

PROJECT

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Project Amp Research Update: Spotlight on Peer Mentors

As we wrap up data collection for [Project Amp](#), we are hearing from many participants and mentors about their experience at our pilot sites. This month we highlight mentors: young adults between the ages of 18-28, each on recovery journeys of their own. Mentors connect with adolescents with a moderate risk of developing substance use disorders to develop resiliency, discuss ways to cope with the stressors of adolescence, and set goals for the future. Recruited from groups like Young People in Recovery (YPR) chapters and collegiate recovery programs, peer mentors with lived experience of recovery from substance use issues share insights and help teens to make choices that support long-term health and wellbeing.

Paying it Forward: Project Amp Mentor Shares His Experience Connecting with Youth

Jeff Olivet, CEO of [the Center for Social Innovation](#), recently spoke with Andy Matthews, a Project Amp mentor who worked with the PHMC Clinic in Philadelphia. [Listen to the podcast](#) to hear about Andy's experience. Andy shares how peer support can help to extend Screening, Brief Intervention, and Referral to Treatment (SBIRT), promote prevention, and enhance mentors' own recovery experiences.

RESOURCES

[A Project Amp Mentor Tells Her Story](#)

Read an open letter about why Project Amp was meaningful to one mentor.

[Webinar Wednesdays for Substance Use Professionals](#)

IRETA is sponsoring two upcoming webinars on motivational interviewing and school-based SBIRT. Register to join for free!

[In Support of SBIRT](#)

IRETA's Jessica Williams writes in YouthToday in support of SBIRT for confronting adolescent substance use.

[A Compendium of Resources for Medical Practice](#)

For additional resources related to SBIRT training, screening tools, referrals, and reimbursement, visit the Addiction Medicine Foundation and the National Center For Physician Training In Addiction Medicine resource.

Focus Group Insights

As part of the Project Amp research study, we are collecting qualitative data from focus groups with mentors and adolescent participants. Currently, the Project Amp team is analyzing these data for broader distribution this fall. Below is a sample of feedback from participants and mentors.

What are participants saying about their mentors?

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

"[He told me that] he used drugs before he moved here. He said he lost basically everything. He moved here, he turned his life around, and then got everything and then some back. One thing I really liked about him was his drive...he helped me put a lot of things into perspective."

What are mentors saying about their experience?

"I just hope that I was clear [about] how important I think it is to invest in young people and give them a chance to be heard, and how therapeutic and beneficial it is for the mentor as well."

"It was an incredible experience. The reason why is the human connection. It serves a purpose for me too. There's a spiritual aspect to that. It has a healing mechanism for the mentor to invest in someone else and have genuine conversation."

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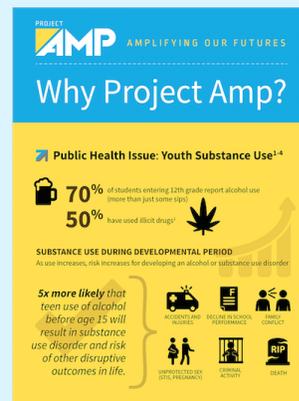


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