Mentor’s Role in International Prevention

Ken Winters, Ph.D.
Professor, Department of Psychiatry
University of Minnesota Medical School &
Scientific Advisor, Mentor International

Prepared for:
Society Prevention Research Annual Conference
1 June 2011
1. Mentor and translational science

2. Overview of Mentor programs & resources

3. Summary
1. Mentor and translational science
Mentor’s Prevention Science and Resources: Translational Focus

- Mentor has a strong orientation to extend science-based programs into the realm of community relevance and practicality.

- This translational work includes
  - Identifying adaptive intervention components
  - Promoting fidelity and evaluation
Core Principles for Mentor’s Translational Work

1. Adapt to Context
Core Principles for Mentor’s Translational Work

1. Adapt to Context
2. Address Risk & Protective Factors
## 1. Risk and Protective Factors

<table>
<thead>
<tr>
<th>Risk or Protective Factors</th>
<th>Early Sex</th>
<th>Substance Use</th>
<th>Depression</th>
</tr>
</thead>
<tbody>
<tr>
<td>A positive relationship with parents</td>
<td></td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Conflict in the family</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>School connectedness</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Friends who are negative role models</td>
<td></td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>A positive relationship with adults in the community</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Having spiritual beliefs</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Engaging in other risky behaviors</td>
<td>●</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

• = protective, statistically significant
• = risk, statistically significant

Source: Robert Blum, MD, MPH
Johns Hopkins University
1. Mentor and translational science

2. Overview of Mentor programs & resources
Unplugged
12-Lesson, Universal Program
Based on a Social Influence model

- Mentor’s adaptation, pilot and evaluation of the previously tested Unplugged programme
- Cluster Randomized Controlled trial, funded by the European Commission, involving 5 European Countries
Unplugged in 5 Countries

Kyrgyzstan

Croatia

Lithuania

Russian Federation

Romania
At 3-months, compared to controls, the *Unplugged* group showed:

- 30% less daily smoking
- 28% less recent alcohol use
- 23% less recent cannabis use
Partners in Prevention

Began in September 2010

Building a network of evidenced-based resources and services in East Africa

Assisted by Virtual Collaboratory

www.perpichgroup.org
Mentor Foundation’s “Prevention Tool Box”
About Drug Prevention

www.mentorfoundation.org

- Introducing Prevention
- The Adolescent Brain
- Prevention-Smart Parents
- Research Prevention Update
- Prevention Perspectives
- Common Drugs of Abuse
- Evaluation Resources
- Glossary
- FAQs
About Drug Prevention

www.mentorfoundation.org

- Introducing Prevention
- The Adolescent Brain
- Prevention-Smart Parents
- Research Prevention Update
- Prevention Perspectives
- Common Drugs of Abuse
- Evaluation Resources
- Glossary
- FAQs
The Adolescent Brain

- Handbook that summarizes this emerging science

- Science classroom resource (published by Hazelden Press)
Prevention-Smart Parents

- Launched in 2009
- Ten chapters
- Hits
  - 55,500 page views (*Google Analytics*)
  - 12,500 unique visitors
  - 135 countries/territories
  - 2,400 page views / month
- Content has been translated to Czech by a local agency and is being adapted for use in East Africa
Research Prevention Update

- Launched 2009
- 20 monthly installments
- Subscribe at
  www.mentorfoundation.org/subscribe
Evaluation Resources

- Ten state-of-the art handbooks and documents
- Sources include NIDA, CSAP, CDC, UNODC, and European Monitoring Centre
- Most are basic primers
Towards Best Practices

- Examples of Best Practice
- Principles of Best Practice
- Who is Active
- Submit Examples
- Latest Research
Towards Best Practices
www.mentorfoundation.org

- Examples of Best Practice
- Principles of Best Practice
- Who is Active
- Submit Examples
- Latest Research
Principles of Best Practice

• 13 principles
  – Focus on operational and organizational elements

• Identified from literature review and consensus viewpoints by SAN members
1. Mentor and translational science

2. Overview of Mentor resources

3. Summary
Summary

- Balancing program fidelity and local adaptations
- Organizational issues
Summary: Way Forward

- There is a need for a handbook on the issues, challenges and possible solutions.
  - AN IDEA: *International translational prevention science: A practitioner's guide of prevention research*
    - adaptation
    - implementation
    - public policy
THANK YOU!

winte001@umn.edu