

CHILDREN'S RESILIENCY RETREAT



NH Prevention Conference

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Presenter: Monica Gallant, CPS, MPS

BGCSV Director of Prevention Services



“Relationships, purpose, and service are the three key elements of a meaningful life.”

– DR. VIVEK MURTHY

Children's Resiliency Retreat

October 2016

CAST Coalition was approached by school administrators & guidance counselors regarding the Opioid crisis



2016 - 2017

Research & Develop Framework of Children's Resiliency Program (CRR)



2017

Presented program to BGCSV Board & they agreed to pilot the CRR



Jan - June 2018

Piloted CRR serving 14 youth ages 9 - 13



2020

Invited to participate in STS - Received "Promising Practice" Designation



2025

CRR has served 48 youth ages 6 - 18 since 2018



Program Values:
**Trauma responsive and addiction
informed. Strength-based. Youth
centered. Compassion, empathy, love.
Fun.**



BOYS & GIRLS CLUE
OF SOUHEGAN VALLEY



Children's
Resiliency
Retreat



“Supportive experiences that can buffer children from the effects of adversity can promote healthy development and mitigate the impact of ACEs.”

– Robert Sege, MD, PhD & Carolyn Brown, PhD
Healthy Outcomes from Positive Experiences (HOPE)

What it is ...

- Selective prevention intervention for children ages 6-18 (grades 1-12)
- For children who have been impacted by a loved one's substance use
- Monthly day-long weekend retreats
- Implements the evidence-based strategies of:
 - Supportive Education
 - Social Emotional Learning
 - Life Skill Development
 - Community Services
- Grounded in the HOPE (Healthy Outcomes from Positive Experiences) Framework



WELLNESS AND RECOVERY THROUGH EDUCATION AND PLAY

1 in 4 youth has a family member with alcohol or other drug addiction. Youth in these families are experiencing traumatic stress and often feel like they are to blame, suffering from shame and guilt.

Our program provides youth with support through a combination of playful and educational activities that help them to openly communicate and rebuild trust.

"I made wonderful connections with the kids and other mentors. Supporting the kids has been an honor." -Mentor



"Watching the kids grow & develop (mentally and physically) has been a joy." -Mentor

EDUCATION

This is a NH Service to Science "Promising Practice" program designed especially for youth affected by substance use-a safe place where they can learn about:

- Addiction and substance misuse, including alcohol and other drugs
- Feelings and how to recognize/handle them in positive ways
- Safe coping strategies
- Self-compassion and how to develop it
- Problem solving and decision making
- Asking for help and support from safe people
- Healthy visions for their future
- Having fun and staying safe



LEADERSHIP

Youth not only benefit others, but also themselves, when they participate in leadership opportunities in our program.

- Team building
- Mentoring
- Peer Support



FAMILY SUPPORT

Family activities will be held in conjunction with the program to support the strengthening of relationships within the family system.

"We love that the kids have developed a kind of extended family within the program." -Caregiver

Children's Resiliency Retreat Program

WHAT IT TAKES (INPUTS)

- Youth (6-18)
- Boys & Girls Club Volunteers
- Parental Commitment
- Community Partners
- Funding
- Evidence Based Curricula
- Program Supplies
- Transportation
- Technology

WHAT WE DO (STRATEGIC) PROGRAM COMPONENTS



WHAT WE BUILD (OUTCOMES)

RELATIONSHIPS

Having:
 Positive interactions with peers and adults
 Trusting relationships
 Responsive, sustained connections
 Feelings of forgiveness
 Constructive and healthy child-guardian relationships

ENVIRONMENT

Having:
 An understanding of addiction
 A feeling of safety and security
 Community partnerships and action to support kids and their families
 Fun opportunities for developmentally appropriate challenges

ENGAGEMENT

Experiencing:
 A sense of belonging and value
 Success and accomplishment
 Joy in activities with others
 Connections with community
 Hope and optimism for the future
 Generation of social capital
 Development of feelings of empathy and honesty

SOCIAL EMOTIONAL DEVELOPMENT

Learning:
 Social and emotional competence
 Executive function skills
 Self acceptance and confidence
 Resilience
 Agency and empowerment
 The value of positive experiences
 To avoid substance misuse



HOW WE IMPACT THE COMMUNITY



- Increased sense of community, human capital and engagement
- Community awareness of resources for youth development and well-being
- Safe and supportive youth friendly community
- Community awareness and understanding of the burden placed on children living with families experiencing SUD
- Decreased stigma around mental health and substance use within the community

The Healthy Outcomes of Positive Experiences (HOPE) framework asserts that improving the lives of all children, particularly those exposed to experiences or conditions that create toxic stress, requires intentional, informed efforts that reduce adversity and promote positive experiences (Sege, et al 2017).

Children's Resiliency Retreat Visual Logic Model



Children's Resiliency Retreat



BOYS & GIRLS CLUB
OF SOUHEGAN VALLEY



THE PROGRAM SUPPORTS CHILDREN WITH:

- General problem solving and decision making
- Skills for increased self-control and self-esteem
- Adaptive coping strategies for relieving stress and anxiety
- General social skills and general assertive skills

Impact of the Children's Resiliency Retreat

- **Understanding of the disease of addiction**
- **Increased sense of belonging and value**
- **Sense of hope and optimism for their future**
- **Positive interactions with peers and adults**
- **Opportunities for leadership development**
- **Youth have grown into advocates for recovery**
- **Youth have become peer mentors**
- **Increased awareness of mental health and recovery**





Thank you to our funders:



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