

# Youth Development Spotlight:

## DBHDD's Mental Health Resiliency Support Clubhouses



GEORGIA STATEWIDE AFTERSCHOOL NETWORK



### The Spot at CHRIS 180 Atlanta, GA

#### Best Practice: Incorporating Youth Voice

The Spot is a place where young adults, ages 15-21, can spend their time learning the tools necessary to make a successful transition to adulthood in a fun, stigma-free environment. Services are provided in a supportive group environment and include structured activities that assist young adults in obtaining goals related to education, employment, understanding mental and behavioral health, coping skills, and living skills. The Spot demonstrates their strong value on young adult's thoughts and opinions by providing leadership opportunities and allowing them to shape the program and activities to fit their needs and interests. The young adults even developed the acronym for The Spot – Supporting People Overcoming Troubles!

#### Focus on Youth Voice

The Spot offers opportunities for young adults to:

- Serve on a Youth Advisory Council
- Develop the program calendar
- Choose and create activities

#### Connection to Georgia Afterschool & Youth Development Quality Standards:

- 1.6 Solicits and incorporates youth voice in the planning, development and implementation of programming
- 1.7 Integrates opportunities that foster responsibilities, autonomy and leadership throughout the program



### Aspire at Albany Community Service Board Albany, GA

#### Best Practice: Intentional Focus on Skill Building

Aspire is committed to serving children, adolescents, and young adults with emotional, mental, and/or behavioral health concerns and their families. Aspire's mental health clubhouse provides over 250 youth ages 6-15 with high quality youth development programming after the school day ends and over the summer. Using an evidence-based curriculum, Aspire weaves skill building into all activities throughout the program day. As youth achieve skill mastery, they are offered additional opportunities to strengthen their life skills through a Peer Leadership Academy, serving as mentors, and service in the Dougherty community.

#### Building Life Skills

Aspire focuses on building over 50 skills, including:

- Conflict resolution
- Peer-to-peer communication
- Goal setting

#### Connection to Georgia Afterschool & Youth Development Quality Standards:

- 1.9 Includes opportunities for youth to build life skills
- 1.10 Promotes self-competence and teaches youth responsible decision-making
- 4.4 Teaches and encourages use of conflict resolution skills among youth

# Mental Health Resiliency Support Clubhouses

Youth Voice  
and Choice

Building  
Life Skills

Funded by the Georgia Department of Behavioral Health & Developmental Disabilities, the Office of Children, Young Adults & Families, the Mental Health Resiliency Support Clubhouses provide a youth led, family driven therapeutic environment for Georgia's children and young adults coping with the challenges of mental health disorders. The clubhouses provide supportive services that include educational supports, employment services, peer support, family engagement, social activities, and other initiatives geared to engage youth, as well as assist them in managing behaviors and symptoms. While working to improve outcomes for children and young adults with mental health conditions, the clubhouses provide high quality youth development programming and are exemplars of youth voice and choice and building life skills.



For more information on afterschool in Georgia, visit: [www.afterschoolga.org](http://www.afterschoolga.org)

For more information on the resiliency support clubhouses, visit:  
<https://dbhdd.georgia.gov/office-children-young-adults-and-families-cyf>