

HYDE SCHOOLS SERENITY PROGRAM

STUDENTS SUPPORTING STUDENTS

SERENITY PROGRAM—As a rite of passage, teenagers must come to grips with many challenging facets of the adult world they will soon inhabit. Few of these facets are as critical to their future as the decisions they will make regarding their relationship to alcohol, drugs, and tobacco.

Some students arrive at Hyde School with a newly made commitment to sobriety. Others are exploring and considering that commitment. The Serenity Program is offered to both groups of students on Hyde's boarding campuses as a way to inform positive habits and support productive lifestyles.

SERENITY PROGRAM—Students in the program live together in a dorm setting and meet to set goals and offer support. Students participate in a 12-step program and have the option of meeting with a substance abuse counselor, if desired.



"Everyday I am reminded that I'm living in a supportive community, where everyone is working hard toward similar goals—it's a very positive experience"

—Cadie Hill, '03



Tools and practices, such as relaxation and meditation techniques will also be introduced. All activities are intended to enhance and optimize each student's progress in Hyde's character-based program.

THE LEADER IN **FAMILY-BASED CHARACTER EDUCATION**

WHAT MAKES THE SERENITY PROGRAM A POSITIVE EXPERIENCE FOR STUDENTS?



"Since entering Serenity, my academic performance is stronger; my level of play in athletics is stronger because my motivation to go for my best in life is greater."

—Brad Van Voorhees, '04

- It is a small community, that allows students in the program to develop strong relationships with one another.
- It is led by students, with support from veteran faculty.
- Students support one another as they work toward setting productive goals for their futures.
- Parents are encouraged to participate in a 12-step program at least once a week. This provides a foundation for greater understanding of substance abuse issues within the whole family.

Serenity Program Meeting Topics Include:

- Analyzing success and failures while working toward personal goals.
- Struggling and realizing the opportunity in adversity.
- Challenging others in the community to realize the attitudes that are anchors in their lives.
- Developing tools that enable students to maintain healthy lifestyles.



CONTACTS:

HELEN BULLOCK
HYDE-BATH
616 HIGH STREET
BATH, MAINE 04530
207.443.5584
hbullock@hyde.edu

MICKEY MCGUIRE
HYDE-WOODSTOCK
PO BOX 237
WOODSTOCK, CT 06281
860.963.9096
mmcguire@hyde.edu

MIKE DAWES
HYDE-WOODSTOCK
PO BOX 237
WOODSTOCK, CT 06281
860.963.9096
mdawes@hyde.edu

WWW.HYDE.EDU