



## **Wish List for Benefactors**

Beyond seeking gifts and donations to help offset general operating expenses for our non-revenue programs and activities, Second Growth is actively seeking sponsorship to enhance or expand specific services.

### **Individual and Family Counseling**

NEED: One additional full-time counselor especially to serve young men.

COST: \$50,000 for FTE, or \$15,000 for 20% position (comparable to current SAP contracts)

Second Growth works every day – sometimes seven days a week – to deliver the best possible counseling services to many individuals who can't afford to buy any service at all. We have a limited number of available appointments for individual counseling because of our staff-size limitations. Second Growth is the first choice for many referral sources, not because of affordability, but because of the unique style of our support that has effectively served those who may not been helped elsewhere.

### **“Better Choices”**

NEED : One additional full day of staffing to provide additional group services each week

COST : \$15,000

The Better Choices Program is an early intervention resource – diversion – for young people who have been involved in a first offense of substance abuse, violence, or shoplifting/vandalism. The program is a short-term, goal oriented, skills building experience that uses an asset-development approach to assist participants to:

- Engage in an honest look at the impact of harmful choices and make plans for appropriate reparations.
- Improve skills for understanding and managing emotions that have created personal challenges
- Expand personal networks of positive support,
- Develop planning and problem solving skills to succeed in education, employment, arts, or athletics,
- Learn about critical areas of risk behavior needed to make more informed choices,

Better Choices began as a school-based intervention, and has evolved into a program with broader application for school-age children and young adults. Better Choices has become integral in court diversion and community justice programs, and Second Growth now gets steady referrals from legal, education, healthcare and social service systems.

This is a harm-reduction program built on the belief that delivering the right amount of the right counseling, at the right time, will best help youth to redirect destructive behavior into... better choices.

### **“Making Change”**

NEED : Technical assistance and supervision for facilitators of SG's signature program

COST : \$9,000 or \$750 per month

We seek funding to support a regional expansion of Second Growth's extremely successful Making Change program model. Responsible growth of this recognized substance abuse program will involve several steps to insure further success: training, support, supervision, technical assistance, quality assurance, and evaluation. New pilot groups in CT, MA, and RI will require on-going, on-site training and assistance for communities to build this critical resource into the continuum of care available to their youth.

During a one-year start-up phase, Second Growth will guide the pilot groups through their first steps toward long-term viability, following the well-defined facilitator's manual and training program created by Second Growth and recognized by the NH Branch of National Association of Social Workers, Substance Abuse Counselors Association, and others.

Our experience has shown that the best way to develop new programs has been to include our successful young clients as part of our outreach team, providing in-person proof of our process.

### **“Momentum”**

NEED : Pilot and demonstration phase of a new Second Growth program – A Leadership Development Resource for Young Women in Recovery – needs to fund three interns and professional staffing for training, support, and supervision.

COST : \$12,500 for Pilot and demo phase; \$34,300 for entire Year #1

Adolescent girls tend to be introduced to substance abuse by the influences of older peers and young adults. The path to self-destruction is short and quick for the most vulnerable among the target population, and options are few for youth who want to resist but have difficulty developing trusting relationships with adult counselors.

However, peers who have demonstrated success in dealing with their own addiction are among the most credible resources for addressing this growing problem. A select group of young women in recovery will help create a training course designed to prepare themselves and others for the essential task of reaching out to assist school-aged girls already in some trouble with alcohol or drugs.

Second Growth needs funding to support this program for personal growth and professional development through time-limited internships for young women who have already demonstrated leadership within their own peer group.

### **Professional Development Training Series**

NEED : Underwrite training for Special Education classroom assistants in underserved schools

COST : \$3,000 for 4 sessions, or \$750 per day inclusive of time, materials, and mileage

### **School-Based Presentations**

NEED : Ten bullying prevention programs for middle schools in underserved communities

COST : \$7,500, or \$750 per day inclusive of time, materials, and mileage

Includes a copy of Second Growth’s DVD “When Cruel Is Cool: A Closer Look at Harassment.”

### **Community-Based Presentations**

NEED : Ten educational, skills building programs for Parent-Child Centers, support groups, or other community groups working with high-risk populations

COST : \$7,500, or \$750 per day inclusive of time, materials, and mileage