



Highland Rivers Behavioral Health

The ROC (Reaching Our Community) - Resiliency Support Clubhouse



PROGRAM OVERVIEW

The Resiliency Support Clubhouse provides a fun and safe environment where youth and adolescents (ages 6-21) can hang out and socialize while learning important resiliency strategies. Youth participate in social outings, educational and employment supports, group discussions and other activities that help them build pro-social behavior and life skills.

Saturday outings let participants have fun, learn and enjoy positive social interactions. Outings may include trips to amusement parks, nature parks, sporting events, museums, paint ball, zip lining, arcades, movies and more. All activities include transportation and are provided by the Clubhouse at no cost to families



FAMILY SUPPORT

The Clubhouse provides comprehensive services to engage youth and their families in their recovery. The Clubhouse works with families to promote wellness and increase parental involvement in the program. Parents and families are encouraged to join the learning and fun during:

- Parent peer support groups
- Parent education and support
- Monthly Family Day



CLUBHOUSE SERVICES

Clubhouse services include:

- Positive peer mentoring
- Healthy nutrition education and activities
- Education and employment supports
- Onsite counseling and learning
- Structured recreational activities
- Social outings ☒ Aftercare services
- Adult transition life skills ☒ Family engagement
- Transportation to the Clubhouse and offsite activities



ENROLLMENT REQUIREMENTS

Youth participating in Clubhouse activities must have a documented mental health diagnosis. In addition, all participants:

- Must have at least 60 days of stabilization within the community
- Must not have any recently acknowledged suicide attempts or ideation
- Must have a TB (tuberculosis) test, or had one within the past 12 months, before entering program



CONTACT INFORMATION

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Highland River Behavioral Health serves Bartow, Cherokee, Cobb, Fannin, Floyd, Gilmer, Gordon, Haralson, Murray, Paulding, Pickens, Polk and Whitfield counties.



The ROC CLUBHOUSE Hours are:
Monday, Tuesday, Wednesday and Thursday - noon to 7:00 p.m. Friday - noon to 8:00 p.m. Saturday hours vary based on activities; closed Sunday



To visit our website, scan the QR code or go to www.highlandrivers.org