

## CADA TI 2004

For 3 ½ days in the beginning of June, teenagers from Orleans, St. Bernard and Plaquemines Parishes congregated at Jackson Barracks in New Orleans to participate in CADA's 2004 Teen Institute. They went there to learn about leadership, community outreach, and peer-led alcohol and drug abuse prevention strategies. One of the most amazing things about their presence at the military facility is that they chose to be involved. Their parents didn't make them go and teachers didn't require it of them, although they did have to be recommended by school faculty based on leadership potential.

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This newsletter is brought to you by the NATI Board of Directors. We encourage all readers to submit articles, programs news and updates, and suggestions on how to improve this newsletter.

Please mark all submissions "NATI Newsletter" and include your name, state, and the name of your program and send to:

via email:

[jamie@njtigs.org](mailto:jamie@njtigs.org)

via mail:

Jamie Sierfeld

Newsletter Chair

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## NATI to Visit the Garden State in October

Jamie Sierfeld, NJ

The National Council on Alcoholism and Drug Dependence (NCADD) of North Jersey Area and the TIGS program are pleased to announce that the annual NATI Conference will be held in Princeton, NJ this October. The conference will begin on Thursday, October 7 and will end on Saturday, October 9. The conference will feature some terrific nationally renowned speakers, including Kevin Wanzer and Dr. Michael Fowlin. In addition, over twenty five workshop options will be available to participants on cutting edge topics that are pertinent to both prevention professionals and youth leaders involved with Teen Institutes. The NATI Conference is a great opportunity for those already familiar with Teen Institutes to network and gain insights. For those new to TI, the NATI Conference provides a unique chance to learn more about these exciting leadership programs that have, since 1965 been proven to be effective




**When: October 7-9**

**Where: Princeton, NJ**

**Cost: \$260 for NATI Members**

prevention tools.

The 2004 NATI Conference will be held at the Princeton Radisson, just five minutes away from historic downtown Princeton and Princeton University. In addition to garnering some great new knowledge about prevention and Teen Institutes, this is also a great opportunity to discover the great history and beauty of the Garden State in early autumn. For more information on the conference, please contact the TIGS office at (973) 783-2309. Registration materials are also available for download at [www.teeninstitute.org](http://www.teeninstitute.org).

## TI Magic

Bill Aley, OH NATI Board President

Greetings friends! I could hardly believe it when I sat down to write this article this morning that it was August 3<sup>rd</sup> already! Here in Ohio the summer seems to have flown by at a fast, hot and rainy pace. By now you have already conducted many of your TI programs, I am sure with great success. August should be a time of rest and reflection, right? Well, in this office, August means that school is going to start in about a month so we

are rushing around trying to fill two recent vacancies, get curricula in order, sign contracts with schools and fill out our calendars...so much for rest and reflection!

This summer did find me in the midst of two TI experiences. I had the distinct pleasure of being on staff for the Gateway Teen Institute and Junior Teen Institute. For those of you who do not know about the Gateway Teen Insti-

tutes, they are programs of Gateway Rehabilitation Center outside of Pittsburgh, Pennsylvania. Kudos to their TI Director, Paul Granger, for bringing Southwestern PA and Eastern Ohio such quality programs! It occurs to me that we TI folks are lucky...where else could you be King Midas in a talent show in one moment and dangling from an 800 foot Zip Line the next? More importantly, where else can you

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## Youth Affairs

Cassie Ravo, NJ

The NATI Youth Affairs Committee is excited about the upcoming conference in Princeton, NJ. Members are proudly presenting two workshops this year. Topics will include diversity and youth-adult communication and discussion techniques. At the spring Board Meeting, Youth Affairs accomplished the planning of these workshops as well as some new improvements to the structure and application process for the committee. Look for more great things to come in October!



## Deaf Teen Institute in Ohio

Learning how to resist alcohol and other drugs in today's world presents a significant challenge for any youth. Meeting the prevention needs of deaf and hard of hearing individuals in an environment that is cognizant of and responsive to the communication and cultural needs of these persons, on the other hand, is an even bigger challenge.

Earlier this year, one Dayton-area provider set out to shatter the access barrier by hosting Ohio's first-ever Deaf Teen Institute (DTI), February 20 - 22, 2004, at the YMCA Camp Kern located in Oregonia, Ohio. The event was hosted by DeafLink of Community Services for the Deaf, a program of Family Services Association have taken the initiative to adapt TI to local needs. Deaflink is an alcohol, tobacco, and other drug prevention education program for deaf and hard of hearing youth servicing 18 counties in southwest Ohio.

Eleven deaf and hard of hearing high school students partici-

pated in DTI - nine as participants and two as youth staff who already had experienced the Ohio Teen Institute.

The students, from all over Ohio, including Dayton, Cincinnati, Coshocton, Maumee, Newark, Independence, Chagrin Falls, and Barberton, attend three different schools, Ohio School for the Deaf in Columbus, St. Rita's School for the Deaf in Cincinnati, and Patterson Career Center in Dayton.

The staff was comprised of five deaf prevention professionals and one interpreter. During the weekend, participants attended workshops and leadership training. Drug Education topics included "The Dangers of Meth," presented by Scott Duff of the Bureau of Criminal Investigations, and youth activism to reduce the glamorization of tobacco presented by the Stand Teen Advisory Panel.

Participants also were involved in team building and leadership activities.

Deron Emmons, DeafLink Project Director states, "DTI gives deaf and hard of hearing students the opportunity to learn from peers in an environment that is 'Deaf Friendly,' meaning that there aren't any communication barriers. The presentations were highly visual in content, and deaf adults are there to demonstrate strong leadership and give the students ideals to strive for."

By the end of the weekend the participants were ready to take their skills, ideas and dedication back to their schools and share the drug-free lifestyle messages with their classmates.

For more information regarding DeafLink or DTI, please contact Deron Emmons, MSW, LSW at 937-222-6362, voice or 937-222-

## NATI Board Meeting: Youth Perspectives

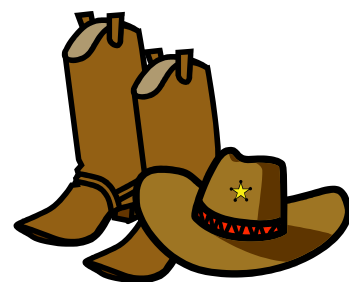
Elizabeth Mast, IL

My name is Elizabeth Mast. I am currently a Youth Board Member for Illinois Teen Institute (ITI) and also a board member for the National Association of Teen Institutes (NATI). As a board member for NATI, in March I was privileged to participate in a five-day strategic planning meeting in Austin, Texas with the other NATI board members. Although this process was not as exciting as being at Illinois Teen Institute, it gave me the opportunity to see just what goes into policy development and policy change on issues that affect all teens

across the United States. To have input and voting power to that entire process was an honor and hopefully my input not only represented my views but all teen's views in Illinois and across the United States. Our discussion centered around team building, action planning, and wellness activities just to name a few topic discussions. Since I have returned from Texas, I have shared what I have learned with our Illinois Youth Board and hopefully they will see positive results from my trip. Being a board member for both organi-

zations has opened my eyes to just what is involved in assuring youth have the best opportunity in the world in which we live. If you are ever asked to serve in any role where you are asked your opinion on teen issues, jump at the chance. You don't realize just how valuable your input is.

Oh and by the way, if you are ever in Austin, Texas don't forget to see the world's largest attraction for bat sight seeing. Yes that is right, bats that fly and hang upside down. It is something you will never forget.



"Being a board member ... has opened my eyes to just what is involved in assuring youth have the best opportunity..."

# Teen Institute & Technology

## Helpful Internet Resources for TI's

### [www.jointogether.org](http://www.jointogether.org)

What it is: Join Together Online (JTO) is a comprehensive network of free Internet services supporting community-based efforts to address substance abuse and gun violence. Thousands of community leaders, professionals and concerned citizens use JTO every day to be more informed and effective in their local efforts to reduce and prevent these devastating public health problems.

Why you should check it out: With 100 new pages posted every week, it currently features over 40,000 daily news and fundraising articles, action alerts, resource listings, in-depth feature stories and other fully-searchable documents dating back nearly ten years. In-depth background information on key issues and hands-on advocacy tools show visitors how to get involved and take effective action on a local and national level.

### [www.nih.nida.gov](http://www.nih.nida.gov)

What it is: The National Institute on Drug Abuse's website puts forth information regarding science, research, and substance abuse prevention and treatment. In addition to research, NIDA offers a host of resources regarding alcohol, tobacco, and other drugs appropriate for students, parents, and prevention professionals alike.

Why you should check it out: NIDA is the place to go for the most current statistics regarding national alcohol, tobacco, and other drug use trends. The website hosts the most current Monitoring the Future (MTF) results and up to date federal funding opportunities.

### [www.teeninstitute.org](http://www.teeninstitute.org)

What it is: The Official NATI Website! Home to information regarding the history, mission, and current members of NATI. Also, archived newsletters are available, as is conference information.

Why you should check it out: A great resource to stay connected with other individuals involved with TI to gain insights and share ideas and excitement!



### [www.pa.org](http://www.pa.org)

What it is: The mission of Project Adventure — an innovative teaching organization — is to provide leadership in the expansion of Adventure-based experiential programming. Project Adventure seeks to develop responsible individuals, productive organizations and sustainable communities.

Why you should check it out: The PA website is a great resource for finding Adventure Based trainings and programming— nationwide! Also, equipment, props, and books are available through their extensive online store. Adventure Based programming is a great complement to Teen Institutes and this website is a great way to learn more.

### [www.preventionnet.com](http://www.preventionnet.com)

What it is: *PreventionNet* is funded by the National Institute on Drug Abuse (NIDA). The focus of *PreventionNet* is accurate information on prevention programs for which there is credible scientific evidence of effectiveness. Through the *PreventionNet* website, information concerning the most effective prevention programs currently available is provided in a brief and straightforward way.

Why you should check it out: Oftentimes funders and administrators require the use of science based programs- Many of these programs and curricula can serve as a great support to Teen Institutes. *Prevention Net* provides up to date information about popular and successful programs.

## New Jersey & Georgia:

### TI Exchange

Michele Storcks, NJ

I have been involved in the Teen Institute of the Garden State (TIGS) for nine years. I have also had the privilege to experience NATI twice, the first time was in Oregon in 1998 and then most recently 2002 in New Hampshire. Each summer for the past 4 years, TIGS and Georgia Teen Institute has what is called a "Staff Swap", each Teen Institute sends a staff member to experience with the other teen institute does during their youth conference. I was lucky enough to be the staff chosen to represent New Jersey's TIGS at the 2004 Summer Conference for Georgia Teen Institute. Every Teen Institute has many differences as well as similarities so I was nervous and excited all at the same time. When I arrived the staff and volunteers were warm and welcoming. Then energy was high as we prepared for the participants to arrive. The Georgia Teen Institute conference was packed with many educational workshops, great speakers/presentations every night, and various amounts of recreational activities. But what stood out the most was how wonderful the staff was, not only to me, a "new" person, but also to the youth that attended this conference. They made every activity fun and energetic which is so important. They had door prizes at every session and even made winning a pack of pencils seem like they were winning a trip to Disney World. Attending Georgia Teen Institute made me feel the way I felt my first time attending TIGS. I learned so much from other people and definitely felt inspired to bring back some of what I learned to TIGS. I would like to thank Jessica Andrews, Ari Russell, Sandi Lott and all of the Georgia Teen Institute Staff for making my trip to Georgia such a wonderful experience.

## CADA

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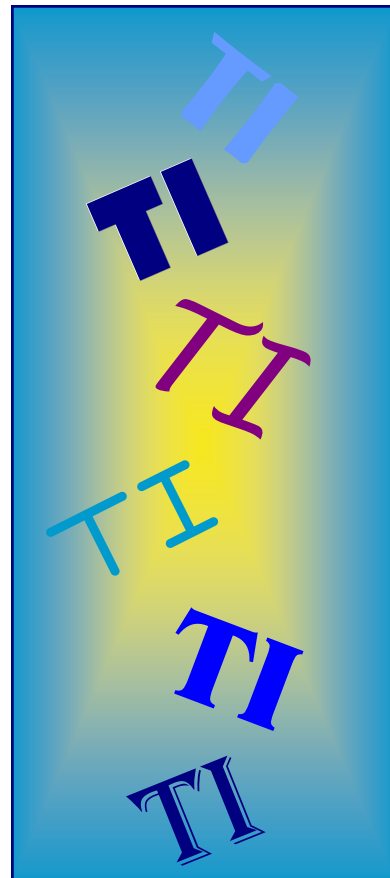
Many of the Teen Institute participants choose to return year after year and have actually formed a youth staff that has direct responsibilities in the coordination of the event. While there was much fun to be had during the camp, the adolescents give up the first week of their summer vacation primarily to benefit their peers, schools and communities.

During informative workshops, they were educated on the effects of alcohol and other drugs on the body and brain as well as the legal ramifications substance abuse can have in their life. In addition, creative workshops offered the teen leaders innovative ways to become role models and have a positive influence. Activities such as water games, sports competitions, and a drug-alcohol free

dance provided tons of fun and the opportunity to interact and bond with culturally diverse students from multiple schools that they wouldn't ordinarily have contact with.

The goal of a Teen Institute is that these youngsters will return to their respective schools and communities and implement the knowledge and strategies they have acquired. If the energy, enthusiasm and ambition of this year's group carry forth, they will undoubtedly be successful in achieving that goal. It's a win-win situation! Till next year...

(CADA offers special thanks to Tech. Sgt. Steve Haynes and the LA National Guard for provision of a safe and functional place to hold our T.I.)



## MAGIC

*Continued from page 1*

watch young people grow and develop in such amazing ways and in such a short amount of time.

I recall at our spring board retreat, brainstorming about what TI is and what makes it a success, we listed talent shows and motivational speakers and family groups, but when we came to the idea of "TI Magic", that was harder to define. Webster's defines magic in several ways, one being, "possessing distinctive qualities that produce unaccountable or baffling effects." Is what happens at TI so mystical as that? As we delved into this 'TI Magic' thing, we began to see that all of the components that could be part of a TI had something in common. We called that "pro-social bonding". On a most basic level, TI works because of the relationships and support network that TI creates. I see it every year. We bring a group of excited, yet cautious youth to an unfamiliar environment, shout strange energizers at them and arrange them into something called a "family group". Then, after the first night homesickness is over, something very special begins to happen. Is that magic? Just like a spider weaving a web, these amazing young folks begin to forge ties and relationships that seem to lift them to a higher place. Lights go on as they begin to see the relationship between healthy decision-making and true happiness. Understanding of personal responsibility leads to greater awareness of self. A true metamorphosis occurs, and our one-time caterpillars begin to test their butterfly wings. Now, the hard part, at least for me, is releasing those butterflies in hopes that their individual beauty will inspire a new batch of caterpillars. I may never have the answer to that question, but there is one thing I know for sure...every spring there are caterpillars and every summer there are butterflies...and there never seems to be a shortage of magic.

## Gateway Teen Institute: Growing & Flourishing

NORTH SEWICKLEY TWP. - Red-headed Abbey Wamboldt, 14, teetered atop a 30-foot telephone pole in a wooded wedge of North Sewickley Township, her hands wagging awkwardly in the air to keep her balance.

"Come on, Abbey," her friends yelled from the ground, where they held ropes that attached to her harness and prevented her from plummeting to earth. "You can do it. You are almost there."

Wamboldt shook her head.

"I'm going to fall backward," she protested.

"That's OK," a friend shouted. "We'll save you."

But no amount of encouragement was going to persuade Wamboldt to leap from the Pamper Pole - so named because anybody who wobbles atop it runs the risk of soiling his pants - and lunge for a trapeze, swaying gently in the trees.

"I'm coming down," she called.

Wamboldt, of Slippery Rock, was at Geneva College's Pisgah Ropes and Challenge Course as part of the Gateway Teen Institute, a weeklong summer program for western Pennsylvania and eastern Ohio teens that uses workshops, games and physical challenges to teach teamwork and leadership skills and promote healthy, drug-free lifestyles.



Though the Teen Institute is based on a 38-year-old model from the Ohio Department of Health and is active in 35 states, the Gateway Rehabilitation Center didn't start its own version of the program until 2001, when directors there noticed a shocking spike in the number of young people being treated for drug and alcohol addiction.

"We had a 400 percent increase in the number of kids being treated for heroin in just a couple of years," said Paul Granger, Gateway Teen Institute coordinator and outreach specialist for adolescent services. "There was a lot of denial that this is what's happening in the suburbs. People didn't believe it. So we started thinking, 'What can we do with prevention?'"

And so the Gateway Teen Institute was born, schooling its participants in the dangers of drugs and providing them with the tools to pass on the message to their peers.

In its first year, 35 high school students - 10th- to 12th-graders attended. Last year, Gateway added a junior high program for seventh to ninth-graders. And this year, more than 200 teens from 74 school districts signed up.

Most of the participants, including Hannah Rhodes, 15, of New Sewickley Township, who deftly scaled ropes, a climbing wall and tires to conquer Pisgah's Vertical Playpen, are leaders in their schools and



Anna Stephenson, 17, of Rochester, right, high-fives Erin Browning, 14, of Shaler Twp. while on the Giant Swing at the Gateway Teen Institute in North Sewickley Twp. on Monday. The Times Photo / Sally Maxson

communities and active in such programs as Students Against Destructive Decisions and Peer Helpers.

But a few, including Kayla Jackson, 12, of Beaver Falls, who took an upside-down, free-falling ride on the Giant Swing, are kids who have seen the destructive nature of drugs in their families and need support in their quest for a drug-free lifestyle.

"People here like you for who you are, not for how you dress," Jackson said as her teammates on the ropes course broke out in a clapping, stomping team song. "They like you for you."

And that, said National Association of Teen Institutes President Bill Aley, is sometimes all it takes for kids to pass on bad choices and commit to making healthy ones.

"If they become attached to each other, they have a better headchance of making it," Aley said.

Article by April Johnston, Beaver County Times

# ABOUT NATI

The National Association of Teen Institutes (NATI) is a member agency of alcohol, tobacco, and other drug prevention programs that use the Teen Institute (TI) model to promote wellness through the development of positive life skills. Founded in 1985, NATI is a not-for-profit corporation that provides a network of support and ideas for existing programs as well as assistance and training for the development of new programs.

The mission of NATI is to promote and advocate for comprehensive youth leadership training programs in prevention, which empower people to effect positive change in individuals, families, and communities.

For further information, visit us at [www.teeninstitute.org](http://www.teeninstitute.org)

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