



Life as a teenager can be hard. Craving independence, but not quite able to manage it. Life as a teenager can be especially hard on Cape Cod, where the world feels small and the winters can be long, lonely and boring.

When a teen faces challenges with substances, families may have trouble identifying a problem. Some may deny that there is a problem. Even when a substance use challenge has been identified and the family unit wants to address it, it can be difficult to know what steps to take to begin the path towards supporting a struggling teen.

For teens and families in Barnstable County, RecoveryBuild Alternative Peer Group for Teens (APG) is there. The word “recovery” means recovery in all its forms, whether it be recovery from dependence or recovery from using substances to deal with life challenges. Fun is an important element in the program and helps teens form lasting, healthy friendships.

This is a **FREE** after school program open to teens between 13 and 18 years old that meets on T/Th from 5-7 pm. RecoveryBuild APG is staffed by two Licensed Mental Health Counselors and a Recovery Peer Mentor who has lived experience with substance use and recovery. Students from Barnstable, Sturgis, Mashpee, Monomoy, D-Y and Nauset schools have attended since the program opened in 2018.

Referrals to the program can come from schools, pediatricians, parents, grandparents, athletic coaches, counselors, friends and community-based organizations. If you are concerned about a teen, don’t hesitate to contact us.

For more information about RecoveryBuild Alternative Peer Group, visit RecoveryBuild.org. If you are concerned about a teen’s substance use, please contact the staff at RecoveryBuild by calling (774) 487-5227 or emailing APG@duffyhealthcenter.org.