

Second Growth

Education • Prevention • Treatment • Recovery

We appreciate your support! With your help we are making a difference in the lives of local children. Visit www.secondgrowth.org for more information about our programs and services, and please include Second Growth in your giving plans again this year. Thank you!



2019 Start Ready Summer Camp



Fall 2019

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What Matters Most

At Second Growth, the health and wellness of local children is our top priority. For nineteen years we have been providing individual and family counseling, prevention education and leadership development programs, behavioral interventions, and recovery services for youth and young adults. We subscribe to a broad understanding of wellness as defined within the comprehensive vision of the World Health Organization:

“Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”

To support this vision, Second Growth is proud to provide essential, effective programs and services to residents of the Upper Valley, regardless of their ability to pay. We are committed to our mission to “...build the strength and *resilience* of youth in order to improve their outcomes and help them safely navigate adolescence.”

Through Second Growth’s education and prevention curriculum, leadership development programs, and therapeutic counseling, we are able to influence, encourage, and inspire young people to evaluate choices, make the best decisions for their future, and build this essential trait. *Resilience* is the inoculation with the power to protect young people from the ill effects of stress and trauma, disrupt the bad decisions that lead to substance misuse, and open the opportunity for our children to grow into strong, healthy adults who employ this resilience throughout their lives. That’s what matters most to us.

Teens attending *Start Ready Summer Camp* climb Arrowhead on the last day of camp and gain a new perspective on themselves and the community in which they live. *Start Ready* is designed to develop leadership skills and prepare teens mentally and physically for the rigors of the new school year. Thanks to our generous donors, Second Growth is able to provide *Start Ready* and other Youth Programs at no cost. Thanks for your support!





Dartmouth athletes energize our morning workout and bond with campers

Youth Programs Inspire Teens to Reach their Full Potential

Start Ready Summer Camp is a one-week leadership development program offered in late summer to local teens.

Through physical activity and experiential learning, this program promotes a culture of success on and off the field of play, in the classroom, and throughout the community. Participants increase their awareness of and learn skills to counteract bullying and substance use.

We focus on the skills teens need to be strong leaders, avoid risky behaviors, engage in conflict resolution, and develop positive self-image.

“I gained so much confidence in myself that I decided to run for student council president... and I WON!” – from a recent graduate of *Start Ready*

Coaching for Captains is offered one evening per month and one day per quarter during the school year. During our meetings, student athletes engage in activities and discussion about awareness, prevention and intervention of risky behaviors and development of leadership skills. A multitude of topics

important to teen athletes are discussed, including time management, nutrition, the ill effects of substance use on athletic and academic performance, team building, and other issues teens are facing. Community service credits are awarded to high school students whose schools require them.

Spring Break Arts Camp is offered in two locations during the April break. Designed especially for students who love the arts – music, poetry, theater, fine arts, and more – this Program focuses attention on awareness, prevention, and intervention of risky behaviors and development of leadership skills. On the first day of Camp, students decide what the focus of the week’s joint artistic project will be, and they each work on their own projects as well. Guest speakers and interactive discussion groups keep the students focused and engaged. On the last day of Camp, parents, friends and the community are invited to attend a performance of their work and view a display of our participants’ artwork.



Donors make our world go ‘round!

Without generous donations from people like you, Second Growth would cease to exist! Over 80% of our budget is built on grants and donations from individuals, private foundations, benevolent societies, and corporate sponsors.

We can’t thank you enough!

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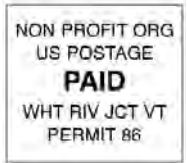
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Second Growth
PO Box 206
Hanover, NH 03755
www.secondgrowth.org



Delivering Prevention Education and Counseling When Needed Most:



Second Growth Responds to Serious Concerns about Teen Vaping with Information and Advice

In recent months, Second Growth's mission, *"to reduce substance abuse and violence for adolescents in our community,"* has become even more important to achieve. With the sudden and dramatic outbreak of illness and death due to the use of vaping products, Second Growth is working even harder to convey information to our community about this public health hazard. What began as a reasonable means for adults to quit smoking has become an

epidemic of drug abuse among teens. Nicotine is considered a very dangerous drug because it is among the most abused and most addictive substance on a list of many, and has been identified as a gateway drug – more difficult to stop using than heroin. Besides nicotine, other harmful, addictive, and toxic substances are being used in vaping products. In response to this threat, Second Growth has been presenting the facts and warning of the dangers,

speaking in schools, at public forums, and delivering the message through our prevention curriculum and private counseling. Helping young people understand the seriousness of this public health issue requires time and dedication to developing mutual trust, building rapport, and establishing open communication. We are especially grateful to The Byrne Foundation for recognizing the urgency of our need and supporting our work to address this alarming problem.