

MENTORING
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HISPANIC YOUTH

IN

SUBSTANCE ABUSE AND
MENTAL HEALTH CAREERS

A COMMUNITY BASED MODEL

Disclaimer

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Hispanic Americans face significant challenges in attaining better health care, specifically in substance abuse and mental health. To address these needs, it is vital to encourage Hispanic youth to pursue careers in these fields and to make a difference by responding to the health care needs of their communities.

It all begins with a mentor. A mentor can be the one person who makes the difference in the life of a young person by serving as a positive role model. A mentor reinforces good study habits, provides guidance, assists with schoolwork, is present for moral support and encouragement by saying—

"Yes, you can achieve your dream and go to college."

"Yes, you can do it!"

For over 30 years, ASPIRA has shaped the entry for Hispanic youth to pursue careers in the health professions. These *ASPIRANTES*, are helping to recognize and respond to the needs of their communities.

Mentoring Hispanic Youth In Substance Abuse And Mental Health Careers—A Community Based Model is intended for those interested in mentoring, from developing new programs to becoming mentors themselves. This manual demonstrates that adult-youth partnerships can make a difference among our young people and can be a critical and important factor in encouraging Hispanic youth to enter health care professions. Working together, we can assist in building an educated and healthier nation.



Ronald Blackburn-Moreno
President
The ASPIRA Association, Inc.





THE ASPIRA ASSOCIATION

**The mission of ASPIRA is to empower
the Puerto Rican and Latino community
through the development of its youth.**

What is ASPIRA

ASPIRA takes its name from the Spanish verb *aspirar*, meaning, to "aspire." Since 1961 ASPIRA has pursued its mission of empowering the Hispanic community through education and leadership development of its youth.

ASPIRA sees youth as potential leaders waiting to emerge within the Latino community. With a national office in Washington, D.C. and community-based offices in six states and Puerto Rico, ASPIRA works with over 25,000 youth and their families each year to develop that potential.

Since its founding, ASPIRA has provided a quarter of a million youth with the personal resources they need to remain in school and contribute to their community. These are our *Aspirantes*, educated leaders for the future of our community.

TABLE OF CONTENTS

CHAPTER 1

Introduction 2

CHAPTER 2

The Hispanic Population 10

CHAPTER 3

Substance Abuse and Mental Health Careers 25

CHAPTER 4

Starting A Mentoring Program 69

CHAPTER 5

**Developing Resources to
Support the Program 109**

CHAPTER 6

Assessing Program Success 129

CHAPTER 7

**Using the Web to Develop
Mentoring Programs 151**

APPENDIX

Glossary.....168

M E N T O R I N G
M E N T O R I N G
M E N T O R I N G
M E N T O R I N G
M E N T O R I N G
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