



Why Project Amp? A Mentor Shares Her Experience

My name is Kayce Courson and I am a person in recovery from drugs and alcohol. I was presented with the opportunity to be a Project Amp mentor through the Collegiate Recovery Center at my university. I eagerly applied to be a mentor because my passion is recovery, prevention, and intervention. My early experiences in life also gave me a genuine compassion for adolescents who might be experiencing some of the same social and environmental risk factors that I believe influenced me in my teens. I welcomed the opportunity to be part of the solution, offer my support of the research initiative at the Center for Social Innovation, and most importantly, to reach out to young people early in their journey through life.

RESOURCES

Substance Use Screening, Brief Intervention, and Referral to Treatment - Guidance for the Clinician

The American Academy of Pediatrics released a clinical report outlining steps to implement SBIRT in health care settings.

Confidentiality and SBIRT Interventions for Teens

IRETA's Jessica Williams and Danielle Noriega are featured in *YouthToday* discussing how health care providers can build trust with teens.

Introduction to SBIRT for Adolescents

IRETA is offering a free self-paced online course to enhance practitioners' knowledge of SBIRT and skills to implement it.

BRSS TACS Virtual Learning Community for Young Leaders: Self-Exploration, Resiliency and Professional Development

Review the three archived sessions from the SAMHSA-sponsored series that focused on cultivating the skills of young leaders in recovery.

The progression through the mentorship was an enriching experience. It was not only easy to connect to the adolescent I was paired with, but she was willing and eager to explore new ideas about goal setting and social influences. Throughout our time together, a revelation occurred to me: this young girl already possessed all the necessary characteristics - strength, resilience, and willingness - that would enable her to skillfully navigate this world. After discussing how to recognize risks, she realized that she intuitively already knew these skills and could imagine herself employing alternative avenues for exiting or totally averting risky situations. She was very similar to myself at that age. All I needed to do was listen to her as her equal, her friend, and her mentor. She did all the “heavy lifting”.

I believe in the importance and impact of Project Amp. From my on-the-ground involvement, I can see that the success lies in the connection between one human being and another.

Creating a dynamic of trust and equality early in the process opens the door for meaningful and influential discussions that both the youth participant and mentor can benefit from. Subsequent conversations allow youth to explore new ideas free from the sometimes intimidating or overbearing appearance of authority figures such as teachers, counselors, or even peers.

Who knew adolescents are eagerly awaiting the opportunity to connect to others with similar experiences? Who knew that they wanted to set specific goals for themselves and talk about wellness and social influences? I am not surprised at this reality anymore. I am surprised by the indescribable benefit to my life that the mentorship process has brought.

Gratefully,
Kayce J Courson

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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.

Why Now is the Time

A t3: Changing the Conversation podcast featuring Recovery President and CEO, Justin Luke Riley and Project Amp Project Director, Kristen Paquette.

Developing Peer Interventions to Reduce Substance Use Among Youth

Learn about how the Center for Social Innovation designed Project Amp with our 2015 background report.

Archived Updates

Check out archived email updates from Project Amp.

Why Project Amp?

Download the infographic and share it with colleagues.

EVENTS

Project Amp will be at the [2016 National Prevention Network Conference](#), taking place from September 13th-15th in Buffalo, NY.

Let us know if you will be at this event! We'd love to connect with you!

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