

Prevention
Opportunity
Protection



Primary School Children taking part in Mentor Colombia's Experiences to Live and Coexist

The Mentor Foundation E-Newsletter

Summer 2007

Introduction from Jeff Lee, our Executive Director

There is often some confusion between the work and role of Mentor or The Mentor Foundation which incorporates the whole "Mentor Family" and that of the different Mentor family members: Mentor International, Mentor Arabia with its remit for the 22 Arab countries, Mentor Belgium, Mentor Colombia, Mentor Germany, Mentor Lithuania, Mentor Sweden, Mentor UK, and Mentor USA.

As an organisation Mentor works globally with particular activity in those countries where it has a national and regional presence. Mentor pursues its work under the same Mentor brand and mission of preventing drug misuse and the harm it can cause, promoting the health and well-being of young people and helping to identify promising and best practice by undertaking different activities to meet the needs of the particular country or region.

Mentor International's 2006 Annual Report is available to download from:
http://www.mentorfoundation.org/uploads/Annual_Report_2006.pdf

Highlights from Mentor International's 2006 Annual Report

Mentor International's role is fundamental to the global remit of Mentor, to the growth of new Mentor family members and to partnerships with other like-minded organisations.

It is worth noting some statistics that attest to Mentor's contribution over the past 12 years:

- Mentor has supported specific prevention projects in 38 countries
- Mentor has provided specific and significant input, technical support, consultation and networking services to a further 19 countries
- It now has a regional presence with Mentor Arabia in the 22 Arab League countries
- It has a global website accessed by over 100 countries with over 1.5 million hits in the last year

It is always difficult to be specific about the numbers that benefit from Mentor's inputs but it is worth noting:

- 43 projects took place among its family of Nationals between 2000-2005

With these:

- 386,630 children were direct beneficiaries
- 19,290 parents and grandparents were direct beneficiaries
- 1,314 other organisations were directly involved working with Mentor
- 7,532 educators and other carers were involved or trained as part of these projects

It is estimated that over 1 million children have benefited from Mentor's work, without taking into account the benefits accrued from the use of Mentor's website.

We still have much more to do and many more people that we need to reach but our first 12 years have made a difference and we will continue to improve and develop that number.

The Mentor Foundation is an international, independent, non-government organization concerned with the prevention of drug misuse among young people. Registered under the laws of Switzerland with the seat at: Propriété la Pastorale, 106 route de Ferney, CH-1202 Geneva. Charity Number CH 660-0616994-6

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Grandparent carers at a Mentor UK Grandparents Project Dissemination Event



Young People perform at Mentor Germany's recent Gala Dinner



Children attending Mentor Colombia's Experiences program

News from around the Mentor Family

Mentor UK

Alcohol Awards Update

Following the immense success of the Mentor UK Alcohol Misuse Prevention Awards 2006 Derek Ferguson, Project Manager for the Mentor UK Alcohol Misuse Prevention Awards Project has been producing a handbook intended to help anyone working with primary school age children. The handbook will contain guidance about the best ways to educate and inform primary school aged children on issues around alcohol misuse. The guidance offered here will help develop projects and activities by:

- Summarising what is effective practice in alcohol misuse prevention
- Summarising key 'things to think about' when developing a project
- Providing case study examples and comments from children themselves.

This publication will be available in July 2007 to all those working in alcohol misuse prevention for primary school aged children.

Young People take the Home Office by storm

In April 2007, the Mentor UK Young People's Reference Group attended a meeting at the Home Office, in the company of civil servants who are developing the government's new Drugs Strategy, to advise them about their ideas regarding issues around drug prevention and young people.

The young people, who are from across England and Wales, presented their views on a variety of issues, including risk factors for young people, the benefits of youth led drug prevention projects, the promotion of better support for children of drug misusing parents, ideas for improving drug education,

and concerns about the introduction of random drug testing in schools.

Grandparents and kinship carers in Europe

In May 2007, Mentor UK applied to the European Commission's Public Health Executive Agency Call for Proposals 2007, for funding to extend the grandparents/kinship carers project to other countries within Europe. The outcome of this innovative and exciting new proposal will be known in September 2007.

Mind the Gap resource packs

The Grandparent's Resource Pack was launched in England at a series of dissemination events in March. The events were hugely successful, hosting up to 90 delegates at venues in Manchester and London, as well as a smaller event in Bristol. Shortly prior to these events, Mentor UK held a special preview launch at the House of Lords for ministers and policy makers who received the pack, saw the DVD and heard speeches from the project partners and grandparent carers.

The packs are available to order at www.mentorfoundation.org/uk/mindthegap



Children welcome HM Queen Silvia to Karlsruhe

Mentor Germany

Gala Dinner and Prevention Congress

The Mentor Foundation Germany held the gala dinner "A Royal Dinner at a Royal Table" on 15th June in the presence of Her Majesty Queen Silvia. The event was very successful and raised over €300 000 to support Mentor Germany's work, as well as being thoroughly covered by the German media.

Running alongside the gala, the International Congress "Intoxication as risk and challenge - new ways of addiction prevention" caused brisk interest in the national media. Held on 15th and 16th June in Karlsruhe, the congress featured the Federal Drug Commissioner as well as experts from Germany, Austria, Switzerland and the USA discussing new ideas in addiction prevention. This congress was a great start for the Mentor Foundation Germany to gain a national profile in drug and addiction prevention and to establish itself as one of the leading organisations in the field.

First Mentor Award

In the context of the internationally renowned film festival on 22nd June in Munich the Mentor Award was given to the film project "Seven days Sunday". This movie is an impressive documentary based on a real-life story showing the lack of prospects for the youth in our present society and points out their need of support from adults.

Jerome Braun, director of Mentor Foundation Germany, presented the Mentor Award to the producer and the actors.

Mentor Colombia

Mentor Colombia closes successful project with FPPA

On the 1st of July of 2007 the economic support that the Fund for Environmental Action and Childhood (FPPA) has awarded to Mentor Colombia to implement the project *Experiences to Live and Coexist* in the cities of Bogotá, Bucaramanga and Manizales comes to an end.

This process was initiated in 2005 when the FPPA sought to finance innovative projects working with children. The Mentor Colombia project "Experiences to Live and Coexist" was selected at a national level as one of the best initiatives working to benefit Colombian children.

Thanks to the support of the fund, Mentor Colombia was able to benefit 24,000 children belonging to 48 schools in the three cities. Along the way, 102 'multipliers' and 1038 teachers were also trained.

Experiences to Live and Coexist – High School

Thanks to the support of the U.K. Embassy, Mentor Colombia has initiated the second phase of *Experiences to Live and Coexist – High School* in the city of Bogotá.

After developing the project for an expanded age-range in 2006, Mentor has now initiated a new stage of implementation in 19 public high schools and aims to benefit more than 3700 children and teenagers between the ages of 12 and 18.

3rd International Seminar: Towards the best practices in drug misuse prevention

On the 8th and 9th of March of 2007 Mentor Colombia held its 3rd International Seminar, featuring 20 speakers and attended by more than 450 teachers, psychologists, doctors, police officers and researchers. The event focused on promoting and disseminating successful experiences in drug misuse prevention, that have been



Young People taking part in Mentor Colombia's High School Programme

developing at local, national and international levels.

The Seminar featured Jeff Lee of Mentor International; Eduardo Hernández from the Community Anti-Drug Coalition of America (CADCA) and Carlos Arturo Carvajal of the United Nations Office on Drugs and Crime, and closed with a demonstration from the Capoeira group Abolição.

Drug consumption prevention project in universities

Mentor Colombia has initiated a new drug prevention project aimed at young people that belong to three universities in Bogotá, thanks to the support of the British Embassy. This project aims to benefit more than 3000 young people.

National Prevention Day

On 26th June 2007 National Prevention day was celebrated in Colombia. Mentor Colombia's team assisted to the event organised by the Major's Office of Bogotá to celebrate this date.

Mentor Arabia

Mentor Arabia's first gala dinner succeeded in engaging support and new partnerships

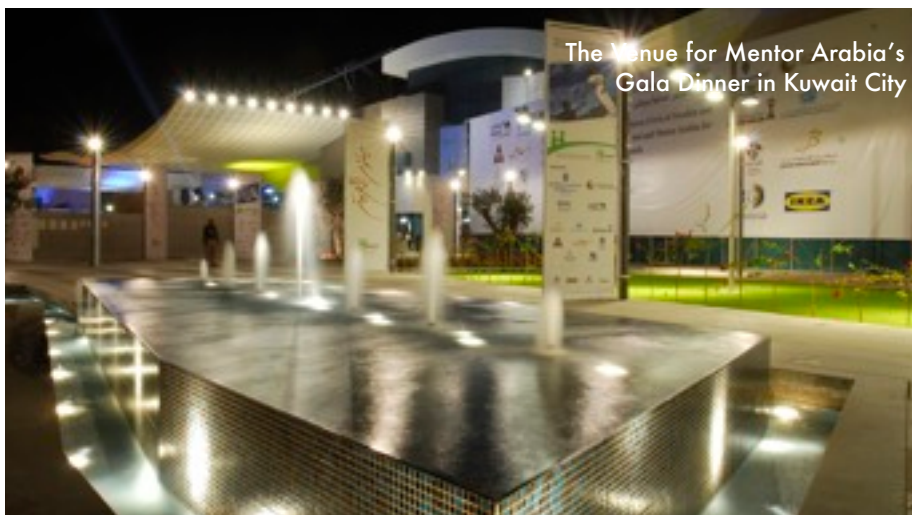
With an attendance of more than 400 people, Mentor Arabia's first fund-raising Gala Dinner held in Kuwait on 23rd May achieved its goals: four memoranda of understanding were signed with institutional and corporate partners for the implementation of drug prevention projects in Kuwait and 26 local and regional private companies joined Mentor Arabia as corporate supporters for its activities throughout the Arab countries.

In presence of HM Queen Silvia of Sweden, President of the Mentor Foundation and under the patronage of HH Sheikh Sabah Al Ahmad Al Jaber Al Sabah, Amir of the State of Kuwait, the event drew the attention of its guests and media to the rising problem of drug-addiction in the Arab world and to the many possibilities of preventing it.

Mentor Arabia to launch 'Life-skills for adolescence' in ten schools in Kuwait; other countries to follow

In partnership with the Lebanese non-governmental organisation SKOUN and with the support of Starbucks and MTC, Mentor Arabia will champion the implementation of the Life-skills training program on drug prevention for adolescence in ten schools in Kuwait, as of the new school year starting in September 2007.

Involving educators, parents and the community, the Life-skills program aims at developing in adolescents aged 10 to 14 social and emotional competencies, citizenship skills, a strong and positive personality and other skills and attitudes consistent with a drug-free lifestyle.



The Venue for Mentor Arabia's Gala Dinner in Kuwait City

Ten Kuwaiti schools will be selected to reflect a wide range of adolescents. Similar projects will be implemented, in five schools in Saudi Arabia and a further five schools in Egypt. Schools and local co-ordinators are currently being identified as well as partners.

Conference Inputs & SAN

Mentor Executive Director, Jeff Lee was invited to speak at the annual media conference in Trebon, Czech Republic, sponsored by Corona. The annual event focuses on an issue relevant to media and this year's topic was "Drugs and the Media". The event was attended by representatives from the Czech media with invited international guests from USA, Sweden and UK, to give different perspectives of issues facing the media and their treatment of the drugs issue. The event was filmed and the proceedings will become a book on the issue. Important issues covered included a discussion on how drugs policy issues should be best and more honestly communicated; the role of the media in relation to legal as well as illegal substances; as well as media responsibility in dealing with the drugs issue. Examples of programmes developed in the Czech Republic were also shown.

Also in May 2007 Charity Kreider, Project Co-ordinator of Prevention Online International represented the Mentor Foun-



Mentor International's Charity Kreider pictured at the 22nd IFNGO World Conference on Macau

ation at the 22nd IFNGO World Conference in Macau. The primary goal of this conference is to provide researchers and practitioners in the field of substance abuse prevention to share their knowledge and expertise regarding evidence based research and best practices in the field.

Through this event a number of potential partners for translating and piloting Prevention Online International were identified.

Mentor Scientific Advisory Network member Martha Givaudan has been given the Outstanding International Psychologist Award by the American Psychological Association, congratulating her on her distinguished record and lifetime achievements contributing to the field of international psychology.

Alcohol and Drug Prevention Urgently Needed in UK Colleges & Universities

Colleges and universities need to increase alcohol and drug education campaigns to challenge the acceptability of substance misuse among students, and in turn reduce the harm they cause, reveals a recent literature review by Apostolos Polymerou, Development Officer at Mentor UK. Binge drinking and experimentation with illegal drugs are considered normal behaviour by most students, and the associated risks are rarely spelled out to them at these institutions. In the new report, *Alcohol and Drug Prevention in Colleges and Universities*, Mentor UK notes a variety of harm reduction strategies and information campaigns used to educate students; many of these have been developed in conjunction with student unions. However there was no strong evidence that these had the desired effect.

Mentor UK found that many students significantly overestimate the alcohol and drug consumption of their peers; therefore social marketing campaigns that target misconceptions around these social norms may be effective. But overall, what is needed most is evidence of what strategies work and why. Existing alcohol and drug education and prevention programmes need to be monitored and evaluated, and research into

'social norms' intervention conducted. The full report *Alcohol and Drug Prevention in Colleges and Universities* can be downloaded from the Mentor UK website: www.mentorfoundation.org/uploads/UK_Prevention_Colleges_and_Universities.pdf

World Drug Report

The 2007 World Drug Report, issued June 26 by the United Nations Office on Drugs and Crime, reports significant progress in addressing the global epidemic of drug abuse and addiction, but warns that international cooperation is necessary to develop public health approaches to drug abuse prevention and treatment to ensure long-term success. The report documents that at least 1 out of every 200 people in the world suffer from the illness of drug addiction, and calls drug treatment "an investment in the health of our nations as much as treating HIV, diabetes or TB." The World Drug Report includes regional and global statistics on the cultivation, production, trafficking, seizure, pricing, and consumption of opiates, cocaine, cannabis, and amphetamine-type stimulants. http://www.unodc.org/unodc/en/world_drug_report.html

A synthesis review of exemplary drug abuse prevention programs in the United States

In the United States, there has been a concerted emphasis during the past 30 years toward identifying and implementing evidence-based drug prevention programs. The wealth of prevention efficacy research has contributed to the publication of several recent reports on promising, model, and effective programs. We identified five such recent reports, four from the federal government and one from a private foundation, that had nominated and described 100 exemplary prevention programs. Of these 100 programs, 70 reported on evidence of effectiveness. We conducted a qualitative analysis on these 70 exemplary programs. Based on a systematic review process, we identified 10 elements that were characteristic of most (at least 75%) of the programs. These 10 elements are described and discussed in light of public policy issues.

The full article is published in *Journal of Substance Abuse Treatment*, June 2007 [doi:10.1016/j.jsat.2006.10.002](https://doi.org/10.1016/j.jsat.2006.10.002)

Annual Report

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