PROJECT AMPLIFYING OUR FUTURES

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Project Amp Update: Enrollment for Pilot Research Concludes in Three of Six Sites

Last year Project Amp began pilot testing the four-session mentorship approach to extend SBIRT for moderate risk adolescents in six locations. To date, Project Amp has screened over one thousand and forty youth and young adults, and a total of twenty-two adolescents, eligible by age and moderate risk criteria, have completed the intervention.

Our first three sites, a school in Marietta, GA, and clinics in Columbus, OH, and Philadelphia, PA, have completed enrollment. We've gathered initial focus group and survey data to learn about the feasibility of the approach. Early analysis of focus group data shows the following:

- Adolescents who participated in Project Amp had overwhelmingly positive experiences meeting with a mentor in recovery. Many wished that they had more time with their mentors.
- Participants felt empowered to talk about their experiences with alcohol and other drugs because the mentor was not a teacher, health professional, family member, or other authority figure.
- Mentors had strong connections with their mentees and a desire to meet for more than four sessions.

RESOURCES

New Tool: Start Your Recovery

This confidential tool helps individuals take steps toward a healthy relationship with drugs and alcohol. Watch stories of recovery and locate recovery resources near you.

Risky Decision Making in Adolescence

Watch Dr. Reyna's lecture from Cornell University.

Curbing Alcohol Use in Teens

Learn about Iceland's effective approach to curbing teen alcohol use.

SBIRT in Various Settings Register for the free webinar

Register for the free webinar airing on May 4.

SBIRT in the News: New Teen Screening Tool

Learn about the new tool out of Seaton Hall.



- Persons with a lived experience of substance use issues may promote a willingness among youth participants to share about their own substance use.
- Mentors felt that the Motivational Interviewing skills they learned supported conversations that were more open and where youth participants felt affirmed, rather than judged.

During a focus group, one youth participant stated the following about their experience with a mentor:

I'm going to try [to not use drugs]. At first when I met my mentor it was every day; he didn't tell me to stop, but hesaid "you need to chill"... And then slowly it came to almost never doing it. [I feel] Better.

Another youth participant stated the following about their experience with a mentor:

She was caring. She was very caring and understanding. Because she had been through the same stuff as me, and she understood everything I was going through. And what she was doing, she made me look at it from the other side...

Mentors and youth participants indicated that while they discussed substance use, drugs and alcohol were not always the focal point of every discussion. Other topics included stressors, social and peer relationships, family and home life, academic issues, understanding one's own strengths and challenges, and goals for the future.

The Project Amp research team is still collecting six month follow-up survey data at these first three pilot sites, and data collection is still underway in the additional three pilot sites, quantitative data or more definitive qualitative data is not yet available. However, early learning indicates a positive impression of the approach; the feasibility of a positive impact for settings, mentors, and youth; and lessons learned to improve the model for replicability. We look forward to sharing more updates in the coming months!

April Is Alcohol Awareness Month: Be Aware and Get Involved

The percentage of high school students that use alcohol is steadily decreasing. Since 1997, lifetime use for tenth and twelfth graders dropped 40% and 25%, respectively (NIDA, 2016). However there is still a long way to go toward decreasing or eliminating underage drinking. Nearly 40% of tenth graders and 56% of twelfth graders reported that they used alcohol in the past year (NIDA, 2016). According to some estimates, 85% of high school students who say they drink also say they binge drink and 22% of high school students rode in a car with a driver who had been drinking (Teen Rehab Center, n.d.).

If you are looking to get involved and follow events supporting recovery in April, visit the <u>National Council on Alcoholism and Drug Dependence recovery month blog</u>. If you are looking for resources in your area visit <u>Start Your Recovery</u>.

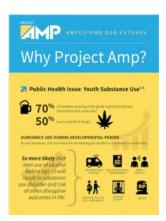
Interested in Bringing Project Amp to Your Community? If you would like to learn more, click here or contact Laura Winn

Archived Updates

Check out archived email updates from Project Amp.

Why Project Amp?

Download the infographic and share it with colleagues.



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Do you know of a clinic, hospital, or school-based health center that might be interested in Project Amp? Contact projectamp4youth@center4si.com.

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