



Activity-Based Mentoring Project

Teen participants meet weekly with an AMTP mentor during the school year. Through this long-term caring relationship, teens develop self understanding and explore ways to advocate for themselves in their families, schools, and communities. Participants also build new friendships, skills, and aspirations through a wide range of activities (see below!) and many choose to participate for multiple years.

Learning to Lead Outdoors



Teens in our *Outdoor Leadership Pathway* have engaged in many team-and skill-building adventures already in 2009. Together they have earned certification in CPR and First Aid, learned to cook with backpacking stoves in icy winter conditions, snow-shoed and hiked to local summits, practiced climbing and belaying on a rock wall, and served as assistant leaders in an after school outdoor program for younger children.

Connecting in the Community



Last Fall, teens teamed up with City Year NH members to sort food at the NH Foodbank for distribution to 392 food pantries in NH. As they worked, teens talked with their partners about Americorps and what it means to them to do a year of service. This Spring, teens in our *Community Service Pathway* worked together to shop for, prepare, and serve meals for neighbors at a local soup kitchen.

Inventing the Future



In our *Inventing the Future* project, teens who are now high school seniors and their parents went on an overnight college tour, worked with an AMTP mentor on applications and financial aid, secured acceptances, and have made plans to attend college next Fall! Younger teens who may be among the first in their families to go to college visited four different college campuses to encourage new questions and imagination.

AMTP IS A LOCAL, COMMUNITY BASED NON-PROFIT. AMTP WORKS COLLABORATIVELY WITH PARENTS AND EDUCATORS TO STRENGTHEN SELF ESTEEM, FOSTER RESILIENCE, ENRICH OPPORTUNITIES AND DEVELOP STABLE, SECURE RELATIONSHIPS IN THE LIVES OF YOUNG PEOPLE WHO FACE DIFFICULT LIFE CIRCUMSTANCES.

Director's Note:

Dear Friends,
 It is our pleasure to share this glimpse of our programs with you. With your support, hundreds of youth, parents, and community members have participated in AMTP programs so far in 2009. All of us at AMTP continue to learn so much from teens, families, and our community about what it means to face adversity with resilience, courage, compassion, and hope. As the new Director of AMTP, I am moved by the generosity shown to AMTP by you and so many others. And I am grateful for the leadership of the founders, Donna and Holly, who helped AMTP grow into such a thoughtful, empowering organization over the past 25 years.

continued on page 2

Community & Family Education

This Spring, 645 parents and caregivers, educators, and community members participated in AMTP presentations and parent programs.

Dr. William Pollack, best-selling author of *Real Boys*, explored emotional challenges boys face, including violence and depression, and spoke about how to forge strong, supportive connections with boys.

Dr. Nancy Rappaport, spoke about teenage depression with parents and educators and shared the vital roles they can play when they are concerned about a teen who is hurting.

AMTP also offered a 5-night course for parents and caregivers focused on concrete tools they can use to respond to conflict positively.

Collaborative for Child and Adolescent Mental Health

For the 6th year, this project brought child psychiatrist, Dr. Ted Wingate, to consult with over 100 educators, medical practitioners, and counselors and improve care for youth with complex challenges.



With support from the Governor Wentworth Regional School District and Huggins Hospital, this project also offered 5 trainings for practitioners designed to improve assessment, treatment, and local collaboration.



Riverland Education Adventure Center



In April 2009, we entered into a new partnership with the Concord Monthly Meeting of Friends to build a new meetinghouse and activity building on part of our Riverland site in Canterbury, NH!

We hope this new building will make it possible for more local residents to benefit from this wonderful place.



Activities on the low challenge ropes course at Riverland develop a sense of community, individual leadership, cooperation, and compassion among participants from schools and community groups.

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Diversity Project

This school year, AMTP partnered with the Governor Wentworth Regional School District to implement the *Voices* literacy and character education curriculum in every 6th grade class in the district!

During the winter and spring, nearly 200 students and 24 teachers were involved in weekly sessions with AMTP educators for 8 weeks.

Students read engaging books about teen characters faced with ethical dilemmas and major life transitions.

As students looked ahead to their own transition to a multi-town middle school, the project promoted positive self-identity, compassionate awareness of others, creative problem-solving and appreciation of diversity.

Director's Note:

continued from page 1

As we move forward, AMTP is committed to sustaining and strengthening our long-term mentoring and community programs and I want to personally invite you to join us in this effort.

AMTP has been built on careful listening and grassroots relationships. I encourage you to stay in touch with us to share your thoughts, concerns, experiences and knowledge - and especially your hopes for youth and families here in the Lakes Region.

Together, we can ensure that AMTP is a vital, responsive resource for our community for many years to come.

*Thank you so much for your support,
Dan Kusch, Executive Director*

Now on the web at www.teenprojectnh.com



Appalachian Mountain Teen Project
PO Box 1597
85 Bay Street
Wolfeboro, NH 03894