

What is Project Amp?

Project Amp is designed to meet each student “where they’re at.” It provides youth with a safe place to explore values, beliefs, and perspectives about physical and mental wellbeing, substance use, and related issues such as relationships and school concerns. Project Amp’s 4 to 6 sessions are focused on the student’s strengths, goals, and experiences. Students can spend some time with someone who isn’t a relative, teacher, or counselor, just to talk about themselves.

Throughout design, delivery, and research, Project Amp centers and values the voices, lived experiences, and skills and strengths of youth and young adults.



“The students that would benefit the most are the ones we usually overlook or fly under the radar.”

– School Counselor

Initial Findings

- Coping strategies and stress management: young people engaged in Project Amp have reported developing positive coping strategies for dealing with stress and difficult situations.
- Social support: Project Amp increases social connectedness. Mentors report that youth benefit from having someone to talk to, setting goals, and increasing social support.
- Flexibility for in-person and virtual use: Project Amp is flexible and can be customized to the needs of specific youth and communities. It has also been adopted for remote use, by video or phone.



Project Amp Sessions

The Project Amp model is flexible to meet the needs of youth, and sessions can be completed over 4-6 meetings. Mentors navigate the content throughout the relationships in person-centered, youth-driven ways.

✓ Session 1: Getting to Know You: Interests and Goals

Get to know one another and explore what makes the participant happy, their strengths, and their goals and concerns.

✓ Session 2: What Does it Mean to Be Well?

Explore the concepts of health and wellness, and ways to cope with stress.

✓ Session 3: Social Supports

Help youth to understand their social influences and social support resources, and talk about alcohol, tobacco, and other drugs.

✓ Session 4: Wrap-up and Long-Term Planning

Revisit conversations from past sessions and discuss a plan to help achieve goals and build supports.



Mentors Make the Difference

Project Amp mentors are relatable.

They understand the unique challenges of being a young person—especially during hard times—and can provide peer support and guidance based on their own experiences.

Mentors often become the first point of contact for students who are struggling, even after the brief mentorship intervention happens.

They recognize when students need more support and can guide them to school or community activities, clinical services, or other supports.

Working with a near-age peer helps to improve youth engagement.

Project Amp mentors are skilled in fostering trust, creating connections, and building relationships with healthy boundaries.

Young adult peer roles are important in supporting all youth.

With supervision and support, skilled young peers make it possible to offer helpful programming on well-being, substance use, and mental health to more youth.