



July 24th - 27th Mahoney State Park

28500 W. Park Hwy
 Ashland, NE 68003

APPLY TODAY

Submit your application today to attend our summer Youth Leadership Retreat!
 Visit us at www.projectextramile.org to complete the online application. Space is limited to 40 participants so register early.
 You will not want to miss this!

REGISTRATION IS DUE MONDAY, JULY 17TH

Who Can Attend

Students entering
 8th-12th grades.

COST

All Students: \$50

Includes 3 nights lodging, meals and t-shirt. To apply for a full scholarship, the student must register online and complete the scholarship form.

This project is supported by the Nebraska Department of Transportation - Highway Safety Office (CFDA 20.600) and the SPF-PFS grant, CFDA 93.243/Federal Award Number H79SP080988, through the Department of Health & Human Services, SAMHSA, NE DHHS, and Region 6 Behavioral Healthcare.

Youth Leadership Retreat 2023

Please return form by mail to:
Project Extra Mile
6001 Dodge St, CEC 228,
Omaha, NE 68182-0600
 or return by email at:
Info@projectextramile.org
 or register online at:
www.projectextramile.com

Registration Deadline:
Monday, July 17, 2023

Student's Name:	_____
Address:	_____
City:	_____ Zip: _____
Email:	_____
Phone: () _____	<input type="checkbox"/> Home <input type="checkbox"/> Cell
School:	_____ Entering grade: _____
T-Shirt:	XS S M L XL
Location:	Omaha
<input type="checkbox"/> Registration fee enclosed.	
Please make checks payable to Project Extra Mile.	

ACTIVITIES WILL INCLUDE:

MINI GOLF/DRIVING RANGE,
HIKING, SWIMMING,
SAND VOLLEYBALL,
TIME TO CONNECT
WITH OTHER STUDENTS

Discover your role in preventing underage drinking in a fun and interactive way.

Identify local issues facing young people and develop the skills to lead in solving the problem of underage drinking.

Learn how media has a hand in underage alcohol use and find ways we can spread our message.

Challenge the status quo and use your voice to bring about change!



Do you want to share your ideas about making positive changes in our community?

Join us and learn how to collect and analyze community data, develop recommendations and engage policy makers.

OVERVIEW

- Check in will begin at 6:00 pm on July 24th.
- Training will be all day the 25th & 26th and conclude at noon on the 27th.
- Each day the students will be involved in interactive training sessions and fun exercises.

Over the years, hundreds of students have participated in our annual Youth Leadership Retreat. After gaining new critical leadership skills, they have returned to their communities with a renewed sense of commitment to the prevention of underage drinking and youth access to alcohol. These young leaders have gone on to bring positive change to the world around them.

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MONDAY, JULY 17TH**

ABOUT OUR SPEAKER:



Nigel Wrangham, Certified Alcohol and Drug Counselor Level II and Certified Prevention Specialist, has developed and delivered unique, customized prevention trainings to staff, volunteers and youth from community-based organizations throughout the United States since 1999. He has taught upper-division courses in psychopharmacology, media studies, substance abuse prevention and community organizing at the University of Oregon and Portland Community College.

Nigel works with groups of young people and their allies to influence policy, advocate for social change, build leadership skills and summon the courage to act consciously from their core principles. He served as a mentor for local teens in the TEDx speakers' program and works with grassroots prevention coalitions around the United States as they develop strategic plans for supporting and engaging youth.