



ADOLESCENT CLUBHOUSE Partnering with Parents



meet me halfway ADOLESCENT CLUBHOUSE

is operated by



Together, we help ensure youth success:

- Frequent communication between parents and staff
- Monthly family activities
- Parent support group



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**A Dynamic Out-of-School Option for
Baltimore City Youth Ages 12-17**

operated by



Staff takes youth through the Seven Challenges program which is based in the belief that people deserve comprehensive counseling to help them identify and work on problems in their lives. (sevenchallenges.com)

Clubhouse life skills training follows the evidence-based Botvin model and its core curriculum: self-management, social competence and resisting peer pressure. (lifeskillstraining.com)

Since 1983, Progressive Life Center, Inc. (PLC) has empowered vulnerable children and families toward resiliency. With a focus on child welfare, juvenile adjudication and behavioral health, PLC provides direct support while also connecting people to their communities to ensure long-term success.

PLC Baltimore City
2641 Maryland Avenue
Baltimore, MD 21218
(410) 235-2800

PLC Headquarters
1704 17th Street, NE
Washington, DC 20002
(202) 842-4570

ProgressiveLifeCenter.org

- Youth-guided Activities**
- Educational Support**
- Recovery Planning**
- Vocational Guidance**
- Earn Service Hours**

FREE TO ATTEND

Bus Tokens and Rides Available

2641 Maryland Avenue
Baltimore, MD 21218

Clubhouse Overview

Out-of-School Time

Open Monday through Friday from 4:00 -8:00 pm and one Saturday a month with extended summer hours.

Location

2641 Maryland Avenue (Charles Village Community).
Accessible by public transit.
Van transportation available.

Harm Reduction Approach

Harm reduction refers to a set of compassionate and pragmatic approaches that aim to reduce a variety of risky behaviors including drug or alcohol use, teen sex, bullying and other social pressures. Our programming is designed to motivate youth to evaluate their lives, consider changes, and succeed in implementation thus taking power over their own lives.

Who We Serve

The Clubhouse hosts Baltimore City youth, ages 12-17:

- who are currently receiving treatment for substance use or abuse;
- who are in recovery;
- or others who can benefit from a safe youth-focused after-school environment.

Referrals and Enrollment

All are welcomed! We receive referrals from schools, treatment centers, social services, the courts and even by word-of-mouth. Just call (410) 235-2800. Enrollment requires completion of form with guardian's signature; age 17 may sign for themselves.

Our Philosophy

We put youth first. With a focus on treatment and healing, we engage youth, and whenever possible, Clubhouse decisions are guided by youth. We utilize a culturally-centered, spiritually-based treatment model that feels familiar to the youth we serve and therefore supports higher rates of success.

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Substance Recovery Support and Prevention and So Much More

A Sampling of How We Keep Youth Coming Back

Youth work hard to identify and reach their goals. During recreation and free time - which also serves as incentive - staff supports youth as they practice new social and life skills.



Call or email us with questions or for enrollment forms:
(410) 235-2800 or info@plcntu.org

Clubhouse Goals and Activities

Outcomes Achieved Through Work and Play

Though activities are structured and scheduled, youth are working even when they're playing. By incorporating lessons throughout an array of activities, youth learn important practical and emotional strategies and skills, whether sitting in front of a computer, preparing the evening meal, or blowing off some steam with a game of hoops.

A Youth Who is Successful Will:

- Achieve increased physical, social, educational and emotional stability
- Eliminate substance use
- Find increased self worth
- Engage and participate in educational training and vocational pursuits
- Have improved school attendance and grades
- Have improved family communication and parental involvement

Youth Outcomes are Achieved:

- With one-on-one and group counseling and recovery planning
- Through life skills building and homework help
- With exposure to vocational training and higher learning opportunities
- Through fun family activities
- Through daily meal planning and preparation
- By applying for jobs and participating in mock interviews
- With social and recreational activities in the Clubhouse and in the community
- Through volunteering and community service

To accommodate a range of ages, breakout groups help us customized age-appropriate activities.