

Peer based approaches to substance misuse prevention in custody.

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Agenda

- A brief intro to Mentor & our work
- HMYOI Polmont
- Outline of Breaking Out
- How Breaking Out works
- Questions

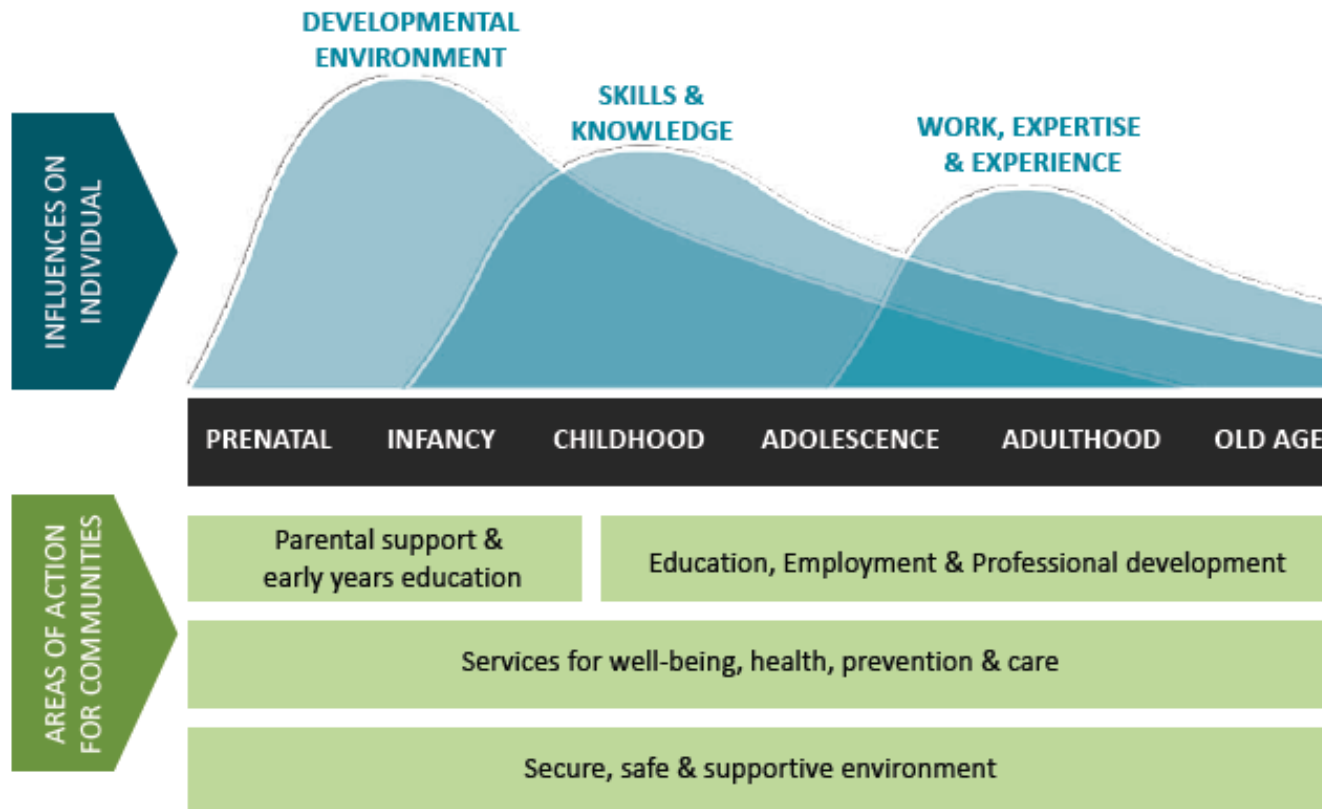
Mentor

To promote the **health and well being** of children and young people and prevent **alcohol and drug** misuse.



Our approach

Holistic, life-course, systemic approach to prevention



Developing **life skills** to build **resilience** to risk

Our approach

A **holistic**, **life-course** approach to prevention

implemented
in a variety
of settings



throughout
a young
person's
lifetime

building *resilience*, *life skills* and *self-efficacy*.

What is Breaking Out?

- Provides substance education and information to young offenders and in doing so develops a model of sustainable peer education within the prison environment
- Long-term aim of the project is to reduce offending behavior and the harm caused by substance misuse
- Enhances practical and personal development skills

What is Breaking Out?

- Peer based & led awareness programmes:
 - Team building/relationship forming
 - Alcohol and the Body (how the body works and potential risks)
 - Sexual Health (SH awareness and risk taking)
 - Risk taking Behaviour (including linking offending to alcohol/drug misuse)
 - Drug Awareness (how drugs work, the laws and addiction)
 - Communication Skills
 - Problem Solving (harm reduction and coping strategies)
- Access to accreditation (Dynamic Youth Awards)
- Learning used to create a toolkit

Toolkit

- 5 session plans - used to engage young people in prevention
- Toolkit can be accompanied by a 1-day training

Access

- Negative experiences of formal education
- Poor literacy skills/learning difficulties/behavioural problems
- Communication difficulties
- Short attention span
- Low motivation



BREAKING OUT

MENTOR

BREAKING OUT

MENTOR UK

Breaking Out – key elements

- Involving young people in all elements of design and delivery....and evolution
- Peer educators leading role in group session content & delivery
- Young offenders with 8 months (and ideally longer) left to serve
- Young people who are highly motivated and have potential to develop skills in communication, group-work and facilitation

Breaking Out – development

- Community based version
- 6 young people from Edinburgh trained as peer mentors
- Project engages young people from local community in prevention and asset building

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