



How Can Positive Youth Development Prevent Youth Substance Use?

EXPRESS CARE | CHALLENGE GROWTH | PROVIDE SUPPORT | SHARE POWER | EXPAND POSSIBILITIES

Our PYD Model:

CMSAPC's Positive Youth Development Model is based off the development assets and

developmental relationships theory from the Search Institute. The model puts forward the idea that to develop

meaningful relationships with young people, adults must, through their interactions, express care, challenge growth, provide support, share power, and expand possibilities for youth.



Helpful Terminology

Positive Youth Development:

Positive youth development engages youth along with their families, communities and/or governments so that youth are empowered to reach their full potential. PYD approaches build skills, assets and competencies; foster healthy relationships; strengthen the environment; and transform systems.

Caring Adult:

An authentic adult whom a young person trusts and feels safe around. Having a caring adult is a protective factor against substance use.

Getting Involved

The Caring Adults Action Team is open to anyone who is passionate about connecting youth to caring adults. We invite any and all and encourage them to participate to any level they can!

The Central MetroWest Substance Abuse Collaborative believes that every adult has a responsibility to support and encourage young people to engage with and contribute to the world around them. Without this level of support from at least one adult, young people are more likely to engage in risky behaviors, including underage drinking. To better help our communities bear this responsibility, the CMSAPC put together a **Caring Adults Action Team**, which focuses on building skills among adults to better connect and support youth in their community.



We help to create caring adults who focus on developing and fostering the strengths that young people possess, as well to create enabling environments where youth can let those strengths shine. Currently, the Caring Adults Action Team fosters developmental relationships between youth and adults through the following efforts:

- **Training** for adults around how to foster strengths and shape spaces to foster youth development and build resiliency.
 - **Identifying** opportunities to connect youth with the caring adults who exist in their communities.
- Creating** a network of PYD-minded individuals and constantly connecting them to new information and best practices.

Our Partners

The Caring Adults Action Team works with a variety of community organizations throughout the region:



For more information, or to get involved, please contact:
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