



Youth Services Agency

79 ACT Lane
Jim Thorpe, Pa 18229
Phone: (570) 325-2020
Fax: (570) 325-4474

ACT WEEKEND PARENT INFORMATION SHEET

PLEASE RETAIN THIS PAGE FOR YOUR RECORDS

All Youth Services Agency A.C.T. weekends will consist of an adventure activity, a community service project and group discussion and journaling. The activities are designed to produce positive effects on self-awareness, self-esteem, and increased positive values. Some of these activities are emotionally and physically challenging, but are provided at varying levels of challenge to match the ability of the youth.

It is important to note that the staff sets high expectations for behavior. Not following program rules and expectations may include a failing grade for the weekend or additional journaling assignments. The staff will set consequences forth and, if necessary, an incident report will be forwarded to each individual's probation officer. Each client will have a report generated outlining how well he/she meets the expectations of the program and what strengths or weaknesses he/she displays.

In preparing for the weekend, it is important to monitor the upcoming weekend's weather forecast for zip code 18229. We request that each client bring enough clothing so that his or her health and comfort level will not be compromised.

******It is always beneficial to dress in layers*******

The weather/temperature in the mountains can change rapidly and varies greatly night to day. We are aware that most clothing is made of cotton. The problems with cotton are that it retains moisture, does not dry quickly, and eats heat faster than the body can produce it. One can get by for a weekend with it, but extra items should be added to accommodate for more clothing changes. Treated nylon, Gore-Tex material, Micro fleece, Thinsulate, polypropylene, and/or wool are good alternatives to cotton and will help to wick away moisture, thereby maintaining heat more economically.

The following items are **required all year long**:

- Journal (Issued 1st Weekend)
- 3-5 pairs of socks
- 2-4 undergarments
- 2 pants (no yoga or cotton)
- 2-3 T-shirts
- 1 sweatshirt
- Rain resistant jacket
- 1-2 pairs of shoes (no canvas)
- Appropriate pajamas
- Pillow
- Toothbrush and toothpaste
- Deodorant (no metal containers)
- Shampoo/conditioner
- Shower shoes
- Soap

Additional seasonal requirements- October through April

- 1-2 winter hats
- 1-2 winter gloves
- Insulated boots (waterproof)
- Thermal undershirt/pants
- 1 scarf/neck gaiter
- 1-2 fleece shirts (not cotton)
- Heavy jacket

Additional permitted items- NON-SCENTED: Lip balm (plastic container only), Hand Cream, Wet wipes, Sunscreen (non aerosol), Bug spray (non aerosol)

Medication- If your child is on medication, please send only enough medicine for the weekend and in the ORIGINAL bottle. We will not be able to administer any medication not in the original bottle or medications with a prescription more than 6 months old. Please take the additional medicine out of the bottle and store it at home. **Persons requiring inhalers/epi-pens must bring those with them.** Parents should give the medication to the vehicle driver at the Friday pickup, and get the bottle back upon return on Sunday. Any persons with contacts/ glasses may bring them and any solutions needed.

Youth Services Agency is not responsible for the loss or theft of any items.

CONTRABAND- ITEMS NOT PERMITTED

- Electronics (cell phones, tablets, mp3 players, video games etc.)
- Drugs or drug related items
- Cigarettes/Nicotine products
- Lighters/matches
- Hairspray/gel
- Perfume/Cologne
- Any metal items
- Outside food/drink
- Any aerosol containers
- Pens/pencils/markers
- Games/toys
- Books (non religious)

Our agency provides transportation and each child will be permitted to call their parents on Sunday to inform them of the estimated arrival time. Please note that if there are any difficulties with meeting times we would appreciate a phone call notifying us of such.

Program Contact Person: Sierra Titus (484) 239-8789
stitus@youthservicesagency.org