

NEW HAMPSHIRE REGISTRY OF INTERVENTIONS: PROMISING PRACTICE				
Program Name	Program Description	Organization	Contact	Date of Endorsement
Making Change	Making Change is a beginner's recovery support group for adolescents wanting to make a change, or thinking about making a change in their substance use. This peer support group challenges participants to think about how their substance use negatively impacts their lives while offering support and hope to begin a clean and sober lifestyle.	Second Growth www.secondgrowth.org	Barbara Farnsworth barbarafarnsworth@secondgrowth.org	2011
Teen Institute Summer Program	The NH Teen Institute Summer Leadership Program is a dynamic residential week of leadership development that brings high school students together through experiential workshops designed as catalysts for personal values exploration and increased school and civic engagement. Throughout the week, participants increase their knowledge in a variety of topics including substance abuse and addiction, peer mentoring, bullying / violence prevention, sexual health, conflict resolution, stress management, and other health and wellness areas. The program connects participants with their regional peers and school & community action organizations so they can channel this new energy toward the betterment of their home communities.	NH Teen Institute www.nhteeninstitute.org	Marissa Carlson mcarlson.ti@gmail.com	2012
NH Life of an Athlete	Life of an Athlete (LoA) is a school-based, comprehensive prevention program created by former Olympic trainer John Underwood. LoA focuses on increasing healthy lifestyle choices, including the choice not to misuse alcohol, tobacco and other drugs by: <ul style="list-style-type: none"> • increasing knowledge about the immediate impact of healthy choices on athletic performance 	NH Interscholastic Athletic Association www.nhiaa.org	Donna Arias darias@nhiaa.org	2014

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	<ul style="list-style-type: none"> implementing athletic policies based on a restorative justice model using the peer to peer model promote healthy choices school wide 			
Youth Leadership Through Adventure	Youth Leadership Through Adventure is a youth-focused strategy designed to reduce substance abuse and promote healthy lifestyles amongst participants by focusing on identified positive youth development constructs such as group bonding, enhancing emotional capacity, and increasing resilience. The program is delivered using a variety of youth-led, adult-guided experiential education activities with a preference for outdoor and wilderness settings. Successful participants realize personal positive development and lead positive change in their schools and communities through environmental prevention activities, service learning projects, and school climate improvement campaigns.	North Country Health Consortium http://nchcnh.org/	Francine Morgan fmorgan@nchcnh.org	2015