



Mentor Colombia promoting Drug and Alcohol Prevention in areas of Bogotá, Colombia

## Mentor at Work

The following are examples of the practical work being undertaken and developed by Mentor International and members of the Mentor family. For complete information on our practical project work please visit our website: [www.mentorfoundation.org](http://www.mentorfoundation.org) or subscribe to our newsletter by contacting [info@mentorfoundation.org](mailto:info@mentorfoundation.org)



The Summer Campaign, a Mentor UK project



Children of Mentor Lithuania's Mentoring Programme



A technical day organised by Mentor Arabia for professionals in the region



Young people 'sing for prevention' in Germany



Runners raise money for Mentor UK

## Mentor International

Examples of Mentor International's project involvement include:

### KETHEA

This community project based within a primary school in Athens works with the pupils, teachers, their families, and the local community. All areas of the young person's life are included in the work of the organisation who won the Achievement Award and Mentor International's Drug Prevention Awards in 2003.

### Colombianitos

The 'Goals for a Better Life' programme engaging children from deprived areas of Bogotá and other Colombian cities has gone from strength to strength with Mentor's support. A recent evaluation report stated *"the Colombianitos Program, enriched with the Mentor educational component of the Workshops of Experiences to Live and Coexist, is an example of a program that can help children strengthen their personal development and contribute to keeping children away from alcohol and psychoactive substance consumption, as well as violence or criminality, which are more commonly observed in the risky environments."*

The Mentor website: [www.mentorfoundation.org](http://www.mentorfoundation.org)

The Mentor website has been successfully redesigned and improved to provide a better resource for those wishing to learn about the work of the Mentor Family, and for prevention professionals around the world. The numbers have greatly increased since the reworking and recently passed the landmark of 250,000 page views since its re-launch in May 2005. The website regularly receives visitors from over 70 countries worldwide, spread across all 6 continents. The Mentor International team continue to work on its development.

### Mentor Austria

The work in Austria continues under the Mentor brand to deliver the culturally adapted version of the Eigenständig Werden primary school based project for life skills and prevention. The project is being extended to all Austrian schools. It offers training for teachers and parents and resources for the primary school children to use in school to promote life skills for healthy living and avoiding drug abuse.

### Mentor Arabia

Mentor Arabia is now in the process of establishing its presence and contribution to drug misuse prevention and the promotion of health and well-being of children in the region. Practical projects due to be launched this year include a programme for parents and grandparents; a life skills project for early years in school; and the establishment of a resource and information centre on prevention for the region in collaboration with the United Nations.

### Mentor Belgium

Mentor Belgium is now a formally constituted entity, with a small, but very influential Board of Trustees. Three projects have been identified as future areas of focus for Mentor Belgium:

- A Parenting Programme
- A Media Campaign (already developed)
- A School Programme with a life skills focus

### Mentor Colombia

Mentor Colombia is involved in a range of practical projects. These include:

- Experiences for Living and Living Together (Experiencias para Vivir y Convivir), a successful school programme for primary age children.

- South American Youth Network: Mentor Colombia coordinates this network of over 300 youth agencies for South America to help strengthen youth groups and broaden government and non-government awareness of prevention of consumption of psychoactive substances.
- Speak and Learn (Habla y Aprende), a project to help train police to take on a role for prevention in their communities
- Lunadas – Families Nights Out, a project involving parents to take on a more active role in prevention

### Mentor Germany

Mentor Germany seeks to build on the reputation it gained from its support of the Eigenständig Werden project in the country – a primary school award winning project focussing on life skill development for prevention. It has developed other initiatives including support for a book for young children and parents focussing on developing positive health and socially acceptable behaviour free from drug abuse – 'Günter (the inner voice that talks to you)'

### Mentor Lithuania

Mentor Lithuania's initial focus has been the adaptation and implementation of the mentoring project originally developed by Mentor Sweden. The positive effects of the programme continue as the work is extended to 4 further regions. Plans are in process to develop Mentor Lithuania's prevention projects to other groups and areas where there is particular need.

### Mentor Sweden

Mentor Sweden continues to focus on two practical but very successful prevention initiatives. They are the mentoring project which links trained adults to young people who can benefit of developing a meaningful relationship and support from an adult as a mentor; and the parenting project which seeks to help parents develop effective communication and relationships with their children. Both projects are built on the principle that meaningful relationships with parents and other adults can be a major protective factor in preventing young people from abusing drugs.

### Mentor UK

Mentor UK undertakes a wide range of projects that impact on research, policy development and practical projects in areas of need in the field preventing the harm that drugs can cause.

One example is the Coastal and Ex-Mining Areas (CEMA) project. This is a 3 year project whose aim is to research and develop 12 pilot projects, each targeted at vulnerable young people in coastal and ex-mining areas, their parents/carers and those working with young people in these areas. It addresses the issues of isolation, alcohol and drug misuse and parenting.

Another example is its Grandparents project which is working with grandparents to identify their needs to be better equipped to take on their role as agents of prevention with their grandchildren for whom they often have to take significant responsibility.

### Mentor USA

A new office has opened on Wall Street, and with the appointment of a Mentor USA Director work is up and running, focussing initially upon the development and support of the Prev Online Programme. This is an on-line basic training programme for parents to help them feel more confident and competent to address prevention of drug abuse with their children. Further project initiatives to support prevention work in the USA and internationally will be developed in the months ahead.