

Empower. Support. Motivate.



# Annual Report 2017

Empowering young people to live  
healthy and productive lives, free of drugs.

[www.mentorfoundationusa.org](http://www.mentorfoundationusa.org)



# Table of Contents

Our Vision	04
What We Do	05
Mentor International's President H.M Queen Silvia of Sweden	06
Our Purpose	08
Three Core Areas	09
Career Mentoring Programs	10
Peer-to-Peer Programs	12
Shatter the Myths	12
Living the Example	14
Parenting Seminars	17
Honorary Ambassadors	18
Mentor Members Around the World	20
2018 Plans	22
Financial Information	23



# Our Vision

**A world where young people are empowered to make healthy decisions and live drug-free.**

# What We Do

Mentor Foundation USA is a member affiliate of Mentor International, which was founded by Her Majesty Queen Silvia of Sweden and the World Health Organization in 1994, and is the largest network of its kind for evidence-based programs that prevent drug misuse among youth. Collectively, Mentor has implemented projects in over 80 countries impacting more than 6 million youth.

Mentor International, together with Mentor Foundation USA and the other Mentor organizations around the world, is the leading international not-for-profit network empowering youth and preventing substance abuse. Mentor is represented in USA, Sweden, Latvia, Lithuania, Germany, UK, Denmark, and across the 22 Arab League countries.

# Mentor International's President H.M. Queen Silvia of Sweden



A mentor can support integration, reduce isolation, and prevent destructive behaviors.



Quote extracted from Mentor International Annual Review 2017.  
[https://mentorinternational.org/wp-content/uploads/sites/2/2017/08/ANNUAL-REVIEW-2017\\_WEB.pdf](https://mentorinternational.org/wp-content/uploads/sites/2/2017/08/ANNUAL-REVIEW-2017_WEB.pdf)

## A word from our Chairman & President

Dear friends of Mentor,

As a prevention organization, Mentor Foundation USA works to empower young people to live healthy productive lives, free of drugs. We partner with the business community, government agencies, schools and parents to create healthy and productive pathways for youth.

Mentor Foundation USA, along with all Mentor affiliates, benefits from the broad experience of Mentor International by sharing best practices, program development, and international networks to leverage our mission and expand the impact of our programs.

Youth and young adults are especially vulnerable to engage in risky behavior and thus develop substance use disorders, which have life-altering consequences. Most alcohol and drug problems begin in adolescence, and youth who don't use alcohol, nicotine, or marijuana, before the age of 21 are unlikely to start drug use after that age.

Now more than ever, Mentor Foundation USA's mission to prevent drug misuse is the centerpiece in addressing one of our nation's most pressing crises. The damage inflicted on individuals, families, and communities by substance abuse has reached epidemic proportions and is continuing to grow substantially. In 2016, there were an estimated 64,000 overdose deaths in the U.S. This rate exceeds the death toll in the Vietnam and Korean wars, respectively, and is three times the annual murder rate in the United States.

Mentor Foundation USA's work has never been more needed. We want to thank all of our partners, individual contributors, and corporate sponsors for supporting our cause by investing in the future and well-being of our nation's youth.

We look forward continuing our work in 2018, inspiring more young people towards healthy and productive futures.



**LaMont Wells**

Chairman



**Michaela Pratt**

President & CEO





**We concentrate  
our efforts in  
three core areas:**



# Our Purpose

Mentor Foundation USA's programs focus on keeping young people engaged in education, preparing them for adulthood, promoting healthy lifestyles, and reducing risky behaviors, including drug and substance use.

**Career Mentoring:** We work with our corporate partners to offer programs that provide knowledge and experiences to students to inspire and better inform their futures.

**Peer-to-Peer Programs:** We empower youth to speak up and out against drugs and provide them a platform to be heard. Through interactive outreach campaigns and by listening to our youth, we provide the tools for them to become their own advocates for staying drug-free.

**Parent Seminars:** We host seminars designed to provide parents with the skills to enhance communication with their children.

# Career Mentoring Programs

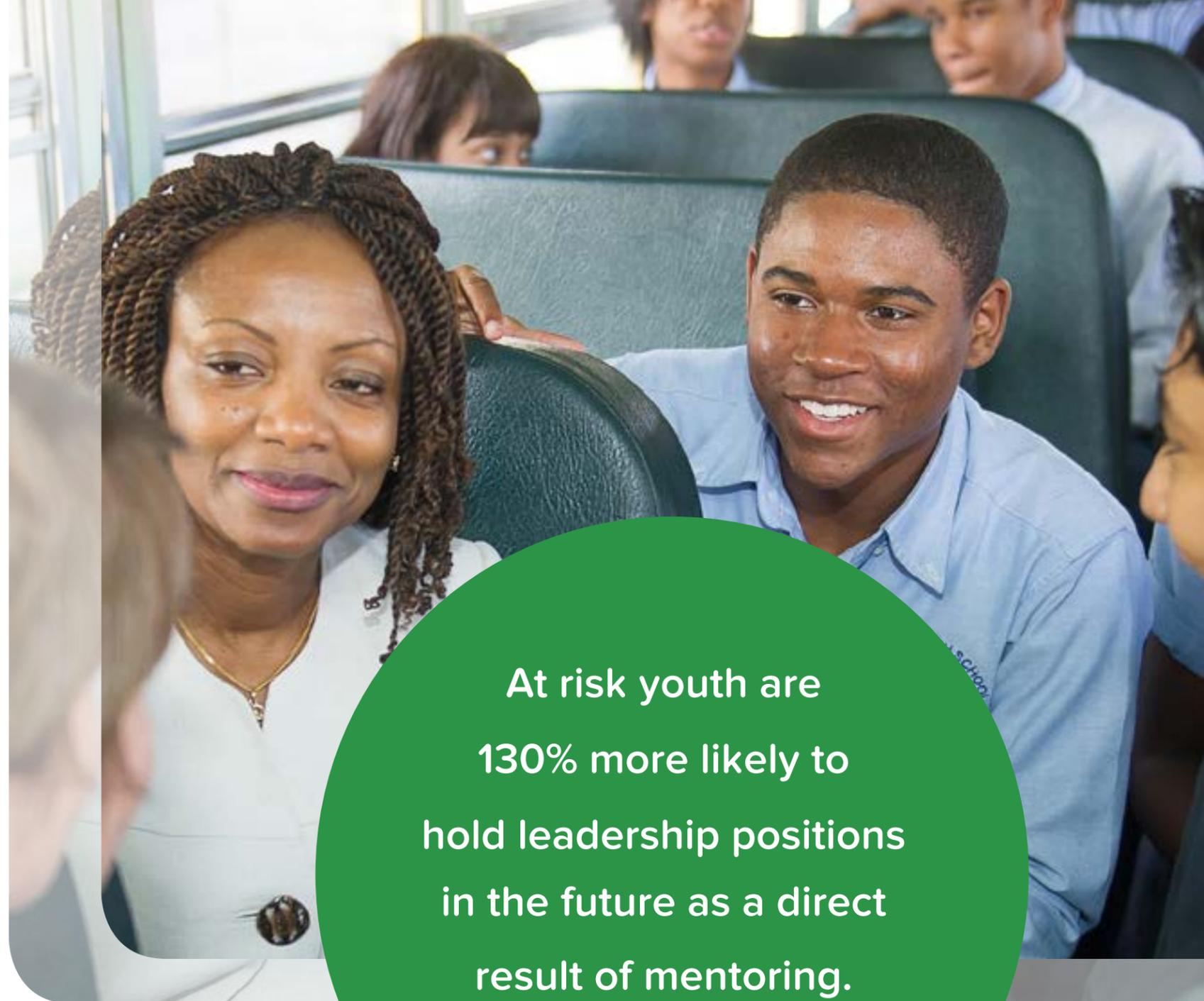
We support healthy-decision making in young people by providing them with professional adult mentors through partnerships with the corporate community. The goal of the Career Mentoring Program is to help empower and motivate high school students to higher academic and personal success.

The program curriculum provides youth with professional adult mentors who can listen, guide, and provide meaningful opportunities to the youth in our programs. The monthly 2-hour mentoring sessions, facilitated by Mentor USA staff, take place at the corporate location.

The SFIG Foundation, Mentor Foundation USA, and Scholarship America have partnered to further educational opportunities for underserved youth who seek higher education or career training.

This collaboration provides scholarship funding for high school students who have successfully completed Mentor Foundation USA's Career Mentoring or Youth Ambassador program.

At the end of the program students have the opportunity to apply for scholarships of up to \$40,000/student from an exclusive scholarship fund allocated to this program from The SFIG Foundation. This initiative also connects scholarship winners to the significant network of SFIG members for internships and other career opportunities.



At risk youth are  
130% more likely to  
hold leadership positions  
in the future as a direct  
result of mentoring.

(Bruce & Bridgeland, 2014)\*



\* The Mentoring Effect: Young People's Perspectives on the Outcomes and Availability of Mentoring  
<http://files.eric.ed.gov/fulltext/ED558065.pdf>



# Peer-to-Peer Programs

## Shatter the Myths

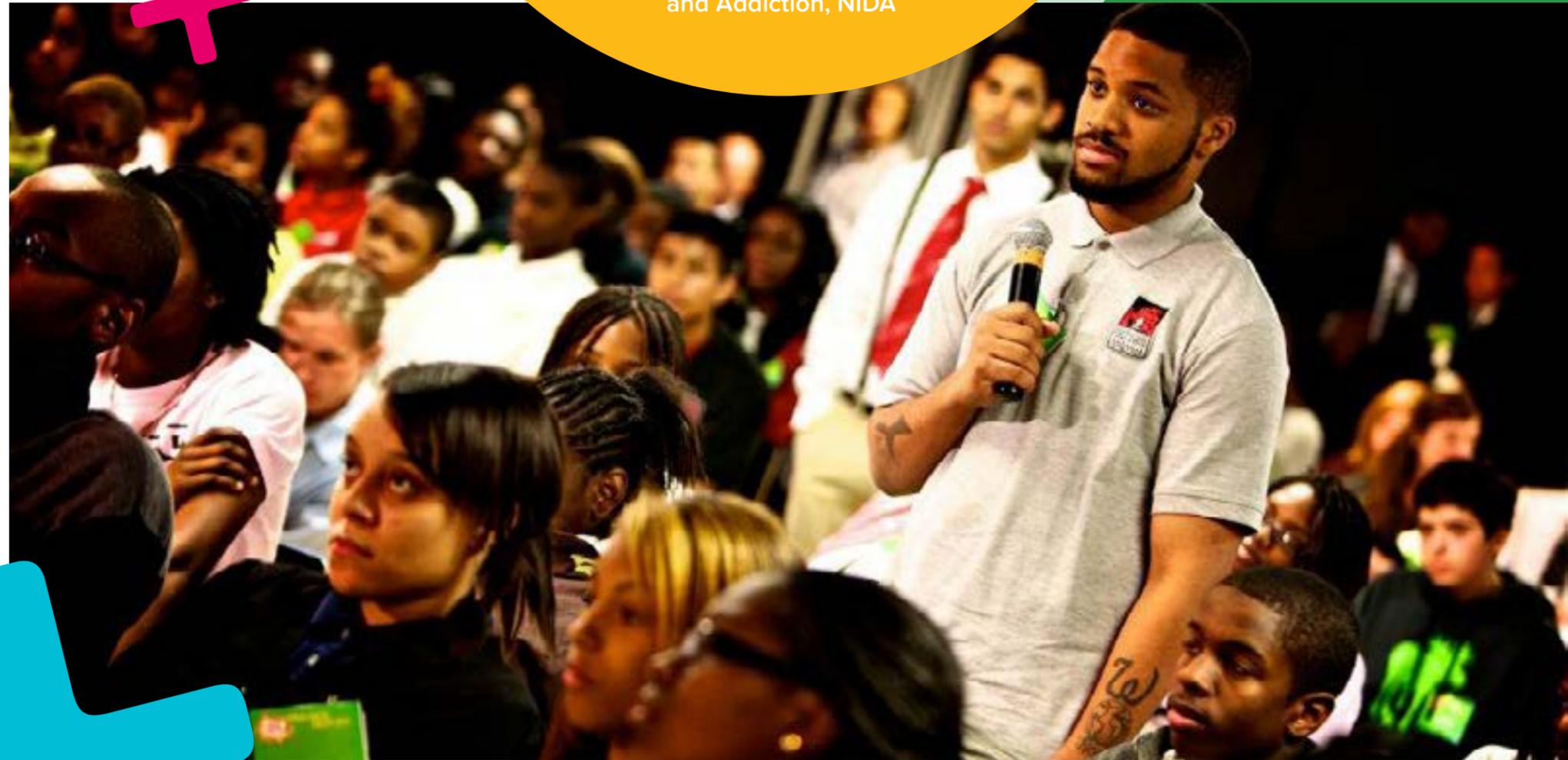
‘Shatter the Myths’ is a program designed to dispel myths that youth have about drugs.

By focusing on the innate talents of youth and providing a platform to make their voices heard, we help them become their own advocates for staying drug-free.

During our ‘Shatter the Myths’ youth rallies, students have the opportunity to interact with top scientists from the National Institute on Drug Abuse (NIDA) and hear from inspirational guest speakers, including a young person in recovery and a parent who lost a child to drug use.

“Events like ‘Shatter the Myths’ are unique and precious opportunities to empower young people. Few goals are more important than giving kids fact-based insights into their behaviors and the many things that can threaten their well-being”

Dr. Ruben Baler  
Scientist on the Neurobiology of Drug Abuse and Addiction, NIDA



# LIVING THE EXAMPLE

## Living the Example

**Our ‘Living the Example’ (LTE) peer-to-peer program empowers youth to speak up and out against drugs and provides them a platform to be heard.**

**The program has shown promising results in terms of shifts in attitudes towards drugs and intent to use drugs.**

For the past three years, Mentor Foundation USA and George Washington University have piloted an innovative peer-to-peer program called ‘Living the Example’ in Columbia County, NY. In 2017, the program, which included four high schools, showed promising results in terms of shifts in attitudes towards drugs and intent to use. Overall, findings from the first LTE pilot project suggested that peer-to-peer substance use prevention via social media is a very promising strategy.

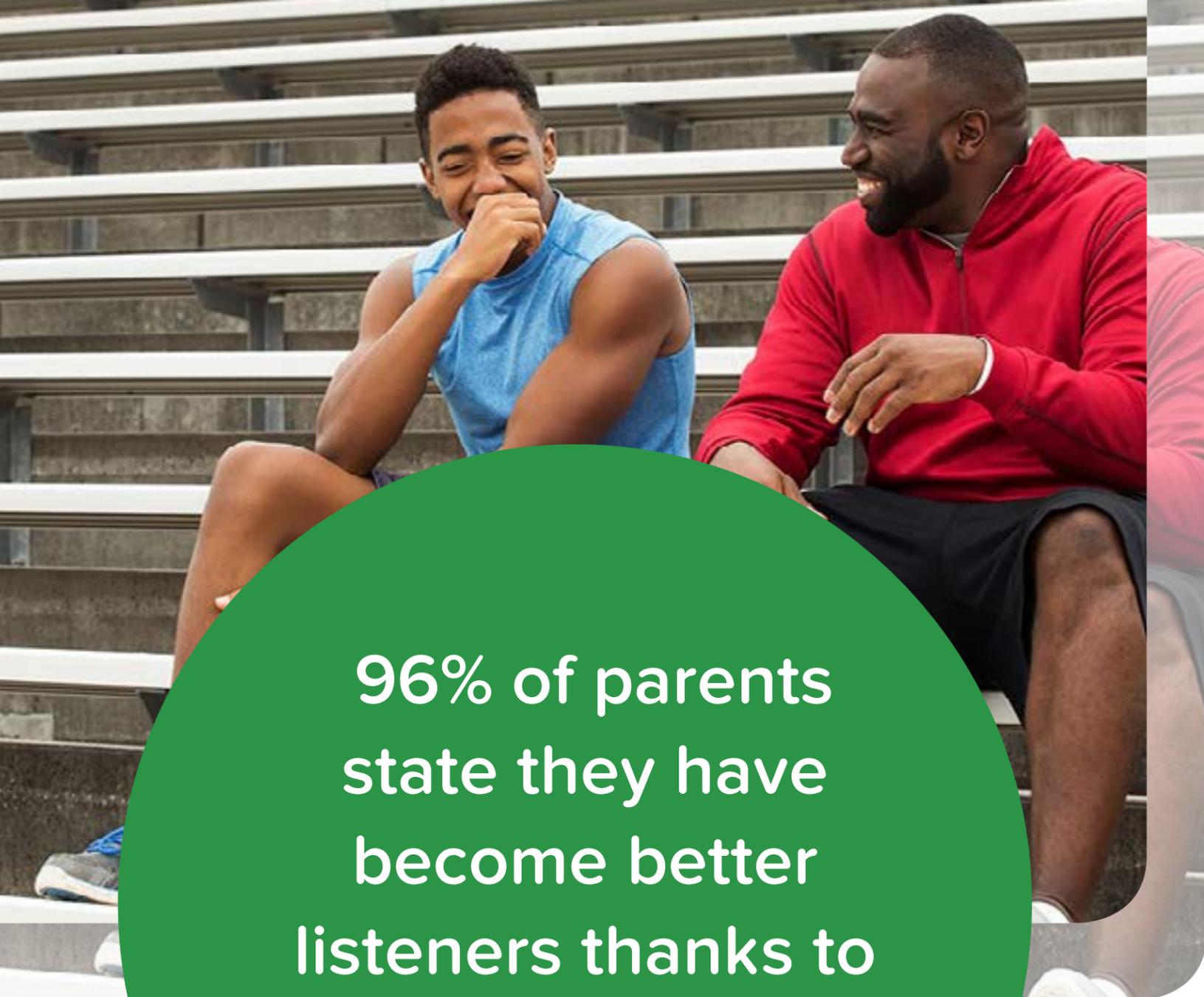
## Youth Ambassadors

The program targets Seniors within selected high schools to become LTE Youth Ambassadors. Youth Ambassadors are trained in Leadership, Advocacy and augmenting existing Social Media skills to become agents of change within their school communities. During the Fall and Spring Semesters, the Youth Ambassadors are expected to implement a series of peer-driven schoolwide “change projects” at each school to spread facts about drugs and promote healthy life choices. The change projects are stipend-supported by Mentor Foundation USA.

## ‘Living the Example’ National Video Contest

Our ‘Living the Example’ National Video Contest was created to provide adolescents and young adults (age 13-24) a platform to showcase healthy living, passions, hobbies, and achievements. In order to help detract from negative messages, Mentor Foundation USA seeks to provide a social media platform and contest for young people to inspire and encourage each other to “live the example.” Youth are asked to submit a short video showing how they are choosing healthy alternatives and “living the example.”





96% of parents state they have become better listeners thanks to Mentor's parenting course.



# Parenting Seminars

One of the most powerful things parents in all circumstances and from all backgrounds can do for children and youth is to build and maintain a strong relationship with them. That is not always easy, but intentional investment in relationships with their kids is one of the most important ways parents help their children develop the strengths they need to be their best in school and in life.

Our Parenting Program is based on research and recommendations from the The United Nations Office on Drugs and Crime (UNODC). The aim is to provide skills and techniques for parents to enhance their communication and relationship with their children. Mentor's focus on parenting seminars complements the work we do with young people. We know that the quality of parent-child relationships is 10 times more powerful than demographics (race, ethnicity, family composition, and family income) in predicting whether children develop critical character strengths they need to be their best in school and in life. These strengths include motivation to learn, responsibility, and empathy.

Topics discussed during the seminars are:

- + Tips for Parents to Prevent Drug/Alcohol Misuse
- + Should I Be Worried About My Child
- + The 7 Most Common Parenting Mistakes
- + Managing Conflict in the Home
- + How to Help Your Child Succeed in School
- + Heaven or Hell: Parenting a Teenager



# Honorary Ambassadors

Our Honorary Ambassadors are individuals that have gone above and beyond to support the mission of Mentor Foundation USA. They are personalities of integrity who demonstrate the commitment to and desire for drug prevention and youth empowerment.

## Dolph Lundgren

“When I was young, I looked up to strong role models. They helped me reach my personal best. Being an ambassador to Mentor is a way for me to give back, to help young men and women stay away from negative influences and pursue their dreams.”

Dolph Lundgren



## Princess Sora Saud



“I am honored and humbled to be named Mentor Foundation USA’s Honorary Ambassador. I am so happy to support an organization that consistently strives to make a meaningful impact.” Princess Sora Saud

Mentor has implemented projects in over 80 countries impacting more than 6 million youth!

# 2017

## Mentor Members Around the World



A young participant in Mentor UK's Breaking Out Peer Alcohol Project trained as a peer mentor and co-facilitated group-based alcohol awareness programs for young offenders. He is now working at a local youth agency and spoke at a national alcohol conference, highlighting the work of Mentor UK's project and his own views on alcohol education in a criminal justice context.



Mentor Germany ran two group career mentoring programs with support from the Zurich Insurance Foundation and Audi. Mentor Germany also launched an individual mentoring program for refugees as a pilot project in Konstanz.



For the third consecutive year, Mentor Sweden, together with [Ungdomar.se/](http://Ungdomar.se/) Fryshuset, released a report of their survey, Young Voices. They found that nearly half (47%) of respondents feel either anxious or depressed at the thought of the future. One third think being happy in the future is the hardest thing to achieve. Mentoring can make a difference – it reduces fear of the future.



Issam Taacht from Algeria won 1st prize in Mentor Arabia's Short Movie Competition 2017 for his film, "Human." It tackled the social inclusion of kids with special needs. The competition was held for the first time in 2017 and its aim is to encourage Arab youth to spread a culture of prevention against risky behaviors and drug use through film.



# 2018 Plans

# Financial Information



**Develop** long-term corporate partnerships for more sustainable programs.



**Expand** our peer-to-peer and parenting programs to reach more youth and parents.



**Build** local partnerships and collaborations with organizations that share similar missions to help increase our impact and reach.



**Work jointly** with our fellow Mentor Nationals to increase international collaboration and share best practices.



## INCOME (USD)

Grants	\$	347,502
Individual/Corporate Support	\$	228,200
Events	\$	57,153
Donated Services	\$	44,478
<b>Total</b>	<b>\$</b>	<b>677,333</b>

## EXPENDITURES (USD)

Programs	\$	325,643
Fundraising	\$	68,089
Administration	\$	52,734
Donated Services Expensed	\$	44,478
<b>Total</b>	<b>\$</b>	<b>490,944</b>

Financial information has been extracted from the 2017 Financial Statements which were audited by PBMares, LLP and are available on Mentor Foundation USA's website.

## Mentor Foundation USA

Chairman: LaMont Wells  
President & CEO: Michaela Pratt

## Honorary Ambassadors

H.H. Princess Sora Saud  
Dolph Lundgren

## Board Members

Doug White, Treasurer  
Aaron Dowd, Secretary  
Yvonne Thunell  
Robert Dupont, M.D.  
Richard Mackenzie  
Rich Merski  
Dan Nelson  
Gudrun Giddings  
Marie-Thérèse Allen  
John W. Morgan  
Dan Hickey  
Joe DiBartolomeo

## Legal Counsel

Eric Stenshoel  
Curtis, Mallet-Prevost, Colt & Mosle LLP

## Acknowledgements

3M  
AECOM  
Alexandra and Jeff Mottern  
Amy Poster  
Anamario Hernandez  
Baker & Hostetler, LLP  
Barry Hart  
BLN Studios  
Cary J. Meer  
Cigna  
Curtis, Mallet-Prevost, Colt & Mosle LLP  
Cynthia A. Hudson  
Dan & Diane Nelson  
DC Promise Neighborhood Initiative  
Dolph Lundgren  
Embassy of Iceland  
Embassy of Malta  
Embassy of Monaco  
Embassy of Sweden  
Embassy of the Grand Duchy of Luxembourg  
Goldman Sachs  
Gregg Silver  
Gudrun Giddings  
Guy & Kitty de Chazal Family Fund

HealthCare Consortium  
Hudson River Bank & Trust Foundation  
IQ Solutions, Inc.  
Jimmy Choo  
K&L Gates, LLP  
Karin Lithell  
L'Enfant Galerie  
LaMont Wells  
Meg and John Hauge  
Monica Greenberg  
Susan Carmel  
Neiman Marcus  
Nickolai Talanin  
H.H. Princess Sora Saud  
Qlik  
Questar III BOCES  
Rheinstrom Hill Community Foundation  
Rhoda Septilici  
Richard Merski  
Sam Sarkar  
SEB  
Sir. James Wolfensohn  
Systems Evolution, Inc.  
The Capital Group Companies Charitable Foundation  
The Conrad N. Hilton Foundation  
The National Institute on Drug Abuse  
The Rip van Winkle Foundation  
The SFIG Foundation  
Thomas Miller  
Tom Werner  
Tomas Jegeus  
Tony Luke Jr.  
United Way of the National Capital Area  
Whole Foods  
William C. Hoover  
Yvonne and Lars Thunell



Design by

