



RECOVERY & PREVENTION  
RESOURCES  
of Delaware and Morrow Counties

# Delaware County Leadership Retreats

## Youth Leadership Retreats: GOT STRENGTH?

Leadership Retreats are provided to 5th-8th graders, PALS (5th), HUGS (6th), and GRUVE (7th-8th). They provide a comprehensive learning experience designed to increase leadership skills and decrease the probability of alcohol or drug problems among our youth. The goal is to prepare the participants to make positive choices at school, at home and in their communities as they face the normal challenges of adolescence..

**"Got Strength?"** Got...

- Self-esteem
- Team skills
- Resistance skills
- Energy
- Natural highs
- Goals
- Time
- Healthy Outlook?

**Got Strength** was the retreat theme this year and the retreats focused on the strengthening positive qualities of good leaders. Each retreat targeted identified skills using age-appropriate techniques. Students gained knowledge about alcohol, tobacco, and other drug (ATOD) use including harmful media messages, peer pressure, and resistance skills.

Students participated in small groups to discuss and process information and ideas. In these groups, participants shared their thoughts and feelings about lifestyles and personal goals. These groups also help to build positive peer networks of friends committed to healthy lifestyles.

Retreat participants are referred by their schools based on demonstrated leadership potential and the interest in personal growth.



Selected participants have an ability to relate to a variety of other youth, an expressed interest in wellness/lifestyle related activities, and reflect the diversity found within the school system.

## Positive Adolescent Leadership Skills Retreat (PALS)

The 2 day PALS retreat activities and discussion focused on improving goal setting and anger management skills. Students also strengthened decision making and communication skills along with increasing the participant's ability to work as part of a team.

69 youth in the 5th grade participated from 13 schools in each of the 4 districts in the county.

### Participant Skill Outcomes:

- 69% improved communication skills

- 60% increased leadership skills
- 50% reported improved self-esteem
- 61% improved in 2 or more life skills

### Life Skill Observations:

Based on Retreat Staff observations:

- 42% demonstrated improved decision making skills
- 57% demonstrated better

- communication skills
- 29% demonstrated more teamwork during the retreat

### Substance Use in Last 30 Days

- 94% reported not using ATOD in the past 30 days.

89% pledged to abstain from ATOD for the next year

99% of participants rated their satisfaction with the retreat a 4 or 5 on a 5 point scale.

Delaware Prevention Programs  
2006 Summary Report

Included in this Report:

*Helping Us Grow Stronger Retreat (HUGS)* 2

*Gaining Respect, Understanding, Vision, and Enrichment Retreat (GRUVE)* 2

### Program Highlights

- 146 participants in the Leadership Retreats

### **Pledge to Abstain for Next Year:**

- 89% of 5th graders
- 92% of 6th graders
- 97% of 7th & 8th graders

### **Students Report Improvement in 2 or More Life Skills:**

- 61% of 5th graders
- 65% of 6th graders
- 62% of 7 & 8th graders

### **Leaders Observe Improvement in 2 or More Skills:**

- 28.6% of 5th graders
- 58% of 6th graders
- 56% of 7th & 8th graders



**“I really enjoyed it at HUGS. I had a lot of fun, and I’m going to try to come back again to help.”-**  
retreat participant

## HELPING US GROW STRONGER RETREAT (HUGS)

The 2 day HUGS retreat focused on improving communication skills and stress management techniques through activities and discussion. Students also learned and practiced methods of increasing support for others, cooperation skills, and working together towards the completion of a common goal.

39 youth in 6th grade participated in the retreat from each of the 4 districts in the county.

34% of the participants attended PALS during the previous year.

Participant Skill Outcomes:

- 76% improved communication skills
- 55% improved decision making skills
- 59% reported improved leadership skills
- 65% improved in 2 or more life skills

Life Skills Observations:

Retreat staff observed and rated,

- 50% demonstrating improved decision making skills
- 42% demonstrating better

communication skills

- 42% demonstrating better leadership skills
- 58% improved in 2 or more life skills

Substance Use in Last 30 Days:

- 87% of participants reported not using ATOD

92% pledged to abstain from ATOD for the next year

Participants’ average satisfaction rating of the retreat was 4.6 on a 5 point scale.

**“The staff is awesome. I so want to come back next time”-**  
retreat participant

**“It was awesome. Thanks for making my time great!”-**  
retreat participant

The 2 1/2 day GRUVE retreat focused on improving self-efficacy skills and knowledge about choices and consequences through activities and discussion. Students also strengthened skills to increase support of others, cooperate with others, and to work together towards the completion of a common goal.

38 youth in the 7th & 8th grades participated from each of the 4 districts in the county. Participation in past retreats was high:

- 50% had attended PALS
- 63% had attended HUGS
- 55% had attended GRUVE

Participant Skill Outcomes:

- 73% improved communication skills
- 54% improved decision making skills
- 62% reported improved leadership skills
- 62% improved in 2 or more life skills

Life Skills Observations:

Participants’ ratings by Retreat Staff showed,

- 67% demonstrating improved decision making skills
- 44% demonstrating better communication skills

- 56% demonstrating better leadership skills
- 56% improved in 2 or more life skills

Substance Use in Last 30 Days:

- 89% of participants reported not using ATOD

97% pledged to abstain from ATOD for the next year

Participants rated their satisfaction with the retreat as a 4.59 on a 5 point scale.

For information about the Leadership Retreats please contact:

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