

BEMIDJI ROCK SOBER

Recovery support is critical for teens after returning from treatment and for those who want to avoid the “using” lifestyle. Rock Sober provides youth who want to be drug/alcohol-free a safe, structured opportunity for peer support and activities.

The Bemidji Rock Sober Facilitators work with teens in group meetings and individual settings to provide support for recovery, life issues, and dealing with stress and anxiety. The facilitator often texts youth to offer additional support before and after group times.

Teen pregnancy and STD/STI Prevention are now integrated into the program. A teen’s sexual health is often impacted by the use of drugs and alcohol. Rock Sober uses discussion and educational resources to build protective factors such as: self-discipline and control, healthy relationships, and safety.

GROUP TIME

Teens meet at the Evergreen Drop-in site at 610 Patriot Drive, NW. Teens start arriving at 4:00 pm to have a snack or just hang out. At 4:15, group starts with a check-in regarding how participants are doing. Each youth rates where they are emotionally. Then the group has sober support discussion time. Plans to avoid using are discussed before holidays and other major events. Plans for the Friday activity are the last part of the group. More social time, food, games, or computer time follows until 5:30 when group officially ends.

High School Groups Meet on Mondays and Wednesdays from 4:00-5:30 p.m.

Transportation is available for youth who need a ride to group or home. Call/text Derek at 218-556-9456 if you need a ride, or message her on RockSober Facebook page.

FRIDAY ACTIVITIES

Activity night is an opportunity for group participants to have shared fun and strengthen potential new friendships.

Co-ed activities take place on Friday nights. The group meets at the Evergreen Drop-in site at a predetermined time. The meeting time and length of activity depends on the type of activity planned. Transportation home is usually provided after activity night so it helps if you let us know you’re coming so we can plan rides accordingly.

Activities may include:

Cook-outs at the State Park

Hanging out at the Drop-in Center with movies and pizza

Card & game nights

Movies at the Amigo

Bowling

BSU sporting events

Bike Riding

Movie Marathons

And more

**Bemidji Rock Sober
622 Mississippi Ave.
Bemidji, MN 56601**

**Derek (DJ) Claypool Coordinator
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Website: www.evergreenyfs.org**

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Bemidji Rock Sober meets at the Evergreen Youth Drop-in Center located at 610 Patriot Dr NW (For directions, see www.evergreenyfs.org).

High school youth meet Mondays & Wednesdays 4:00-5:30 pm
Young Adults meet one-on-one.

Co-ed Friday Night activities take place every Friday with starting time decided at meetings earlier in the week.

Bemidji Rock Sober is open to Teens ages 14 to 18 who want support in recovery, to reduce their current use, or stop using drugs and alcohol.

To get a teen involved with Rock Sober, contact Rock Sober Coordinator, Derek Claypool at:
Cell: 218-556-9456
Email: derek.claypool@evergreenyfs.org
<https://www.facebook.com/rock.bemidji>

COMMUNITY SERVICE

Giving back is an important part of recovery so volunteer opportunities are offered to participants on a regular basis.

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Evergreen
Youth & Family Services
Strengthening Youth. Preserving Families.

“The chains of habit are too light to be felt until they are too heavy to be broken.”

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***Sober Support
for Teens***



(218)-556-9456

Evergreen Youth & Family Services