Counselors

Melissa Hyer-Mitchell

Melissa is a Licensed Mental Health Counselor (LMHC), a Master's graduate of Lesley University in Professional Counseling Psychology and has over 20 years of experience working with teenagers, young adults and families. She is committed to working with individuals using a strength-based, person-centered approach focused on supporting those who struggle with addiction, trauma and mental health needs - utilizing expressive therapies and play as a means of healing. Melissa has a strong belief that genuine compassion, support and intervention during such a critical age can lay a foundation for a healthy and healed future.

Samantha Cronin

Samantha is a Master's graduate of Lesley University in Expressive Arts Therapy and Mental Health Counseling who has dedicated her career to children and adolescents. She is a Certified Yoga Instructor and is pursuing her license as an LMHC. Samantha is passionate about the mind/body connection - spreading wellness and recovery through yoga, art, movement, music and drama. Samantha has facilitated art groups and clinical therapy sessions at Hartford Hospital, Dana Farber, and McLean Psychiatric Hospital. Samantha’s contagious enthusiasm helps young clients feel included, comfortable and understood.

Our Community Partners

The Duffy Health Center, PIER Recovery Center, Gandara Center, Independence Academy, Wellstrong and others.

Our Supporters

RecoveryBuild APG is made possible thanks to the generosity of The Peter and Elizabeth C. Tower Foundation, Cape Cod Healthcare Community Benefits Program, The Cape Cod Foundation and other generous supporters.

Venue

Tuesdays & Thursdays 5-7 pm
PIER Recovery
209 Main St, Hyannis

Contact us

Contact us for a Free Assessment. We welcome referrals from schools, parents, grandparents, athletic coaches, counselors and community-based organizations.

Call or text (774)487-5227
Email: APG@Duffyhealthcenter.org
Stephanie Briody stephanie@bhinnov.org

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 teens initiate, maintain and sustain their recovery in an atmosphere of safety, empathy, trust, honesty and compassion.

Program Structure

- Teen group counseling sessions
- Parent and family support
- College and employment support
- Individual sessions with counselor
- Recovery Peer Mentor support
- Pro-social activities
- Recovery and skills-building meetings
- Education resource center - treatment decision support.

Recovery Rate

Integrating recovering peers and positive social activities into an evidence-based clinical practice works.

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)

Recovery Build APG

Social Scene

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

The Recovery Peer Mentor plays a key role in facilitating and coaching the teens during these activities.

Recovery Peer Mentor

Jeremy Wurzburg

Jeremy will be graduating from Cape Cod Community College with a degree in Graphic Design in 2020. He is currently working as a Youth Mentor at the Creative Outlets program - Cape Cod Museum of Art. Jeremy has years of experience in the field of addiction treatment and prevention - experience working with young adults from all walks of life, and personal experience with his own addiction recovery. He has worked as a Recovery Aide at Gosnold and as a Student Mentor at the Provincetown Art Association and Museum.

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.

Parent of APG Member

"When my son entered a treatment center I didn't know where to turn. By chance I was referred to the Alternative Peer Group as a potential resource. The Counselor immediately responded to my request for information and set up a meeting. From our first conversation I felt a flood of relief. I finally was talking with someone who understood the issues my family was dealing with before I even uttered a word... While I completely understand how parents might be hesitant to talk about something as private and painful as their child struggling with addiction, they need not be fearful of any judgment or shame from this incredible organization."

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