

## Who should participate in Project Amp?

Project Amp is flexible and supports youth at varying stages of risk for current or future substance use. Youth facing challenges in these areas may be a good fit:

### **Education**

attendance, grades

### **Mental health**

depression, anxiety, trauma, stress-related disorders

### **Substance use**

smoking, drinking, other drug use, positive attitudes towards substance use

### **Parent and family**

family disruption, family member's substance use or incarceration, low levels of supervision, foster care involvement, housing instability, second-generation immigrant status

### **Peers**

friends engaging in substance use or other risks

### **Neighborhood**

community violence, poverty

Overall, Project Amp is a good fit for youth who are experiencing any of the above issues and any youth who are seeking support around wellness and coping skills.

## About Project Amp

Project Amp meets each student "where they're at."

Over 4 to 6 sessions with a skilled young adult, near-age peer mentor, Project Amp creates a safe, strengths-based, time-limited relationship to explore values, beliefs, and perspectives about physical and mental wellbeing including substance use risk.



## How to refer students

Referral to a Project Amp mentor is offered through multiple pathways including self-referrals and referrals made by counselors or other program staff, teachers and coaches, peers, and parents, other caregivers, or siblings.

