



TRUCKEE TAHOE AIRPORT DISTRICT BOARD OF DIRECTOR STAFF REPORT

AGENDA TITLE: Agency Partnership Request - Gateway Mountain Center

MEETING DATE: Wednesday, March 28, 2018

PREPARED BY: Marc R. Lamb, Aviation & Community Services Manager

RECOMMENDED ACTION: Staff is requesting a Board determination for an Agency Partnership request presented by Peter Mayfield, Executive Director of the Gateway Mountain Center (GMC). The GMC is a local nonprofit 501(c)3 that has been helping high need youth of all backgrounds learn, heal and thrive for 12 years. The Agency Partnership would be with the Tahoe Forest Hospital District (TFHD) and the Truckee Tahoe Airport District (TTAD) in support of the GMC's programs. A financial funding request is being made to TTAD in the amount of \$75,000.

DISCUSSION: The GMC is looking for TTAD Agency Partnership funding for two endeavors: 1) to increase capacity for growing caseloads of high need youth requiring staffing increases, and 2) to launch an After-School Wellness Center and Digital Arts Creative Lab in their existing space.

Rural communities of Nevada and Placer Counties are typically underserved with a lack of programs in support of high need youth, even though the caseloads are increasing. The Gateway Mountain Center fills that void within our District boundaries through a host of historically successful therapeutic mentoring programs.

With the improved outcomes for the extremely high-need youth that the GMC is treating, they have been awarded contracts as a full-service partner of *Wraparound Treatment*¹ in both Nevada and Placer Counties and are certified by Medi-Cal as a provider in Behavioral Health Services. The GMC is also contracted by the Tahoe Forest Hospital System to provide therapeutic services to

¹ County Health offers *Wraparound treatment* to children and youth with serious emotional and behavioral problems and are at risk of not being able to continue to live with their families. Wraparound is done with a team of Behavioral Health professionals and individuals who are relevant to the well-being of the child or youth (e.g., family members or other natural supports).

under / and uninsured youth, and transitional age youth (18-24), and is in discussions to significantly increase this contract for the coming year.

The GMC is in a space that will house a Wellness Center and Digital Arts Creative Lab right across the street from Truckee High and the Family Resource Center. It will be a welcoming space for youth to connect with caring and skilled adult and peer support, and access fantastic programming. The Wellness Center will provide stress reduction, substance abuse treatment, leadership and development, adventure recreation, creative expression and job skills development. Requested funding would be used to make tenant improvements (TI's) in this space for a Wellness Center and to provide kick start funding for youth requested programming and increased caseload.

WHAT'S NEXT: If approved, the funding will help support the GMC's efforts to increase caseload capacity for high need youth within our District, make needed tenant improvements, and support initial staffing to launch its After School Wellness and Enrichment Center.

FISCAL IMPACT: The Gateway Mountain Center request is for \$75,000. Calendar year 2018 budget includes the following:

- \$500,000 is budgeted as unallocated Agency Partnerships in 2018.
- Staff is anticipating future 2018 Agency Partnership requests from NLTPUD & Tahoe Nordic Search & Rescue.
- Carry over obligations to come out of the 2018 \$500,000 AP budget include:
\$10,000 Truckee Chamber of Commerce, Truckee Tomorrow Phase II
\$30,000 Town of Truckee, Community Event Shuttle

PUBLIC COMMUNICATIONS: If funding is approved, the Truckee Tahoe Airport District will be recognized by the Gateway Mountain Center with a permanent banner in their Wellness Center and, whenever and wherever appropriate, verbally, online and in print. TTAD will itself market the partnership support in our standard media venues when and where appropriate.

SAMPLE MOTION(S): I move to approve the Gateway Mountain Center Agency Partnership request of \$75,000 with agency sponsor Tahoe Forest Hospital District in support of GMC and its youth programs.

ATTACHMENTS:

- TTAD Agency Partnership Request Form application packet (3pgs)
- GMC Application Support documentation (2 pgs)
- Tahoe Forest Hospital District Resolution No. 2018-03 (2pgs)
- GMC Additional Program Information (8 pgs)



TRUCKEE TAHOE AIRPORT DISTRICT Agency Partnership Request Form

Name of Organization/Group: Gateway Mountain Center Date of Request: 3-4-18

Name of Authorized Representative: Peter Mayfield

E-mail address: peter@sierraexperience.org

Complete mailing address: 10038 Meadow Way, Unit A,
Truckee, CA. 96161

Phone - Daytime: 530-205-6245 Evening: _____ Fax: _____

Agency / Elected Body: Tahoe Forest Hospital System, Board of Directors

Eligibility Checklist *(all boxes must be checked to be considered)*

☒ Agency Partnership must be endorsed, through a formal motion or resolution with findings approved by the governing board of another local public agency with an elected or appointed board. (Non-profit and community organizations are eligible when in partnership with a local public agency, and are named as such in the formal motion or resolution)

- ☒ The motion approved by the partnering public agency governing board should:
- Describe the public benefit of the request and/or partnership opportunity
 - Outline what the partnering agency intends to contribute to the request
 - Express support for the requested event, program, or project
 - If applicable, name the partnering non-profit organization

☒ Applicant is not a State or Federal Agency.

☒ Applicant does not promote religious purposes. Religious organizations are not excluded from Agency Partnerships; however, the purpose of the program must be as described in the definitions section of TTAD's Policy Instruction 311 and shall not serve to promote a religious message as the primary purpose.

☒ Applicant is not a political organization and/or individual campaign.

☒ Applicant does not discriminate on the basis of age (40 and above), race, religion, gender, gender identity or gender expression, sexual orientation, genetic information, marital status, disability, ancestry, or national origin.

☒ Applicant is not a single individual.

☒ Applicant is not a for-profit organization.

☐ If the applicant is a for-profit organization holding fundraiser programs, they must identify a 501(c)(3) or California not-for-profit corporation as a recipient of the program proceeds and provide acknowledgement of receipt of said proceeds from that non-profit organization.

☒ Applicant's programs or events must provide a benefit to the Airport Districts' constituents or those living in the Districts' sphere of influence. The Applicant's programs or events must also principally serve District constituents.

☒ Applicant's programs or events must be open to the public and charge only nominal and reasonable participant fees where such fees and associated revenue are used to offset program costs or are part of the fundraising effort.

Eligibility Checklist continued...

- ☒ Applicant is willing to present, in a public forum, a presentation describing the request to the Airport District's Board of Directors
- ☒ Applicant is not an individual or organization or public agency that has been named in a lawsuit involving the District or have pending or threatened litigation with the District.
- ☒ Applicant is of upstanding moral and public character. Applicants has a fiduciary responsibility to maintain a public image that corresponds with that of the District's mission and core values.

Requirements if a Partnership is agreed to

The applicant must also agree to do the all of following (failure to do so will result in future ineligibility for a period of two years from written notice):

- ☒ Obtain all required permits, clearances, insurance, and program authorizations within time restraints and in compliance with local, State, and Federal laws and any applicable Truckee Tahoe Airport District policies and procedures.
- ☒ Permanently acknowledge the support of the Truckee Tahoe Airport District where appropriate, and include on all printed information and advertising related to the event for which sponsorship was provided the following statement: **"Major funding provided in part by the Truckee Tahoe Airport District"** or other logo approved by the General Manager.
- ☒ Allow the District to have a sponsor booth at the program/event if the Truckee Tahoe Airport District so desires (at programs/events where a sponsorship booth is appropriate) for the purposes of distributing information regarding the programs and community services the District provides. This booth shall be provided at no cost to the District. If necessary the District will provide its own booth and setup.
- ☒ Partnership recipients must agree to erect a banner (if appropriate) recognizing the District's support of the event or program. This banner shall be erected at the facility for the duration of the program, event, facility, or equipment. The verbiage of the banner shall be determined by the General Manager. The actual banner, if not provided as part of the sponsorship, will be provided by the Truckee Tahoe Airport District in accordance with the size requirements of the event or program.
- ☒ Provide the District with whatever benefits are afforded other sponsors of similar sponsorship or partnership levels (i.e., logo display, sponsor table, advertising benefits, etc.).
- ☒ The public agency receiving such funds shall extend any and all benefits, discounts, or access to the facilities that are extended to the residents of the public agency to all residents of the Truckee Tahoe Airport District on the same terms and conditions.

In cases of a significant financial partnership commitment, if funding is approved, the District shall require, as a condition of providing such funding assistance, all of the following:

- ☒ That the public agency receiving such funds shall extend any and all benefits, discounts, or access to the facilities that are extended to the residents of the public agency to all residents of the Truckee Tahoe Airport District on the same terms and conditions.
- ☒ Permanent acknowledgement of the Airport District's participation to the District's satisfaction.
- ☒ That the recipient of funds execute in favor of the District a Release and Covenant Not to Sue by the Aircraft utilizing that airport or the fund recipient's use of their real property, fund recipient as to:
 - Any claimed damages or adverse impacts of the Truckee Tahoe Airport,
 - Aircraft utilizing that airport or the fund recipient's use of their real property,
 - Any land use restrictions or increased structural requirements imposed by the Truckee Tahoe Land Use Commission's Compatible Land Use Plan, whether currently in effect or as may be later adopted.

Please provide a detailed description of your Sponsorship Request and how it will benefit your organization, and the Truckee Tahoe Airport District. *(Use additional sheets as necessary.)*

See Attached Sheets:

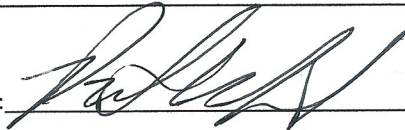
Amount Requested: \$ 75,000

Have you requested funding from TTAD before? N Y / N If "Yes" – when? _____

How will the District be recognized in your program? *(Use additional sheets as necessary.)*

We will place a permanent banner in our Wellness Center. We will highlight this support on our web page. We will highlight this support in press releases and articles that we place announcing our new center.

Signature (Authorized Rep.):



Date: 3-4-18

Please allow 60-90 days for your request to be reviewed and processed.

.....
For TTAD Use Only

Approved _____ Declined _____ at the public TTAD Board of Directors meeting held on _____.

By the following vote:

Ayes _____

Noes _____

Absent _____



Our Youth Need Help!

The Need: Truckee and North Lake Tahoe has a significant, growing subset of youth who are *highly impacted* by the stressors of:

- * Adverse Childhood Experiences/Traumatic exposure * Poverty * Housing Issues
- * Multi-generational substance abuse * Immigration status * Difficult family situations
- * Learning difficulties * Serious Emotional Disturbance/Mental illness symptoms

These high-need youth disproportionately require the resources of:

- * School district psychologists and counselors * Hospital Emergency Department
- * Law Enforcement

Rural Placer and Nevada County has nearly double the National Average for youth suicide.

Untreated, these youth are far more likely to:

- * Get arrested * Get expelled from school * Drop out of school
- * Land in the ER for a 5150 evaluation (psychiatric commitment evaluation)
- * Engage in severely harmful substance use
- * Be removed from their family to be placed in a group home or foster care.

The far-reaching impact this has on classrooms, teachers, fellow students, and care providers, for years to follow, is significant.

For 12 years, Gateway Mountain Center has innovated and delivered high-impact programs to meet Truckee-Tahoe's growing need:

- Wellness Programming for five TTUSD schools
- Addiction education and treatment
- Therapeutic mentoring/treatment for high-need youth
- Family case support
- TTUSD Faculty Support
- Rapid response to acute psychiatric crisis
- After-School Wellness Programs

These needs are growing faster and larger than our community has been able to meet. Gateway Mountain Center is on a mission to build more capacity to solve these issues.

Gateway Mountain Center - *Helping Youth Learn, Heal, and Thrive!*

10038 Meadow Way, Suite A, Truckee, CA 96161, Ph. (530) 426-2110

www.sierraexperience.org

Gateway Mountain Center is a project of Social and Environmental Entrepreneurs, a 501(c)3 non-profit public charity.



With your generous gift, we can join together to offer solutions. Please, ***Help Youth of all backgrounds, Learn, Heal & Thrive!***

Capacity Building to Meet Growing Case-Loads:

It is paramount today that we add management capacity to handle the growing demand for our services and to support our hard-working therapeutic staff. For the past 5 years Gateway Mountain Center has piloted and developed a therapeutic mentoring program called Whole Hearts, Minds and Bodies (WHMB). With the improved outcomes for the extremely high-need youth we are treating, we've been awarded contracts as a full service partner of Wraparound in both Nevada County and Placer County and are Certified by Medi-Cal as a provider in Behavioral Health Services. Gateway Mountain Center is also contracted by Tahoe Forest Hospital System to provide therapeutic services to under/and uninsured youth and transitional age youth (18-24). We're in discussions to significantly increase this contract for the coming year.

Requested Funds will be used to kick-start hiring and provide first year funding for two positions: Program Manager of the Whole Hearts Minds and Bodies (WHMB) program, and a Case Manager to provide needed support for client youth and their families.

After-School Wellness and Enrichment Center:

We're developing an extremely well located after-school Wellness Center and Digital Arts Creative Lab in Truckee. Across the street from two TTUSD high schools and The Family Resource Center, we can provide youth with a convenient, welcoming space to connect with caring and skilled adult and peer support, and access fantastic programming. We'll provide stress reduction, substance abuse treatment, leadership and development, adventure recreation, and creative expression/job skills development. As providers of wellness programs, we are the only 100% from soup-to-nuts providers for youth mental health and wellness, substance and addiction treatment, and youth adventure in the region. We're leveraging our experience, and the relationships we've formed from 12 years of best-in-class programming, to build a vibrant community center. We have a great space with offices and private treatment room upstairs and large space downstairs.

Please See Attached Flyer!

Requested Funds will be used to finish and equip the space – paint, carpet, new door, furniture, small kitchen features, computer and video equipment. Funds will also provide budget for staffing for first two semesters, 2018-2019 while we access grant funding for continued operations.

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**TAHOE FOREST HOSPITAL DISTRICT
RESOLUTION NO. 2018-03**

**RESOLUTION TO ENDORSE TRUCKEE TAHOE AIRPORT DISTRICT FUNDING
SUPPORT OF THE GATEWAY MOUNTAIN CENTER EXPANSION PLAN
SERVING HIGH RISK YOUTH IN THE TRUCKEE/TAHOE COMMUNITY**

WHEREAS, the TAHOE FOREST HOSPITAL DISTRICT ("District") is a hospital district duly organized and existing under the "Local Health Care District Law" of the State of California; and

WHEREAS, Gateway Mountain Center is a Truckee based Non-Profit that provides therapeutic and wellness support for high-need and high risk youth in the Truckee/Tahoe community; and

WHEREAS, the Gateway therapeutic mentoring program utilizes innovative treatment and support to help youth who suffer from serious emotional disturbance, symptoms of mental illness, and/or substance use disorder; and

WHEREAS, Gateway Mountain Center has been awarded full-service partner contracts with Placer and Nevada County Behavioral Health Departments and in 2017 became certified as a Medi-Cal provider in behavioral health services; and

WHEREAS, the Tahoe Forest Hospital District Community Health Program provides financial support to Gateway Mountain Center earmarked to fund uninsured or underinsured high risk youth and is a referral resource for youth identified with behavioral health issues; and

WHEREAS, a strong collaborative partnership has developed between Gateway Mountain Center, District, Nevada and Placer County's to support these high-need youth; and

WHEREAS, the Truckee Tahoe Airport District board of directors will consider a financial grant supporting Gateway Mountain Center enabling the expansion of services including after school programming at the Youth Wellness Center and increased staff to include a case manager/family advocate and a program manager to support the growth in case load requiring the endorsement of a partner public agency; and

NOW, THEREFORE, BE IT RESOLVED the Board of Directors of the Tahoe Forest Hospital District hereby endorses the Gateway Mountain Center expansion plan and resource funding support by the Truckee Tahoe Airport District.

PASSED AND ADOPTED at the meeting of the Tahoe Forest Hospital District Board of Directors held on the 22nd day of February, 2018 by the following vote:

AYES: Brown, Wong, Zipkin, Hill, Chamblin

NOES: None.

ABSENT: None.

ABSTAIN: None.

ATTEST:



Dale Chamblin
President, Board of Directors
Tahoe Forest Hospital District



Alyce Wong
Secretary, Board of Directors
Tahoe Forest Hospital District



Gateway Mountain Center

Mission:

Helping youth of ALL backgrounds Learn, Heal and Thrive!

Beliefs:

We believe that DISCONNECTION is the root of most of the issues we face; personally, communally, environmentally.

We believe our future depends on creatively solving our world's problems. We can accomplish this by increasing enviro-literacy, resiliency, and systems thinking.

We believe nature teaches, heals, inspires, challenges, and provides a playground for growth and awareness.

We believe there are four roots for "Growing a Human." **The Gateway Method** strengthens

1. Authentic Relationships
2. Peak Experience Flow-State Learning
3. Nature Connection.
4. Community Service.

Programs:

Customized programs for youth ranging from high-achievement scholars to the highest need, trauma-impacted youth:

Field Trips & Camps- Enviro-Literacy, Outdoor Adventure, and Social and Emotional Learning to increase resilience, engagement, and stewardship.

Wellness Classes- Peak Health and Empowerment, Mindfulness and Yoga, Time Management, Finding Voice, Mindfulness-Based Substance Abuse Treatment.

Therapeutic Mentoring for Individuals- "Whole Hearts, Minds, & Bodies," one-on-one treatment for emotional disturbance, mental illness symptoms, or substance use disorder.

Current Initiatives:

■ **Sustain and SCALE current programs:** Engaging more students: Increase school field trips; Create more adventure / peak experience summer camps; Grow our after-school wellness center for local high-risk youth; Offer wellness classes to Alt-Ed students in the greater Sacramento and Bay Areas; Replicate "The Gateway Method" with our Therapeutic Mentoring program to help the highest need youth through-out Northern California.

■ **Build Capacity. Expand Operational Sustainability:** In keeping with our 30% annual growth rate; 1. Increase and diversify funding sources, target local and regional community agencies, foundations, and individual donors. 2. Hire and develop case manager and program director to support growing demand.





Field Trips & Camps

Total Served

19,000 Youth: 60 Schools from Independent to Low-Income; 1,200 Happy Campers!

Two - Year Goals:

Increase outreach and grow annual school visits from 21– 45 per year. Integrate Next Gen Science field curriculum with Social-Emotional Learning.

Growth Steps –

Generate more financial resources for marketing, outreach, and program growth.

Wellness Classes

Total Served

All four regional High Schools, 2 Continuation High Schools, 2 Probation Schools, 1 Juvenile Detention School, New After-School Wellness Center

Two - Year Goals:

Add Alternative-Ed schools from Sacramento and Bay Area; Year-round, Robust, Mindfulness-Based, Substance Use Treatment Program (MBSAT), Fully operational After-School Wellness Center.

Growth Steps –

Create a financially self- sustaining wellness center; increase outreach, programming and staff.

Therapeutic Mentoring

Total Served

60 of the highest-need youth in a large region from Nevada City to Lake Tahoe.

Two - Year Goals:

Scale program across Northern California by partnering with UC Davis Medical Center and UCSF-Benioff Children's Hospital Oakland for pilot programs and clinical trials.

Growth Steps –

Fund, recruit and develop Case Manager, Family Advocate and Regional Directors to expand services to a greater number of highest risk youth throughout the region.



Join Gateway in building a future where all youth thrive – DONATE TODAY!

Gateway Mountain Center ■ www.sierraexperience.org

Peter Mayfield, Executive Director ■ (530) 205-6245 ■ peter@sierraexperience.org



After School Wellness Center

Mission:

Helping youth of ALL backgrounds Learn, Heal and Thrive!

Initiative: After School Wellness Center



The Need: In community forums, and healthy kids surveys, youth in Truckee consistently voice the need for “something to do” afterschool. Regional substance use / abuse, symptoms of stress, and truancy from school are alarmingly high. Support services in rural areas are significantly lower than urban areas, and Truckee is no exception.

The Project Overview: Provide a convenient, walking distance location for youth and transitional age youth to access a welcoming space, great / fun programs and classes, and a caring connection with skilled adult and peer support.

Four Key Programs:

- 1. Drop-In Wellness Site** — An attractive, safe, and comfortable space for youth to stop in, grab a smoothie or cup of tea, hang out; and get caring support / inspiration for challenges, difficult emotional or mental states, and tools for healthy living.
- 2. Mindfulness-Based Substance Abuse Treatment** — registered as Evidence-Based, MBSAT is aligned with current research on effective and best practices in addiction treatment for youth.
- 3. Studio KIT – Kreative-Innovation-Truckee** — We can offer phenomenal creative possibilities: Prototyping, drawing, site-specific art, coding, digital photography, videography, writing and more.
- 4. BaseCamp for Adventure** — We need a space to meet and gather for the after school adventure outings we offer: rock climbing, snowboarding, mountain biking, yoga, and nature immersions.





Our History: Founded in December 2005, The Gateway Mountain Center serves over 2000 students annually in our combined environmental education, adventure-learning, wellness, and mental health programs. Locally, we serve Sierra High Continuation School, The Community School, Truckee High, North Tahoe High, and Alder Creek Middle School.

Partnerships and Collaborations:

- Placer County Behavioral Health
- Uplift Services
- Nevada County Behavioral Health
- Tahoe Forest Hospital
- Family Resource Centers of Truckee and North Tahoe
- PCOE
- Tahoe Truckee Unified School District

Grant Support:

- Tahoe Truckee Community Foundation
- Lahontan Community Foundation
- Martis Camp Community Foundation
- Truckee Police Department

Outcomes: To significantly improve the quality of life, health and education for our youth; creating new opportunities for a brighter future.

Expert Staff:

Roster of AMGA certified rock climbing guides, ski and snowboard coaches, and ski patrollers.

Greg Bernstein — Emmy Award winning videographer; producer of Sierra High student-driven acclaimed anti-drug film, "Life or Meth"

Jay Damron — Sculpture and Digital Artist, Lead Instructor at the Tech Museum in San Jose, Art and Design instructor at Truckee Meadows and Feather River Community Colleges

Peter Mayfield — one of the most experienced mountain guides in the youth adventure field in the US

Nancy Minges — Holistic Health Educator, 10+ years of experience in running a drop-in center

Oscar Perez, PhD — Writer, Martial Artist, and Guide; using storytelling, literature, and movement to increase resiliency, youth voice, and empowerment.



Join Gateway in building a future where all youth thrive – DONATE TODAY!

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Whole Hearts, Minds, and Bodies

Young people engaging their lives through mentoring, healing, and nature connection



Are you interested in:



- Spending more time in nature?
- Living a greater version of yourself?
- Adults and peers you can relate to?
- Activities that are meaningful?
- Art, nature-skills, creativity?
- Adventures such as hiking , exploring and rock climbing?
- Feeling more connected, empowered, and alive?

Whole Hearts, Minds, and Bodies is a program for young people who want to approach their lives and wellbeing in a full and integrated way. We utilize an approach that we call **Nature Based Therapeutic Mentoring**, which combines modern therapeutic approaches with traditional mentoring to create relationships that are deliberate and nurturing. With nature as our backdrop we guide youth through multi-hour, activity-based sessions where they learn skills and develop the capacities they need to face their challenges and meet life with confidence.

Who We Are: We are a team of therapists, mountain guides, mentors, and teachers. We utilize our experience in mental health services, youth empowerment, outdoor leadership, and substance abuse treatment, to work with youth from a variety of backgrounds, from those who face specific life challenges to those who are simply seeking a more meaningful way of being in the world.

Format: We offer weekly multi-hour sessions that are individually tailored to the goals, desires, and abilities of each participant. Group experiences are available when appropriate to enhance peer connection and learning.



For more information contact
Peter Mayfield at (530) 205-6245
Gateway Mountain Center



Whole Hearts, Minds, and Bodies is a nature-based therapeutic mentoring program for youth who are receiving or could benefit from services related to mental health, including behavioral, and/or substance abuse issues. Our model works with the supports that are already in place to provide a well-rounded, holistic approach to treatment. Youth are witnessed and supported by adult mentors as they connect to nature, participate in adventure based activities, explore their individual passions, meet challenges, learn how to make healthy decisions, and experience success that can be translated into everyday life. Our services are individually tailored and meet youth where they are, helping them to navigate challenges as they arise and engage their lives in a full, connected, and resilient way.

Our Program Consists Of:

• ***Weekly individual sessions that include:***

- nature connectedness activities
- outdoor adventures such as rock climbing, hiking, skiing, and nature sensory exercises
- deep reflective time to integrate experience and relate it to everyday life
- activities that are tailored to participants individual desires
- nutritional counseling
- peer connectedness and support
- group activities that model possibilities, and demonstrate success
-

• ***One to one mentoring that:***

- helps youth to feel seen and heard by invested non-parental adults
- creates a bridge between existing supports and helps to engage community resources
- is supportive and empowering
- provides an outlet as youth move through personal challenges
- focuses on individual gifts and helps to strengthen internal resources

Bi-yearly weekend retreats to:

- deepen relationships with peers and mentors
- reflect upon growth and mark moments of passage
- create a space for youth to experience themselves outside of daily life

Who We Are

Gateway Mountain Center has operated nature-based adventure and therapeutic programs in the Truckee/North Tahoe area for 10 years. Our team consists of individuals with extensive experience in mentoring, outdoor adventure leadership, counseling, addiction treatment, public and private education, and holistic-based therapies. We draw from our professional training as well as our personal experience to support participants through knowledge, skill, and deep care.

For more information contact Peter Mayfield at (530) 205-6245

The Gateway Mountain Center – *Helping Youth Learn, Heal and Thrive!*

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Mindfulness Based Substance Abuse Treatment (MBSAT) 12 Session Curriculum for Adolescents

This Mindfulness-Based Substance Abuse Treatment (MBSAT) curriculum integrates best practices from the fields of mindfulness, psychotherapy, and addiction treatment as applied to working with adolescents. Such components include mindfulness meditation, informal mindfulness activities, mindfulness-based concepts, emotional awareness activities, and substance abuse education and relapse-prevention strategies. The overarching objective of this curriculum is that youth learn and practice tangible techniques that can improve mindful decision-making.

Curriculum Modules

1 - Introduction to the Program

2 - Mindfulness of Drugs and Their health Effects

3 - Reacting vs. Responding

4 - Mindfulness of Delusion

5 - Emotional Awareness

6 - The Brain and Drugs

7 - Mindfulness of Craving

8 - Mindfulness of Triggers

9 - The Family System and Drugs

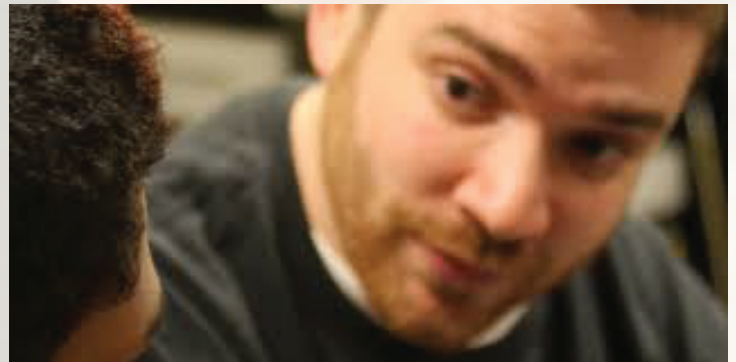
10 - Mindfulness of the Peer System

11 - Mindfulness of the External Environment

12 - Closing Ceremony

About the Originator:

Sam Himmelstein, PhD, is a licensed psychologist in the state of California and a Behavioral Health Clinician at the Alameda County Juvenile Justice Center. He is also the author of *A Mindfulness-Based Approach to Working with High-Risk Adolescents*.



There were approximately 170,000 juvenile arrests in 2011 related to drug abuse, drunkenness, and driving under the influence (Puzzanchera, 2013). Thus, there is no shortage of need for innovative, engaging, and evidence-based substance abuse treatment and education for adolescents. Mindfulness has been growing in popularity at an exponential rate over the past decade. As an intervention, mindfulness has shown efficacy for both youth populations (Biegel, Brown, Shapiro, & Schubert, 2009; Burke, 2010; Himmelstein, Hastings, Shapiro, & Heery, 2012a; 2012b) and addiction populations (Bowen, Chawla, & Marlatt, 2011; Bowen et al.).

For more information on the evidence for the efficacy of mindfulness-based substance abuse treatment models please refer to Sam Himmelstein's book: ***A Mindfulness-Based Approach to Working with High-Risk Adolescents***. You may also visit his website at: <http://centerforadolescentstudies.com/>

NATURAL HIGH YOUTH RETREAT

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FRIDAY 7/15 11 AM TO SATURDAY 7/16 1PM

A **FREE** RETREAT EXPLORING ADVENTURE & MINDFULNESS WITH **NOAH LEVINE**
WHITEWATER RAFTING—ROCK CLIMBING—MUSIC MAKING
AND CAMPING UNDER THE STARS ON DONNER SUMMIT!



Whole Hearts, Minds, and Bodies



For more information please see the back of this flier.