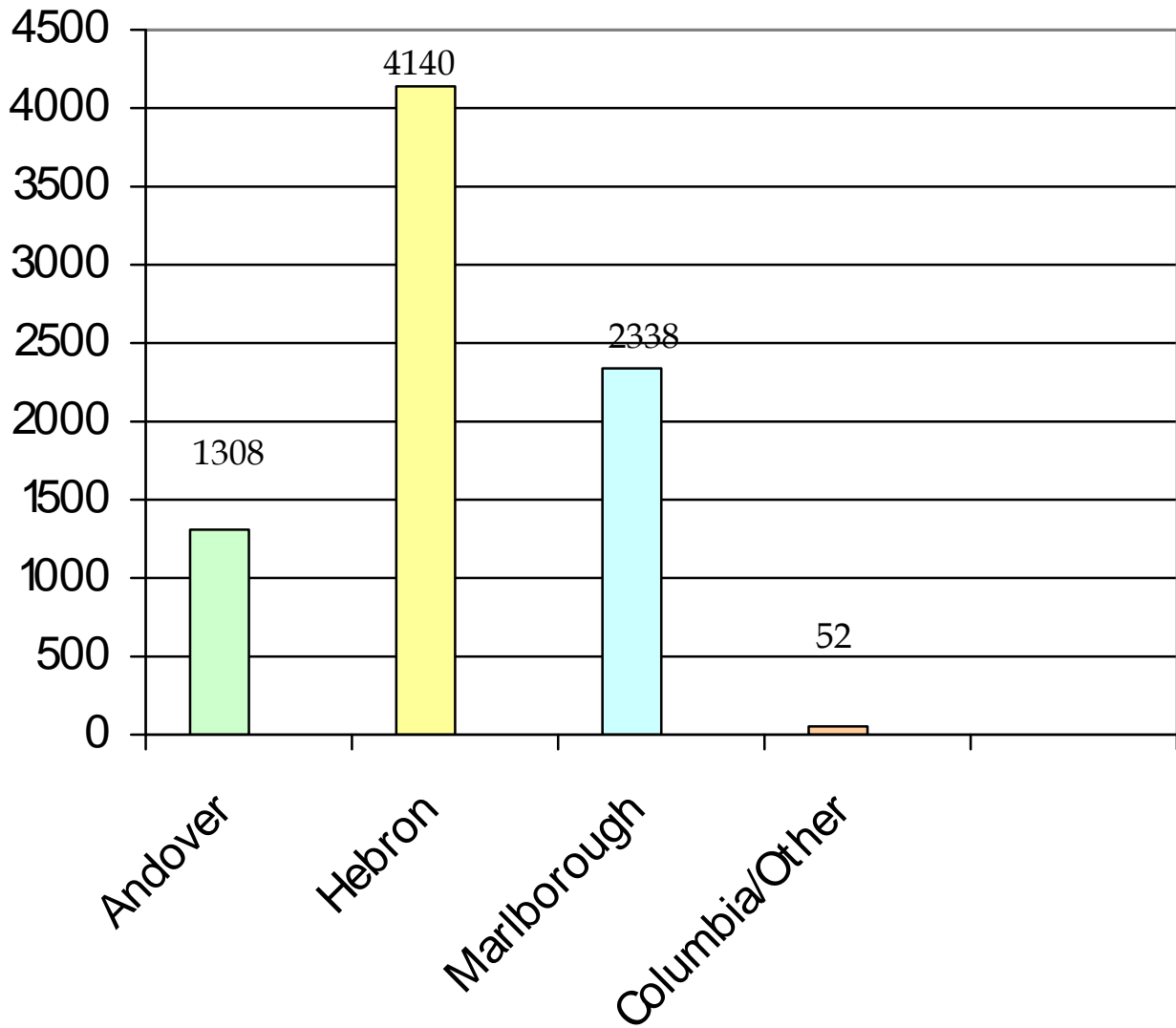
Breakdown of Participants by Gender



Breakdown by Ethnic Background of Participants



*City Data
For Individuals & Large Group Activities*



Referral Source

Based on the collected data for individuals served (647), the following is the information regarding referring organization:

Referral Source	Individuals	Percentage
Self	160	24%
Parent/Guardian	210	33%
School	231	36%
Other	32	0.04%
Police	13	0.02%
DCF	1	0.01%

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 through this unique school-youth services community partnership.

Family Resource Center-Individual Services & Activities

Play & Learn Groups			
Town	Children	Adults	Total
Hebron	53	38	91
Andover	11	6	17
Marlborough	38	23	61
Total	102	67	169

Density: Children and their parents spent a total of **895** hours in playgroups.

KinderRHAMa Preschool	
Town	Children
Hebron	16
Andover	8
Marlborough	15
Total	39

Density: 22 children came 5 hours per week for 37 weeks.
19 children came 7.5 hours per week for 37 weeks.

Home Visits			
Town	Children	Adults	Total
Hebron	10	8	18
Marlborough	19	14	33
Total	29	22	51

Density: Families received **155** hours of service through this program.

Family Resource Center-Other Large Group Activities

Field Trips			
Town	Children	Adults	Total
Hebron	65	58	123
Andover	14	7	21
Marlborough	59	39	98
Total	138	104	242

Day Care Provider Training	
Town	Adults
Hebron	24
Andover	1
Marlborough	7
Others	12
Total	44

Growth & Development			
Town	Children	Adults	Total
Marlborough	5	5	10
Total	5	5	10

Enrichment Programs	
Town	Children
Hebron	24
Andover	4
Marlborough	16
Total	44

Gilead Hill Kindergarten Welcome			
Town	Children	Adults	Total
Hebron	8	15	23
Total	8	15	23

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.

Lanterns Mentoring Program	
Town	Children
Hebron	15
Andover	7
Marlborough	7
Total	29

Density: On average, mentors met with their mentees **23** hours throughout the school year.

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

School Counseling & Case Management	
School	Children
Hebron Elementary School	27
Gilead Hill School	24
Andover Elementary School	32
Total	83

Support Groups	
School	Children
Gilead Hill School	15
Andover Elementary School	14
Total	29

Density:

Students in *Andover Elementary School* received **199** hours of counseling support either individually or in small group.

Students in *Gilead Hill School* received **167** hours of counseling support either individually or in small group.

Students in *Hebron Elementary School* received **272** hours of counseling either individually or in small group.

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

Character Education Classes	
Town	Children
Hebron	21
Andover	49
Total	70

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, presentations to health classes, 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

In-School Counseling/Case Management	
Town	Teens
Hebron	39
Andover	18
Marlborough	24
Total	81

Density: Students accessed individual counseling services at RHAM Middle School for a total of 610 hours.

Children of Divorce Support Groups	
Town	Teens
Hebron	14
Andover	11
Marlborough	13
Total	38

Density: Each student participated in an hour long group session for 26 weeks.

RHAM Middle School-Other Large Group Activities

7th Grade Team Building Day	
Town	Teens
Hebron	170
Andover	45
Marlborough	98
Total	313

Rachel's Challenge	
Town	Teens
Hebron	365
Andover	100
Marlborough	190
Total	655

Friends' of Rachel: Chain Links Club	
Town	Teens
Hebron	78
Andover	39
Marlborough	53
Total	170

Suicide Prevention Classes (8th Grade)	
Town	Teens
Hebron	160
Andover	64
Marlborough	102
Total	326

Incoming 7th Grade Orientation	
Town	Teens
Hebron	160
Andover	43
Marlborough	90
Total	293

Mix-It-Up Lunch	
Town	Teens
Hebron	365
Andover	100
Marlborough	190
Total	655

Anti-Bullying Presentation	
Town	Teens
Hebron	365
Andover	100
Marlborough	190
Total	655

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

In-School Counseling/Case Management	
Town	Teens
Hebron	41
Andover	13
Marlborough	17
Total	71

Density: Students accessed individual counseling services at RHAM Middle School for a total of **671** hours.

Peer Mediators	
Town	Teens
Hebron	3
Andover	4
Marlborough	3
Total	10

Density: Each peer mediator received **6** hours of training.

Peer Helpers	
Town	Teens
Hebron	14
Andover	5
Marlborough	7
Total	26

Density: Peer helpers participated in **25** hours of training and peer-related activities.

Power of Words Team	
Town	Teens
Hebron	25
Andover	8
Marlborough	12
Total	45

Density: Each teen was involved in **15** hours of training and presentation.

RHAM High School-Other Large Group Activities

Power of Words Assembly	
Town	Teens
Hebron	156
Andover	53
Marlborough	96
Total	305

Wellness Days	
Town	Teens
Hebron	33
Andover	5
Marlborough	16
Total	54

Suicide Prevention Classes	
Town	Teens
Hebron	47
Andover	7
Marlborough	15
Total	69

Freshmen Orientation	
Town	Teens
Hebron	152
Andover	53
Marlborough	100
Total	305

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, fozz-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 and The Connecticut Police and Youth 8 Ball Pool Tournament.

Teen Center-Individual Activities & Services

Teen Center Drop In	
Town	Teens
Hebron	59
Andover	18
Marlborough	35
Total	112

Density: For the entire school year, teens spent **5711** hours in the teen center. This represents a wide range of attendance patterns, with some teens attending almost daily and others coming occasionally.

Bon Appetite Club	
Town	Teens
Hebron	7
Andover	1
Marlborough	4
Total	12

Teen Center-Other Large Group Activities

Police Pool Tournament	
Town	Teens
Hebron	3
Andover	3
Marlborough	12
Columbia	2
Total	48

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.

Of the 81 families accessing these services, the vast majority of them utilized more than one of the above counseling services.

Mental Health Clinical Services-Individual Services & Activities

Clinical Cases	
Town	Teens
Hebron	41
Andover	13
Marlborough	21
Columbia	6
Total	81

Density: 913 hours of clinical service was provided to the 81 families.

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.

Juvenile Review Board	
Town	Children & Teens
Hebron	6
Andover	4
Marlborough	10
Columbia	6
Total	26

Density: 173 hours of service time was provided to families involved in the Juvenile Review Board.

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.

SYT-Annual Production	
Town	Children & Teens
Hebron	34
Andover	12
Marlborough	29
Total	75

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.

Girl Power Camp	
Town	Teens
Hebron	10
Andover	3
Marlborough	3
Total	16

Density: Each of the **16** girls spent **23** hours at Girl Power Camp

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.

CHORES Program			
Town	Teens	Seniors	Total
Hebron	29	19	48
Andover	16	15	31
Marlborough	8	7	15
Total	53	41	94

Density: Teens provided **815** hours of work to local seniors.

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.

Project Graduation	
Town	Teens
Hebron	82
Andover	26
Marlborough	48
Total	156

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.

Adult Grief Support Group	
Town	Adults
Hebron	9
Marlborough	4
Columbia	4
Other	4
Total	21

Substance Abuse Task Force

This was a remarkable year for The AHM Substance Abuse Task Force. A number of very well attended forums were presented to both students and parents. The topics were Internet Safety, “What Parents Need to Know” (Substance Abuse Prevention), “Life Rolls On” (a program by Jesse Billauer on making good decisions) as well as helping to fund Rachel’s Challenge (See Middle School Group Activities). In the area of prevention, these programs sought to enhance school and community based efforts to reduce student drug/alcohol use and provide resources in addressing internet safety. Rachel’s Challenge and the “Life Rolls On” program talked with students directly about treating others with kindness and appreciating life.

Jesse Billauer - “Life Rolls On”	
Town	Teens
Hebron	312
Andover	106
Marlborough	192
Total	610

Internet Safety - Parent Program	
Town	Teens
Hebron	27
Andover	7
Marlborough	17
Columbia	10
Total	61

Internet Safety - Student Program: Elementary School	
Town	Teens
Hebron	158
Andover	41
Marlborough	92
Total	301

Internet Safety - Student Program: Middle School	
Town	Teens
Hebron	365
Andover	100
Marlborough	190
Total	655

Internet Safety - Student Program: High School	
Town	Teens
Hebron	312
Andover	106
Marlborough	192
Total	610

Substance Abuse Prevention - "What Parents Need To Know"	
Town	Adults
Hebron	59
Andover	16
Marlborough	11
Columbia	8
Total	94

In-Kind Contributions

Each year the AHM Youth and Family Services Board of Directors, the Children's Trust Fund Committee and the Drug and Violence Prevention Task Force allocates thousands of dollars of in-kind support to our six schools, three police departments, three senior citizen departments, or three municipalities. In-kind support is easy to overlook, yet it represents a substantial financial investment in the citizens of our communities.

The following is a list of projects that are considered above and beyond AHM's annual budgeted commitment to the three communities.

School Partnerships:

- Full CTF Scholarships for students to attend camps Grades K - 8
- Full CTF Scholarships for families needing financial support for specific human needs Grades K - 12
- Partner Investment with the SBM Foundation in the Lantern/Mentoring Program K-12
- Partner Investment with ERASE in the DARE Program for Supplies Grade 6
- Partner Investment with ERASE in the Internet Safety Concepts Workshop Grade 6
- Full Investment in the Girls Circle Training & Curriculum (Staff) Grades K-12

Middle School and High School:

- Partner Investment with the Peridot Foundation in the Teen Center Bon Appetite Club
- Full Investment in the Girls Power Camp Program & Supplies
- Partner Investment with RHAM in the Rachel's Challenge Program
- Partner Investment with ERASE in the Internet Safety Concept MS & HS Workshops
- Full Investment in the Summer Youth Theater
- CTF Scholarships for RHAM Seniors
- CTF Scholarship to purchase technology for students
- Partner Investment with CREC Summer Youth Employment & Learning Program
- Partner Investment with ERASE on all of the Stop Act - Programs
- Partner Investment with Multiple Donors for Project Graduation
- Partner Investment with Peridot Foundation for Life Rolls On Student Workshops
- Partner Investment with RHAM in the H.S. Peer Mediation Program

Community:

- Full Investment in the Parent Forum Series on Parents 4A Change
- Full Investment in the Parent Forum Series on Internet Safety
- Full Investment in the School-Community Drug Task Force/Juvenile Review Board
- Partnered Investment with NCAAA in the Senior Citizens CHORES Program
- Full Investment in the Adult Grief Support Group

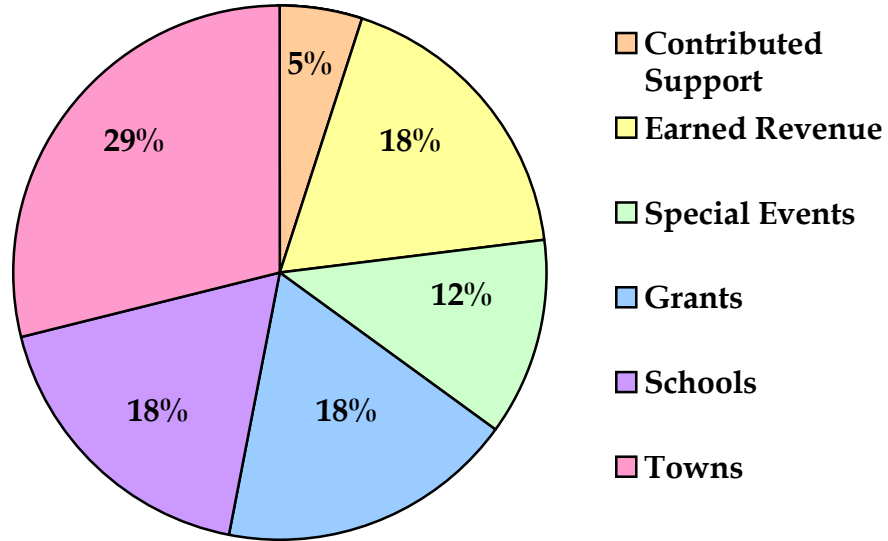
Use of the AHM Community Hall

During the year, community groups used the AHM facility 35 times. Some of the groups were The Mom's Club, Women's Club, Census Trainers, Home Schoolers, Boy Scouts, National Honor Society, RHAM Middle School, Hebron Elementary School, Hebron Center Nursery School, Marlborough Business and Professional Association and municipality use.

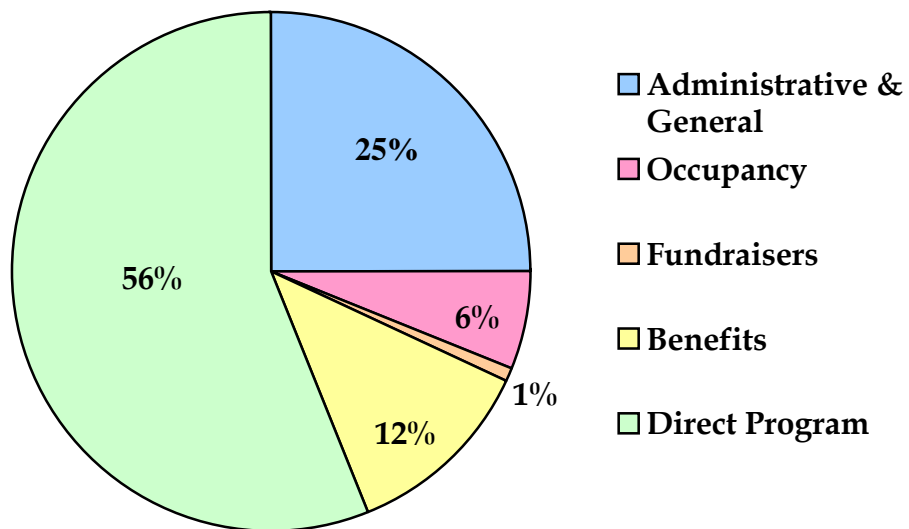


2009-2010 Financial Income and Expense Chart
As of June 30, 2010, \$931,000 was allocated to:

Budget Income



Budget Expense



AHM Board of Directors

Officers

President	Dr. Rev. Denise Esslinger
Vice President	Peter Yorio
Treasurer	Robert McBrair
Recording Secretary	Kristen Kania
Corresponding Secretary	Joleen Yorio
Director at Large	Linda Gardiner

Directors

Erich Aust	Jennifer Boehler
Brenda Bula	Heidi Byrne
Kay Corl	Robin Lane
Barbara Meyer	Patricia Morency
Erin Pace	Carla Pomprowicz
Lynn Sansone	Jeanne Worthen

Youth Directors

Brenna Kaplan	Christopher Langlois
Annie MacLachlan	Lauren Whitesell
Megan Whitesell	



AHM Staff

Administration

Executive Director	Joel I. Rosenberg
Director of Finance & Operations	Nella Stelzner

Administrative Support

Administrative Assistant	Sarah Day
Data Entry Processor	Lilliana Humphrey

Clinical Program

Clinical Director	Sandra Plummer
Psychiatrist	Dr. Alan Schmerler
Clinical Social Worker	Lauren Morris

Student Support

Social Worker Elementary Schools	Stephanie Haines
Youth Services Counselor RHAM MS	Peggy Tunick
Youth Services Counselor RHAM HS	Bevin Perry

Teen Center

Coordinator	Paul Stelzner
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Family Resource Center

Program Coordinator	Rebecca Murray
Parent Educator & Mentoring Program Coordinator	Laurie Larsen
Preschool Teacher	Cari Duigou
Preschool Assistant	Heather Holbrook

Project Graduation

Coordinator	Geraldine Dineen
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Summer Youth Theatre

Theatre Director	Mary Rose Meade
Assistant Director	Jeff Jacques
Associate Producer	Michele Francoeur
Musical Director	Anthony Pandolfe
Lighting & Sound Designer	Matt Troy