



Prevention
Opportunity
Protection



Mentor

Mentor UK's Youth Involvement Project
(see page 5)



The Mentor Foundation E-Newsletter

Winter 2007/8

Season's Greetings to all our readers
Health and Happiness for 2008



Introduction from Jeff Lee, our Executive Director

Another year has almost gone – to quote Bob Dylan: "Time is a jet plane – it moves too fast" is certainly true. So what have we achieved this very busy year?

The rest of this Newsletter reflects the major developments within the Mentor family and together with the other Newsletters from the year one gains a picture of a lot of

hard work and a significant amount of progress to help develop and provide effective policy and practice in our field of substance abuse prevention – as well as in the positive side of our work in helping to promote health and well-being.

It is always seen as valuable to do a "number crunch" and to indicate the figures of those who have been helped and I am sure it is – we will be doing this at the end of the year. However the numbers often hide the reality of the full impact of our work. Support for one key policy maker can result in an impact in a positive result that can effect millions of others; training for one teacher can have a domino effect that effects the lives of hundreds of children and their parents; a newsletter or website that is read by over 10,000 people a month can have a positive outcome for many more thousands of people those people work with. It is therefore difficult to assess the true numbers helped and supported through Mentor's work but I hope the key work of Mentor International through the year can be seen not only as specific figures but as "the starter for 10" that multiplies among many others.

Mentor International Prevention Awards

The Mentor International Prevention Awards event will take place in France in June next year. Applications for projects that have "achieved" and those that "show promise" are required from any organisation from around the world undertaking practical prevention work. Details and application forms will be sent out and obtainable on the Mentor website (www.mentorfoundation.org) from 11 January (closing date for applications 31, March 2008).



Colombianitos: 2004 Mentor
Innovation Award Winners

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

Every visitor helps support prevention. Please visit www.mentorfoundation.org

News from around the Mentor Family

Mentor International

So what has been achieved in the four areas of Mentor International's focus?

1. The Mentor website: www.mentorfoundation.org

The site has continued to be developed and updated through the year – there is always more to do but it has received a lot of positive feedback as a helpful source of help and information from many people in many countries around the globe both in the developed and developing world.

This year there have been 1.6 million hits so far and we have served 550,000 pages to 200,000 visitors from over 100 countries worldwide.

A new part of the website under development is linked to Mentor's Ambassador Initiative which is helping us form a



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Youth "POP" Group which will have access to material via our website and which will ultimately help us form a special web site for young people and by young people.

New family members means we have information on our work in Arabia (in Arabic) and in Lithuania (in Lithuanian) and we continue to seek the Spanish components with Mentor Colombia. This

is alongside the information provided on the work of all in the Mentor family.

2. Support and establishment of the Mentor family and its work in different countries.

The key development has been our regional member of the Mentor family with the formal arrival of Mentor Arabia representing the 22 Arab League countries. The Gala event in Kuwait in May was a real visible highlight of the welcome for Mentor in Arabia.

Mentor Colombia also held its Royal Gala in November which reflected just how much it has achieved in 5 years. Our President Her Majesty the Queen of Sweden saw Mentor in action in Bogota, meeting children, teachers, university students and many others involved with Mentor's work there. It was obvious Mentor is making a very positive contribution to support Colombia address prevention.

Most of the other family members have continued to grow and develop – their story is available in other parts of this letter and on the website – although there is still much to be done.

The challenge ahead is for Mentor to see how it can provide more value to prevention work in different countries in collaboration and partnership with others.



Mentor Colombia Gala Event & Visit of HM Queen Silvia

Queen Silvia visited Colombia 5th to 9th November to experience first hand some of the projects Mentor has been undertaking in the country. Mentor Colombia offered a Gala dinner in honour of Her Majesty in the Country Club of Bogotá. Many important personalities attended to the event, which featured a charity auction by Sotheby's. The money raised in this event will be used so that Mentor can continue expanding the coverage of its projects.

Experiences for life and living together:

Her Majesty visited the Marsella school, located in the Kennedy neighbourhood of Bogotá.

Through this project Mentor promotes competences that permit the children to make responsible and autonomous decisions facing risky behaviour such as the consumption of drugs.

Cultivate Future:

In the Botanical Garden of Bogotá, Her Majesty met with the beneficiaries of the project Cultivate Future. This project which is developed with the support of ABN-AMRO bank, seeks to improve the quality of life of 150 people in a vulnerable situation in all of the districts of Bogotá.

Through training in gardening we seek to increase job opportunities for the beneficiaries, with the end of minimizing the risk that is implied with unemployment, facing problematic such as crime and the consumption of drugs.

Universities:

In the Unisanitas university of Bogotá, Her Majesty met with a group of young people that participate in the project "A tomar con toda", which seeks to promote the responsible use of alcohol amongst college students.

Mentoring:

With the support of Skandia, Mentor Colombia has been developing a drug prevention project with abandoned children, taking as a reference the Mentoring Project in Sweden.

Read more at: www.mentorfoundation.org/newsletter?id=67



1. Mentor International Projects.

Mentor International has three major projects which it is in the process of developing – even though more financial support is required to help them reach their potential for a global impact. They are:

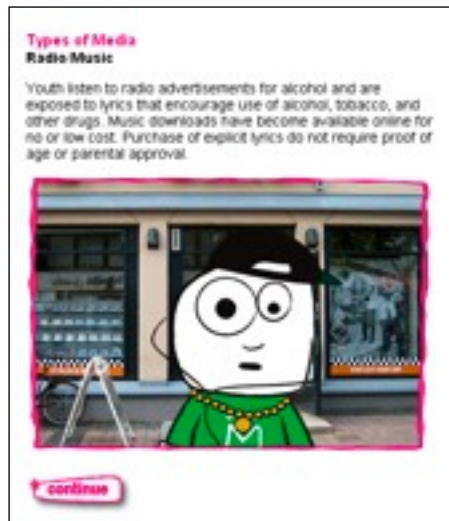
- Prevention online : an e-learning programme for parents which aims to provide a global on-line course for parents to help them become more confident and competent in their role as agents of prevention.
- The Mentor Prevention Awards: this is a project to identify those projects from around the world that can show achievement or promise in delivering effective prevention. Please keep a look out for further information so you can apply!
- Adolescent Brain Development and Implications for Prevention: this is a new initiative to help transfer and communicate the fascinating learning from state of the art science about the adolescent brain into a resource for educators to communicate the new learning in a meaningful way.

2. Advocacy and Partnerships.

It is vital for Mentor as an international organisation to work with and support others and to be a voice for prevention. We have tried to do this in a number of ways in developing our relationships with some key international organisations. One major example is where Mentor has been a major voice and support in the work of the United Nations Office on Drugs and Crime Vienna NGO committee where it has been working to support the "Beyond 2008" initiative to review the work and the needs of the NGO community to build effective prevention



Excerpt from the Prevention online e-learning programme for parents



practice and policy in the year ahead.

So we need to add up the numbers but I am confident that Mentor has achieved and made a difference this year – from its support to Mentor Colombia and the children in Bogota to the range of NGOs being involved in the UNODC consultation process involving hundreds of NGOs from around the world.

It could do more with vital human and financial resources but it is moving forward and I believe making a difference in preventing substance abuse and promoting the health and well-being of children and young people.

Mentor Arabia

Kuwaiti teenagers to start Life Skills education for drug prevention in January 2008

Mentor Arabia is set to start implementing the Life Skills Education Program for

Drug Prevention for Kuwaiti teenagers in 10 schools in January 2008.



Around 600 Kuwaiti students aged 10 to 14 will benefit from 30 Life Skills sessions spread throughout the school year at an average of one session per week. There will be 10 participating schools: five private and five public, with mixed, all-boys and all-girls attendance.

"We're happy to finally get the Life Skills Education Program for Drug Prevention off the ground in Kuwait," said Mentor Arabia's Planning and Programs Director Joumana Kalot. "The great excitement and engagement of our Kuwaiti sponsors Zain and Alshaya Group and partners from schools to NGOs have been instrumental in us moving forward with the project."

In the field, the project will be handled by a recently appointed local monitoring team, led by Local Supervisor Dr. Altaf Al Essa. Local Coordinator Ms. Reem Maarouf and another coordinator to be named at the end of October 2007 will assist Dr. Al Essa.

As project supervisor, Dr. Al Essa, a trained counselling professional and social educator, will be responsible for monitoring, advocating for and promoting the project among local authorities and schools. Read more at: www.mentorfoundation.org/newsletter?id=68

Mentor Arabia Leads Regional NGO Consultations in Cairo

Mentor Arabia led regional consultations with non-governmental organizations working in the field of drugs in Cairo on October 25-26, 2007.

Held in partnership with the Vienna NGO Committee on Narcotic Drugs, the consultations took place in preparation for the "Beyond 2008" Forum on Drugs due in 2008 in Vienna.

The consultations are meant to collect the views and experience of a broadly representative cross-sample of NGOs working in the field of drugs from the Middle East and North Africa. Read more at: www.mentorfoundation.org/newsletter?id=68-cairo

Mentor Arabia workshop on drug prevention in early childhood education

Mentor Arabia hosted a preliminary two-day workshop in Beirut on August 22-23, 2007 with education experts Dr. Siham Alsuwaigh, Dr. Samar Mukallid and Ms. Bushra Kaddoura.

The workshop is part of the organisation's plan to develop an Early Childhood Education (ECE) Program for Drug Prevention.

The discussions addressed the elaboration of a preliminary concept paper, the



Education experts Ms. Bushra Kaddoura, Dr. Samar Mukallid and Dr. Siham Alsuwaigh at Mentor Arabia's Workshop



training material and tools to be adopted, the identification of educational and social institutions and experts working in the field of early childhood and the means to gather support for the project. Read more at:

www.mentorfoundation.org/newsletter?id=66

Mentor Colombia

Mentor Colombia forms part of RIOD

On October 24th of 2007 Mentor Colombia received confirmation it is now part of the Red Iberoamericana de ONG que trabajan en Drogodependencia (RIOD)

RIOD is a not for profit organisation that gathers all the NGOs of Spain and Latin America that work in the reduction of drug demand, in themes related to prevention and treatment, amongst others.

This is a great advancement in the positioning of Mentor Colombia at an international level.

The training process of Cultivate future comes to an end

At the end of December the beneficiaries of Cultivate future will graduate. With this advance the training process in human, co-operative, financial and technical skills comes to an end. During the first quarter of 2008 Mentor Colombia will find jobs for these people.

Mentor Colombia participated in the congress of "Programa Cambio" from Argentina

On October 4, 5 and 6 Angélica Rodríguez, technical director of Mentor Colombia presented the lessons learned in the design, implementation and evaluation of the project Experiences for Life and Living Together to the Programa Cambio congress on Drug Dependency.

Programa Cambio is an institution of Córdoba, Argentina that since 1989 develops its work regarding the consumption and abuse of drugs and alcohol, in the areas of: Prevention, Assistance, Training and research. The congresses organised by Cambio are recognised as the most important in Argentina.

Mentor Germany

Gala Dinner and Prevention Congress

Mentor 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.

Colombian Schoolchildren greet HM Queen Silvia



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.



Mentor Germany's Prevention Congress

Mentor Lithuania

Mentor Lithuania has continued to develop its mentoring programme in 2007 but has also extended its contribution to more children and adults who work with young people. It has developed a pilot project for parents which is being evaluated and will report next year and been active in supporting training workshops and conferences in the country to raise awareness and help promote prevention activity particularly in the school setting. This extension of its work will be continued in the year ahead and a particular focus will also be in communicating Mentor and its message within Lithuania and raising the profile to encourage support in the years ahead.

Mentor Sweden

Government grant for youth recruitment

The Swedish National Board for Youth Affairs – a government agency – has awarded Mentor Sweden a grant of 80,000 Euro to develop new methods to recruit youth for Mentor Sweden's Mentoring Programme. The project lasts during 2008 and will involve the recruitment of youth through youth centres and the Internet. The project ends with a seminar at the end of the year to disseminate experiences.

Cooperation with municipalities

Two Swedish municipalities – Västerås and Nynäshamn – have started mentoring programmes in co-operation with Mentor Sweden. Each respective municipality appoints a Project Coordinator and Mentor Sweden contributes with know-how, training, materials and marketing. This is a cost-efficient way of expanding Mentor Sweden's mentoring programme. Several other municipalities have expressed an interest in joining the programme during 2008.

Project Inspiration

At its meeting in November, Mentor Sweden's board decided to start a new project entitled "Project Inspiration". The aim is to reach out to more children through several activities carried out together with Mentor Sweden's sponsors. A project manager is currently being recruited and the goal is to involve 1500 children during the first year, 2008.



Mentor UK CHAMPS Awards 2008

Mentor UK is preparing to launch the Mentor UK Alcohol Misuse Prevention Awards, 2008, supported by Diageo Great Britain. This is a biennial scheme aimed at all those working on alcohol misuse prevention initiatives with primary school age children in Great Britain. It culminates in a ceremony where winners will be awarded substantial prize money. Mentor UK will be asking the public, professionals and young people to nominate projects and activities that they feel influence children's attitudes, skills and behaviour so that when they are older they can avoid the damage that the misuse of alcohol can cause.

Awards will be made in three categories – Schools, Communities and Young People's Involvement. We will be launching the next Awards in January 2008. Find out more at: www.mentorfoundation.org/uk/awards

Conferences spring 2008

Mentor Sweden will in March and April take a leading role in two conferences: In March we are chairing and presenting during a conference on social work with vulnerable children, and in April we will co-host a conference on "Counselling by Telephone", with Maxine Rosenfield as key-note speaker, a leading authority on telephone counselling.

Latest Prevention Research

Tobacco and Its Trendy Alternatives: Implications for Pediatric Nurses

Although acute and critical care pediatric nurses may not rank tobacco prevention and cessation among their top patient-care priorities, the importance of providing health education, especially during vulnerable moments, cannot be overlooked. This article provides an overview of trendy tobacco alternatives, such as bidis, clove cigarettes, hookah pipes, and smokeless tobacco, that entice youth. The significant health consequences of these tobacco products and the implications for pediatric acute and critical care nursing practice are also discussed.

Critical Care Nursing Clinics of North America Volume 18, Issue 1, March 2006, Pages 95-104 [doi:10.1016/j.ccell.2005.11.008](https://doi.org/10.1016/j.ccell.2005.11.008)

New Director Parenting programme

Ms. Annika Ryman has been appointed as new Programme Director of Mentor Sweden's Parenting Programme. Annika will take up her position in January and continue developing Mentor Sweden's Parenting Programme in which parents can develop their parenting skills through courses, seminars and coaching.

Mentor UK

Young people help to shape the new government drug strategy

Mentor UK has been working with the Department for Children, Schools and Families to add young people's voices to the new government drug strategy which will be launched in 2008.

A key issue for young people is the need for better drug education, delivered by adults whom they trust to give them honest messages about the risks of drug misuse.

One young person said simply: "I prefer it when they just tell it like it is."

Young people also called for tougher penalties for drug dealing and drink driving and more action to prevent alcohol sales to underage teenagers.

Read more at: www.mentorfoundation.org/newsletter?id=69

Mentor UK Annual Review 2006-7

Mentor UK continued to extend its activities and influence in 2006-2007. Mentor UK works with providers of services to young people at a local level at the same time as working alongside government officials and senior policy makers to address the gaps in our knowledge about what makes



effective prevention. By disseminating findings from all its research and projects Mentor UK helps practitioners and policy makers to commission and develop services that are based on what we know helps young people to avoid drug related harm.

Read more, including Mentor UK's 2007 project highlights at: www.mentorfoundation.org/newsletter?id=65

Mentor USA

Mentor USA's major role continues to be to help raise funds for Mentor's work internationally and to help specific project initiatives to take place through Mentor International and other family members. In this way it has worked, very positively and successfully, in collaboration with, and as part of, Mentor International. However it has also been able to give support to other aspects of Mentor's work and development particularly through the SAN members from Mentor USA and the links with institutions that are also working in the field of prevention. Major events are planned for New York next year to help raise the profile and support for Mentor.



Drinking Heaviest in European Nations

Fourteen of the 15 nations that lead the world in per-capita alcohol consumption are located in Europe, according to a new survey.

Forbes reported Nov. 28 that the Organization for Economic Co-Operation and Development's study on the World's 15 Heaviest-Drinking Countries found that per-capita alcohol consumption was highest in Luxembourg, where residents consume an average of 15.5 liters of alcohol annually. Following closely were France, Ireland, Hungary, and the Czech Republic.

A separate study found that the Czech Republic leads the world in per-capita annual beer consumption, and the 94 percent of 15-year-old Czechs identified themselves as beer drinkers.

Reprinted from *Join Together Online*: www.jointogether.org/news/headlines/inthenews/2007/drinking-heaviest-in-european.html

Annual Report

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

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