Amanda McGerigle, MSW, LICSW

Amanda received her BA in Philosophy from Wheaton College and went on to receive her MSW from Boston University. Though she grew up in southern VT, she found the same sense of a small-town community after moving to Cape Cod in her late teens. Amanda began her human services career and passion for working with adolescents as a Residential Counselor at the Robert F. Kennedy Children’s Action Corps where she coordinated therapeutic activity groups for adolescents.

After obtaining her master’s degree, she went on to work as an in-home Therapist for The Justice Resource Institute where she focused on developing treatment plans for youth and families facing a variety of challenges here on the Cape. Amanda, her husband Michael and their 3 year-old son Myles spent the last year and 1/2 living in northern New Hampshire where she was lead clinician for an IOP treating substance use disorder. Amanda received her independent clinical social worker license in NH and here in MA. She and her family have returned to Cape Cod and she looks forward to leading the APG.

Dominique DeCola

Dominique is a person in long term recovery who has worked in the field of Human Services, serving youth and young adults for the past five years. She is committed to helping those who struggle with addiction and mental health challenges. Her work, personal experience and enthusiasm make her especially relatable to teens.

Dominique recently graduated with an Associate’s degree from Cape Cod Community College and is in pursuit of her Bachelor's degree in Psychology. She completed Recovery Coach Academy and is working towards Certification as a Recovery Coach. Dominique’s work experience spans acute inpatient settings, group homes and outpatient addiction services.

Dominique grew up in Plymouth, MA and moved to Cape Cod seven years ago to start her journey of recovery. She believes recovery is possible at any age. As a Recovery Peer Mentor for the APG, Dominique is thrilled to lead activities with the teen members and to support each member on their path of recovery.

RecoveryBUILD
Alternative Peer Group (APG)

A place where teens come together with their peers to build the tools, skills and relationships to deal with substance use challenges under the expert guidance of a Licensed Counselor and Recovery Coach.

Building a Better Life
Research shows that adolescents are far more likely to relapse when experiencing social pressure than adults. This is a safe place for 12 -17 year olds to collaborate and create a new sober life.

Positive Peer Pressure
Addiction professionals recognize it is important to utilize the social influence of similar-aged peer support to increase positive outcomes for youth in recovery. An Alternative Peer Group provides a new group of friends with alternative attitudes, values, judgements, processes and behaviors that support the change necessary for recovery.
Our Goal:  
...is to help your teen initiate, maintain and sustain their recovery in an atmosphere of safety, empathy, trust, honesty, and compassion.

Program Structure:  
- Group counseling sessions  
- Family sessions  
- Homework support  
- College and employment support  
- Private session with counselor  
- Recovery Coach support  
- Social activities on Friday or Saturday nights  
- Teen Al Anon/AA /All Recovery Meetings  
- Education resource center: treatment decision support

Recovery Rate:  
Overall, since APGs have been in existence, they have a recovery rate greater than 85% versus a nationwide recovery rate of around 30% (Basinger & Edens)

RecoveryBUILD Social Scene:  
Fun is an important element in our program and helps teens build lasting, healthy friendships. Members can define their activities, but they may include hiking trips, weekend excursions, concerts, gym time, fitness/yoga, juice bar, classes/education, art/music, dinner with peers, community service, and skills building.

Opening April 2018!  
Tuesdays/Thursdays 5-7pm and Friday and/or Saturdays 7-11pm,  
PIER Recovery, 209 Main St, Hyannis.  
Free membership for the 2018 calendar year!

Contact us:  
Contact us for a Free assessment. We welcome referrals from schools, parents, grandparents, athletic teams, and counselors. Call or text Amanda at 774-487-5227 or email APG@duffyhealthcenter.org.

Concerned About a Teen?  
If you are concerned about a teen but don’t know how to get them help, contact us. It’s completely normal for teens (and adults) to resist help for challenges with substance use. We can provide support in having difficult conversations. Not taking action prolongs the struggle for the teen and their loved ones.

Brought to you by Behavioral Health Innovators, Inc. a 501(c)(3) Organization and our Community Partners:

The Duffy Health Center, PIER Recovery Center, Gandara Center, Independence Academy, Wellstrong, Institute for Health and Recovery and others…

Recovery BUILD is made possible thanks to the generosity of The Peter and Elizabeth C. Tower Foundation and the National Network of Libraries of Medicine.

Questions?  
Call or text Amanda McGerigle at 774-487-5227 or email APG@duffyhealthcenter.org.