



elevate  
YOUTH SERVICES

Bringing Prevention and  
Belonging Initiatives to the  
Basement Teen Center

**Opioid Settlement Advisory Committee**

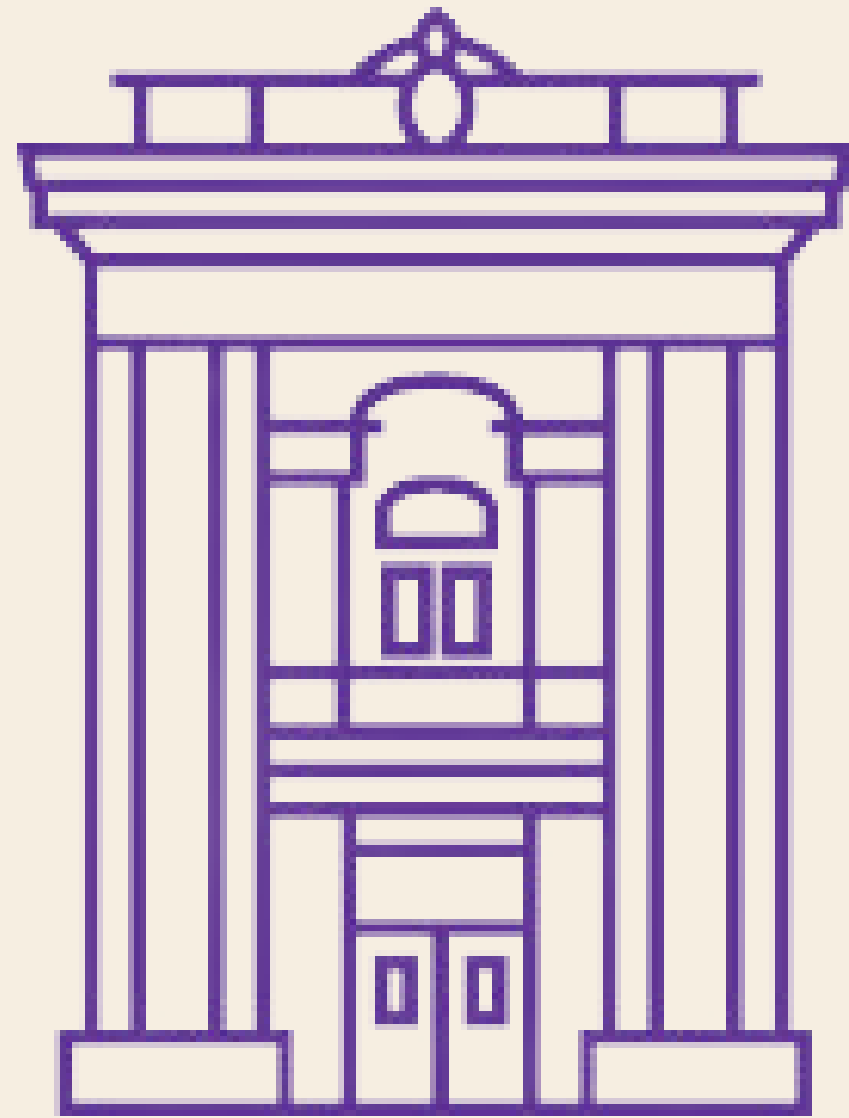
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## who we are

Elevate Youth Services is the only nonprofit in Washington County dedicated to the unique needs of adolescents and young adults (ages 12-24). Our programs prioritize positive and authentic relationships, and address challenges such as poverty, addiction, mental health struggles, and disconnection from families, empowering youth to lead fulfilling and healthy lives.

We've been doing this work for 50 years.

When youth thrive,  
communities thrive.



# KELLOGG- HUBBARD LIBRARY



**BASEMENT  
TEEN  
CENTER**



# **What we do at the Basement Teen Center:**

**We create opportunities  
for young people (12-18) to  
decompress,  
find connection,  
build relationships,  
ask for help,  
and support each other.**

e x p e r i e n c e  
b e l o n g i n g



**food!**

**laughter!**

**friendship**

**engagement**

**connection**

**creativity**

**acceptance**

**healthy relationships**

**fun and adventure**

Two light blue elephant silhouettes are positioned on the left side of the image. The first elephant is partially cut off by the left edge, and the second one is slightly behind and to the right of the first. Both are facing right.

**The opposite of addiction  
is connection.**

**Johann Hari**

# **What we want to do more of, with the Healthy Youth Program:**

**Help young people explore  
alternative outlets to process  
stressful events and  
difficult emotions.**



**Increase our capacity to  
respond to complex needs  
and crises.**

Provide intentional early intervention, prevention, and treatment services for youth ages 12-18.



# explore alternatives

whole-person wellness  
exercise and play  
nutrition & food preparation education  
conflict resolution education  
mentorship  
health education  
movement, mindfulness, somatics

**We want to have  
more of the  
conversations  
that really  
matter:**

what do you care about?

what do you want your life to feel like?

what does it mean to care for yourself?

what kind of person do you want to be?

where do you find purpose?

who are your people?

who is your community?

what makes you, YOU?

# Proposal Goals

## **Enhance Accessibility of Support Services**

By integrating Healthy Youth Program substance use and mental health counselors into our relocated Basement Teen Center, we can provide immediate and trauma-informed care, connection, and resources in a familiar setting with trusted adults.

## **Offer Comprehensive Support**

The counselors will deliver prevention programming, intervention, alternative strategies, and treatment resources tailored to the unique and changing experiences of youth, **without it feeling like prevention education.**

## **Create a Safe and Welcoming Environment**

Establish a space where young people feel safe to engage in discussions about their challenges and access the support they need. Provide alternative opportunities to decompress and build relationships.

## **Funding Purpose**

We request funding from the Opioid Settlement Advisory Committee to support the siting and integration of counselors within the Basement Teen Center.

**Staff:** Fairly compensate qualified substance use and mental health counselors.

**Training and Resources:** Provide ongoing and high-quality training in trauma-informed care, prevention, radical mental health first aid, harm reduction, and belonging initiatives.  
Ensure access to necessary tools and supplies.

**Community Building and Outreach:** Foster community and sense of belonging. Identify problems and solve them, together. Insist on connection.

## **Expected Outcomes**

**Increased Access to Services:** Youth will have direct and immediate access to counseling, support, and connection, reducing barriers to seeking help.

**Improved Mental Health and Substance Use Outcomes:** By providing comprehensive and culturally relevant resources, we expect to see a positive and lasting impact on the mental health and substance use behaviors of participating youth. Youth will build positive lifestyle habits that are supportive of good mental health and preventative of reliance on substances.

**Sense of Belonging:** Build strong sense of community and connection to establish behaviors and relationships that increase sense of belonging. Enhance collaboration with local agencies and stakeholders to create a supportive network around youth.



"The basement teen center  
has helped me make new  
friends and feel more  
connected with my  
community."



# Thank you!



# Questions?

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