

PROJECT

AMP

AMPLIFYING  
OUR  
FUTURES



## RESOURCES

### [Archived Updates](#)

Check out archived email updates from Project Amp.

### [Why Project Amp?](#)

Download the infographic and share it with colleagues.

### [Moving Upstream with Substance Use Prevention: What Works?](#)

Laura Winn, Deputy Project Director, discusses her connection to Project Amp in a blog post on t3 Threads: [Changing the Conversation](#).

### [Peer-Delivered Recovery Support Services for Addictions in the U.S.](#)

This new systematic review looks at the effectiveness of peer support to address substance use disorders.

## How Young Peers in Recovery are Amplifying Prevention and Early Intervention

*What do young adults in recovery have to contribute to substance use prevention efforts?*

***So much, as it turns out.***

Kristen Paquette, Project Amp Director, discusses the ways that young adults (peers) in recovery can help teens at risk of problem substance use. Read below for an excerpt or [click here](#) for the full Youth Today article.

"When young adults pursue recovery, they develop and enhance strategies to support wellness over the long term. For many, recovery is a process that encourages balance, and resiliency becomes a way of life. Young people in recovery also understand that in an adolescent's life, there are critical moments where intervention and support can make a world of difference. More importantly, they understand the kinds of messages that teens need to hear in these circumstances.

In a recent training, we asked Project Amp mentors how they thought their recovery experiences will translate to effective prevention. We think their answers speak for themselves. 'Learning that reaching out was not a sign of weakness was a pivotal moment, and one that I wish I knew as a kid,' shared one Project Amp mentor. Another said, 'having people who are able to listen to you is a huge deal.'”

[Read the full \*Youth Today\* article.](#)

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## EVENTS

Project Amp will be at the following conferences next month.

Will you be at these events? Let us know! We'd love to connect with you!

**April 6-8, 2016**  
**Atlanta, GA**

**7th National Collegiate  
Recovery Conference**

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**April 18-19, 2016**  
**Ypsilanti, MI**

**3rd Annual Conference on  
Adolescent Health**