

Membership is free & open to all youths who are....

- 12 to 18 years old
- A resident of Frederick County
- Currently at risk for using or have used any substance, in treatment for, or in recovery from substance use, nicotine dependence, and/or co-occurring disorders.



Located at:
Frederick County Health Department
350 Montevue Lane
Frederick, MD 21702
Entrance C (green flag)



Public Health
Prevent. Promote. Protect.

Frederick County Health Department

Contact

**FCHD/BHS
301-600-1755**

BHS@frederickcountyMD.gov

Visit us on Facebook:

[www.facebook.com/](https://www.facebook.com/OnTheMarkFrederickCounty)

OnTheMark, FrederickCounty

Website address:

<https://health.frederickcountymd.gov/562/On-the-Mark-Adolescent-Clubhouse>



Updated June 2023

On The Mark
Adolescent Clubhouse



Serving adolescents ages 12-18; the program offers substance abuse education and prevention messages to adolescents who are in recovery from or at risk for substance use. The program promotes healthy drug-free behaviors and offers teenagers encouragement and life-skills to avoid the dangers of early drug use.

Drop in and visit!



On The Mark Adolescent Clubhouse

Mission

The mission of On the Mark is to empower adolescents at risk for substance use by encouraging them to make healthy decisions within a sober lifestyle. Provide a safe community-based activity center with developmentally appropriate services grounded in a peer-based support system and support adolescents living a life free from nicotine, alcohol, and drugs.

The Clubhouse is a non-clinical based program. The model incorporates the following core values:

- Family focused
- Self-directed recovery
- Focus on the whole person
- Empowerment
- Strengths based, realizing multiple capacities, resiliencies, talents, and coping abilities
- Peer support
- Promotion of pro-social development
- Social and community relationships
- Respect and responsibility
- Hope



Activities

The Clubhouse offers fun activities at no cost for youth, including:

- Educational group activities led by peer-recovery coaches
- Homework tutoring and GED assistance
- Computers and printing
- Outdoor recreational activities, sports, and field trips such as Orioles & Keys games, amusement parks, and DC Museums.
- Indoor activities such as pool, air hockey, ping pong, arts & crafts, dance, guitar playing, wellness, journaling, exercise, meditation, cooking, and family night.
- Afterschool snacks daily and lunch on Saturday



Hours of Operation

School Year Hours

Monday– Friday: 3:30pm to 7:00pm
Saturdays: 11:00am to 5:00pm (Two Saturdays out of the month)

Summer Hours

Monday– Friday: 11:00pm to 4:00pm

The Clubhouse is conveniently located on multiple public transit routes. Bus #80 stops right by our building.

**We are recruiting
volunteers and
interns!**

If interested please call
Meghan Wiley 301-600-3128
Or email
Mwiley@frederickcountymd.gov