

## 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

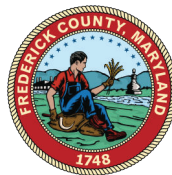
**FCHD/BHS**  
**301-600-1755**

**BHS@frederickcountymd.gov**

**Visit us on Facebook:**  
[www.facebook.com/](https://www.facebook.com/OnTheMarkFrederickCounty)

**OnTheMark, Frederick County**

Website address:  
[https://health.frederickcountymd.gov/562/](https://health.frederickcountymd.gov/562/On-the-Mark-Adolescent-Clubhouse)  
**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](mailto:Mwiley@frederickcountymd.gov)