

A vibrant, low-angle photograph of four diverse young people (three women and one man) celebrating with their arms raised high against a bright, sunlit sky. The image has a warm, golden-hour glow. The person on the far left is a young man with short dark hair, wearing a yellow shirt and a purple jacket. Next to him is a young woman with blonde hair and a headband, wearing a red patterned top and a white lace shawl. To her right is a young woman with long dark hair, wearing a blue patterned top. On the far right, the arm and shoulder of a fourth person in a yellow shirt are visible. A white banner with a distressed, torn-edge effect is positioned across the lower third of the image, containing the text 'Annual Review 2016' in green.

Annual Review 2016

Our Vision:

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



What We Do

Mentor works with our National Member organizations in Denmark, Germany, Latvia, Lithuania, Sweden, UK, USA, and across the 22 Arab League countries to implement programs aimed at promoting the health and well-being of young people.

We engage people and our partners to:

- **Empower** young people with tools to strengthen their self-esteem.
- **Inspire** young people to invest in their futures.
- **Motivate** them as they navigate the transition to adulthood.



Mentor International's President **H.M. The Queen of Sweden**

Young people around the world continue to face tough challenges. Globally, there are more young people than at any time in human history. Mentor Foundation has spent the last 22 years working tirelessly to help improve conditions for young people, inspiring them to fulfill their potential and look to the future with hope. The result is empowered youth who make healthy decisions and live drug-free.

“The world is witnessing the largest displacement crisis in decades, with half the world’s refugees under the age of 18.

We are also learning more about the effects drugs have on the adolescent brain. Mentor Foundation attended a two-day workshop on Narcotics: Problems & Solutions of this Global Issue held by the Pontifical Academy of Science at the Vatican. The goal was to find innovative solutions to this global problem, particularly how to prevent substance abuse among youth. New

scientific research shows the brain is not fully developed until around the age of 25, making young people even more susceptible to potential substance abuse.

It is more important than ever for Mentor Foundation to support programs that align with the UN Sustainable Development Goal 3 to ensure healthy lives and promote well-being for all at all ages. Throughout 2016, our National organizations have worked on programs that fulfill our vision. It is encouraging to see the increasing number of young people The Mentor Foundation reaches each year.

I am proud of the continued impact Mentor Foundation has had on young people around the world. I look forward to our work in the year ahead. I would like to thank everyone who supports Mentor Foundation’s work; this includes governments, corporate partners, scientists, communities as well as thousands of individuals who engage with us as volunteers. You are all instrumental in our success. I thank you in advance for your continued support of our vision.

Silvia

A word from our Chairman & Secretary General

At Mentor International we work with our members, partners, and the global prevention community to empower young people to fulfill their potential and avoid drug abuse.

2016 was a year of growth for Mentor International. Our primary goal is to reach more young people and support them in making healthy decisions and living drug-free. We advanced handbooks and standards for our three core programs – individual mentoring, career inspiration, and parenting programs – to support an increase in the effectiveness and scalability of our Nationals’ work in these areas. The purpose is to strengthen and align the organization to reach more young people. With support from Tetra Laval, we also expanded our individual mentoring program to focus on the specific needs of young refugees and unaccompanied minors. The current refugee situation is critical, and we believe that mentoring can have a positive impact on their lives and foster integration. We are committed to expanding this program in 2017.

Our launch of the career inspiration program in Denmark, with the support of Zurich Insurance, was successful, and we reached nearly 500 young people. Mentor International is also honored to have made presentations at both the

UNGASS (United Nations General Assembly Special Session) dedicated to the world drug problem and a two-day workshop on Narcotics: Problems & Solutions of this Global Issue held by the Pontifical Academy of Science at the Vatican. Both focused on the necessity of prevention efforts and we are committed to working with international organizations dedicated to this cause.

Young people around the world continue to struggle. There is much work to be done to positively impact their lives, and our focus in 2017 is to increase our reach and effectiveness by working with our Nationals as well as current and new partners.

We are grateful to our supporters and partners, and we want to thank you all for your strong commitment. We look forward to further collaboration in 2017.



Karin Jordås

Karin Jordås
Secretary General



Yvonne Thunell

Yvonne Thunell
Chairman

Our Purpose

Research shows that youth with mentors are more likely to engage in positive behavior, have increased self-esteem, and set higher education and career goals. We at Mentor believe the best investment we can make is in young people, and our goal is to provide a mentor to every young person who wants one.

Through our programs, we offer young people support and opportunities to develop stronger social networks, reflect on their interests, and view their futures more positively. They support our overall goal of drug prevention.



“

**Prevention of drug abuse
involves so much more
than just information.**

H.M. Queen Silvia of Sweden



2016 UN General Assembly Special Session

The General Assembly of the United Nations held a special high-level session, 19-21 April in New York City. Presidents, Ministers, regional, and global organizations attended to discuss global drug challenges. It was organized by the UNODC on the topic of drug prevention among young people in support of their international campaign, LISTEN FIRST.

Created in cooperation with the World Health Organization, LISTEN FIRST's goals are to

influence policy makers to increase their support for science-based prevention and to promote the involvement of the family, schools, and practitioners to listen to children and youth as a first step to help them grow healthy and safely.

H.M. Queen Silvia opened the UNGASS and emphasized the work Mentor International has done globally to empower young people to prevent substance abuse.

2016

Pontifical Academy of Sciences

In November, Mentor participated in “Narcotics: Problems and Solutions of This Global Issue,” a summit hosted by the Pontifical Academy of Sciences at the special request of Pope Francis. H.M. Queen Silvia introduced the workshop. The purpose was to bring together leading scientists, medical doctors, experts, researchers, practitioners, members of civil society, judges, and academicians to examine and discuss possible innovative solutions to drug-related issues. The summit focused specifically on the consequences of substance abuse on our bodies and brains. Other topics included the easy production and procurement of drugs, exploitation of young children in criminal organizations that distribute narcotics, and the effects of legalization on society.

Particular attention was devoted to prevention of substance abuse among young people. Yvonne Thunell, Chairman of Mentor International, gave a presentation about Mentor’s contribution to drug prevention efforts among youth. The summit generated considerable international media coverage.

Yvonne Thunell, Mentor International says, “I believe there is a need for an entirely new approach to stopping the global epidemic of drug addiction. Addiction creates a chemical slavery which robs the individuals of their will. You can even go as far as to say it hijacks the brain and destroys the natural reward system in the brain. All NGOs working with youth have a very important role to fill.”



International cooperation is crucial to
successfully preventing drug abuse.

H.M. Queen Silvia of Sweden



Providing Hope and Inspiration to Young People Around the World

With support from Tetra Laval, we expanded our individual mentoring program to focus on supporting young refugees and unaccompanied minors. As one of the world's most vulnerable groups, it is vital we help with integration efforts. We believe mentoring can support integration, and that a mentor has the power to inspire a young person to look to the future with hope and optimism.



Attended the launch of Mentor Arabia's peer educators program in Kuwait. It is an initiative in cooperation with Kuwait's government. In conjunction, Mentor Arabia held a gala to honor the work they have achieved throughout the Arab region and bestow an award to two young activists, Lujian Al-Ubaid and Chaker Khazaal, for their work in positive youth development.

2016 Highlights

Proud to have started up activities and launched our first programs in Copenhagen, Denmark. We reached 500 students. The program will continue in 2017.



Strengthened our global brand awareness by creating single-identity websites, increasing our presence on social media, and providing a consistent message across all Nationals.



Developed the quality and scope of our core programs - individual mentoring, career inspiration, parenting programs - by creating handbooks, evidence-informed benchmarks and standards, and evaluation frameworks based on guidelines set forth by The National Mentoring Partnership. These have been implemented by all Nationals in their local programs.



2016

Mentor Members Around the World





Mentor Arabia

mentorarabia.org

Mentor Arabia advocates for drug prevention and promotes the health and well-being of children and young people in the Arab World. It works to establish a culture of drug prevention.

Mentor Arabia's programs include:

Young Peer Educators – a network of young people, aged 15-24, equipped with life skills to help them raise awareness among their peers on drug prevention topics through interactive techniques.

Together for Parental Coaching – teaching parents effective prevention skills before their children enter adolescence.

Capacity Development for Governmental Social Workers – develops the capacities and life-skills of workers in public social development centers to enable them to raise awareness on drug issues at the local level.

Art, Means to Prevention in Schools – empowers students to express their views about the dangers of drugs by unleashing their creativity through art activities in schools.

Mentoring for Youth – reduces risky behavior factors and increases opportunities for youth while motivating them to higher achievements and living positive and healthy lives.



Mentor Germany

mentorstiftung.de

Mentor Germany offers young people the opportunity to learn about issues that are important to them during their adolescence from people outside of their families and schools.

In 2016, they launched a career experience program at Anne-Frank-Realschule in Frankfurt with support from the Zurich Insurance Foundation. In 2017, they will begin a career experience program in partnership with Audi in Ingolstadt. Mentor Germany will also start an individual mentoring program for refugees in Konstanz. The goal is to facilitate integration among youth in the community.

They plan to offer parenting seminars in the autumn of 2017 that focus on the digital world of youth and conflict management.



Mentor Latvia

mentor.lv

Mentor Latvia offers emotional and practical guidance to young people without family support or care. The target group for their program is at-risk and vulnerable young people between 15-19 years old.

They offer an individual mentoring program - providing a young person with an adult to support and listen to them as well as participate in various social activities together.

Mentor Latvia also sponsors group meetings every other month. Recent activities included a cooking class with a local chef, a jewelry-making class, and a personal finance class led by corporate sponsor, SEB.

The various organized activities aim to build relationships between young people and adults and ultimately empower young people to make healthy decisions and live drug-free.



Mentor Lithuania

mentor.lt

Mentor Lithuania works to prevent drug abuse through the promotion of health and well-being among children and young people.

Mentor Lithuania projects include:

Individual Mentoring – a voluntary, year-long program where an adult and a young person build a relationship to empower, inspire, and motivate the young person.

Prevention Summer Camps – the goal is to encourage teenagers to develop creatively, to improve life skills, and to learn to spend time meaningfully.

Parenting Program – courses and seminars for parents that are designed to provide skills and techniques to enhance their communication and relationships with their children.



Mentor Sweden

mentor.se

Mentor Sweden celebrated its 20th anniversary in October. They work with companies to reach thousands of young people every year, and have reached over 60,000 youth since 1996. Mentor Sweden does this through three key programs: individual mentoring, career inspiration, and parenting programs.

Their activities aim to build relationships between young people and adults, increase motivation at school, and give young people the power to grow.

Mentor Sweden is solely funded by businesses and with this support, they spread knowledge and inform public opinion to work proactively against violence and drug abuse.



Mentor UK

mentoruk.org.uk

Mentor UK promotes the health and well-being of young people to prevent alcohol and drug misuse.

On 1 October, Mentor UK merged with Angelus Foundation, a charity focused on raising awareness of the dangers of new psychoactive substances. The merger enables Mentor UK to bring Angelus' work into Mentor's new and existing programs.

Mentor UK projects include:

Adepis – offering free expert advice and support on drug education to schools throughout England.

Bottle Project (Scotland) – a peer-led program providing young people with the skills, knowledge, and experience that enable them to make the right choices around alcohol and drug misuse.

Project Aware (England) – the goal is to create drug aware communities and young people so they can stay safe from drugs, including new and emerging drugs.

Youth Panel – created a panel of youth advisors to inform and develop Mentor UK's work by putting young people's voices at the heart of what they do.



Mentor USA

mentorfoundationusa.org

Mentor Foundation USA views prevention and youth development as a collective civil responsibility. They partner with the business community, government agencies, schools, and parents to create healthy and productive pathways for youth.

Mentor Foundation USA offers:

Career Mentoring Programs – designed to ensure students are prepared for postsecondary education, trade schools, or entry-level professional success.

Peer-to-Peer Programs:

Shatter the Myths – an interactive program designed to dispel myths surrounding drug abuse, developed in collaboration with the National Institute on Drug Abuse.

Living the Example – a broad social media platform, video contest, and youth community that engages young people to speak out against drugs while promoting and celebrating healthy life choices.

Youth Ambassador Network – raises awareness around the negative effects of drug abuse by implementing change projects in their communities to shatter the myths about drugs.

“It was one of the best things I have done in my life. I have a good friend now.

Swedish teenager,
Individual Mentoring
Program participant

2017 Plans



Work jointly with our Nationals to increase the scope and scale of their youth development programs.



Increase the number of refugee youth and unaccompanied minors involved in the individual mentoring programs in Sweden, Germany, and Arabia.



Develop more corporate partnerships to encourage young people to invest in their futures.



Launch a media campaign, #mentoringworks, to showcase the positive impact the Mentor Federation has had on youth around the world through their personal stories.



Align our programs in support of the UN Sustainability Goals, in particular:

Goal 3: Ensure healthy lives and promote well-being for all at all ages.

Goal 4: Ensure inclusive and quality education for all and promote lifelong learning.



Financial Information

| | 2016 | 2015 |
|-----------------------|----------------|----------------|
| INCOME (EUROS) | | |
| Donations | 262,213 | 306,006 |
| Events | 130,052 | 89,277 |
| Services & Materials | 53,659 | 47,566 |
| Other Income | 36,190 | 32,510 |
| Total | 482,114 | 475,359 |

| | | |
|-------------------------------|----------------|-----------------|
| EXPENDITURES (EUROS) | | |
| Charitable Activities | 423,262 | 233,895 |
| Fundraising | 25,238 | 53,290 |
| Governance | 39,037 | 144,381 |
| Other Expenditure & Bad Debts | -3,355 | 13,965 |
| Total | 484,181 | 445, 531 |



Mentor International

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Chairman: Yvonne Thunell

Secretary General: Karin Jordås

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