

Mentor Training and Consultancy Services

Ensuring high quality alcohol and drug education and prevention nationwide

Mentor is a leading national charity working to build young people's resilience in order to prevent harm, particularly in relation to substance misuse. Our Alcohol and Drug Education and Prevention Information Service (ADEPIS) is recognised by leaders in education and government as the leading source of evidence-based information and tools for alcohol and drug education and prevention for schools.

Mentor are pleased to announce a range of services to support schools and other education settings, service providers and local authorities to review and improve their practice in order to further contribute to young people's personal development, through social and emotional learning and life skills education.

To help schools and practitioners deliver the best, evidence-based practice in drug education, we developed the [Mentor-ADEPIS Quality Standards for effective alcohol and drug education](#). These standards form the basis of the following training and consultancy services outlined in this document:

1. The **Mentor Quality Assessment and Review** for schools and other educational settings
2. The **Mentor Quality Mark for Providers** of alcohol and drug education for young people
3. A **Service Review and Support** for local authorities

These services and tools are suitable for: primary and secondary schools; academies and other educational settings; as well as external providers of alcohol and drug education. Local authorities can also signpost educators in their community to these services and tools as a means of improving local provision. These services are complementary and, when used in combination, offer a flexible, locally coordinated response to developing effective preventative systems.

As part of these services, Mentor can also offer bespoke input from our Youth Panel to youth-proof alcohol and drug policy or services. Our Youth Panel is made up of young people from varying backgrounds who are skilled in providing advice, input or feedback on specific issues. This can either be remotely, via focus groups or on a 1:1 basis.

To discuss these services further with a member of our team, please contact Jamila by phone (020 7553 9920) or email: jamila.boughelaf@mentoruk.org

OPTION 1: Quality Assessment and Review – Ensuring high quality alcohol and drug education and prevention in schools and other settings

Introduction

Alcohol and drug education and prevention is only one aspect of Personal, Social, Health and Economic (PSHE) education. The provision of effective alcohol and drug education and prevention, through evidence-based approaches inclusive of life-skills education, social norms approaches, and building of resilience has a significant impact on increasing children and young people’s protective factors. It also builds resilience to various risks to prepare them for life in modern Britain and the challenges and opportunities for later life.

The provision of effective alcohol and drug education in school will therefore significantly contribute to promoting health and improving other areas of children and young people’s physical and emotional wellbeing.

Offer	How will it work	Benefits – What does this review mean for my school?
<p>Mentor offers support to enable schools to monitor provision for their pupils around risk-taking, substance misuse prevention and life-skills. Schools can use this as the basis for further school improvement, especially as part of schools’ statutory duty to promote wellbeing and Personal Development, Behaviour and Welfare (PDB&W), as described in the most recent Ofsted framework, Sept. 2015.</p>	<p>Schools (whether they are primary, secondary, post-16, academies or other educational settings) complete a short self-assessment.</p> <p>The school’s self-assessment framework is based on the Mentor-ADEPIS Quality standards for effective alcohol and drug education. All schools that help to build resilience by developing the attitudes, skills and knowledge of children and young people, could also be assessed, endorsed and supported, using the same framework and support model.</p> <p>Mentor would then identify a local assessor and arrange a mutually convenient date for the assessor to review the self-assessment and visit the school. The assessor’s role would be one of support and verification, not judgment. They would be given a brief tour of the school by a small group of pupils before meeting and working to support key individuals in the school, including, for example, a member of SLT; the PSHE lead; representative groups of pupils, Governor(s), parents and other appropriate stakeholders.</p> <p>On completion of their visit and support, Mentor assessors would produce a report with recommendation for improving provision. Should the schools wish, they could ask to be awarded a Quality Mark (on the basis of outcomes outlined in the report and achievement of related quality standards).</p>	<p>The review process will support schools’ reflection and provide useful evidence towards:</p> <ul style="list-style-type: none"> • the requirements of ‘Personal Development, Behaviour & Welfare’ in the new Ofsted framework; • supporting schools in their statutory duties to provide a broad and balanced curriculum and promote wellbeing, • providing public health teams with essential local data which could help monitor trends and focus service delivery. <p>The review process will also allow further development of a school’s leadership structure, if required, improving both internal communication and relationships with the wider community.</p> <p>The review, report and guidance discussions will provide schools with recommendations and suggestions for improvement that could be undertaken by the school itself, or through the provision of additional support by Mentor (i.e. through CPD or other targeted services).</p>

Option 1 – Cost estimate: Quality Assessment Framework with possible Quality Mark (valid for 2 years*)

- **Self-Assessment form:** Free
- **One day consultancy advice and review of the self-assessment form (inclusive of a development of a strategic development plan for the school):** £800 per school
- **Other services costed on a case by case basis:**
 - **Half day consultancy and review of the self-assessment**
 - **Twilight support (training session for members of staff in the school)**
 - **One day follow up consultancy (recommended within a year from the initial visit)**

***Follow up assessment to renew the Quality Mark (every two years):** £150

OPTION 1.1: Training for teachers and other members of staff

Introduction

To further support schools in improving their provision of alcohol and drug education Mentor provides bespoke training packages for teachers and other members of staff responsible for delivering alcohol and drug education, or holding pastoral responsibilities. The content of the training will be agreed and developed according to specific needs of the school (ideally following the initial review undertaken through the Quality Assessment Framework).

The training could include:

- reviewing the school drug policy
- assessing need for alcohol and drug education (including surveys, lesson activities, normative techniques)
- planning and preparing resources for alcohol and drug education
- delivering alcohol and drug education (including language, approaches, normative techniques)
- incident management

Option 1.1 – Cost estimate: Teacher and staff training packages

Costs dependent on proposal and activities requested.

Option 2: Mentor Quality Mark for Providers of alcohol and drug education

Introduction

When organisations or individuals design and implement educational or preventative interventions to be delivered to young people, either within school settings, or elsewhere, it is important to make sure that all components and resources of that intervention are based on evidence, effective practice and sound knowledge of what works and what doesn't work in alcohol and drug education and prevention.

Offer	How will it work	Benefits – What does obtaining the Mentor Quality Mark mean for my organization?
<p>Mentor has used the <u>European Drug Prevention Quality Standards (EDPQS)</u> to develop a framework for providers to have their practice assessed and recognised for effectiveness.</p> <p>The Mentor Quality Mark looks at various aspects of delivery: from the developmental stages of the project, to the assessment of needs of specific beneficiaries, to the consideration of field research, and evaluation methodologies.</p>	<p>Organisations or individuals who wish to undertake an assessment of either services they provide to schools and other education settings, or of specific interventions, will be encouraged to get in touch with Mentor.</p> <p>They will be invited to complete a self-assessment framework. While this toolkit should be viewed as a developmental resource, Mentor will award a Quality Mark for educators who can demonstrate they meet all core standards to an acceptable standard.</p> <p>Throughout the process, Mentor assessors may contact the person responsible for the submission to collect additional information.</p> <p>In addition to the Quality Mark, Mentor assessors will also produce a short report outlining key recommendations for improvement, should it be needed.</p> <p>Those failing to achieve the Mentor Quality Mark will be offered additional support to draft a developmental plan to improve services and ensure all activities are based on the best national and international evidence.</p> <p>This Quality Mark will be promoted to schools as evidence that the programme or service being offered to them is of a high quality and based on evidence.</p>	<p>Receiving the Mentor quality mark for providers will prove that the organisation or individual is meeting standards for effective alcohol and drug education and prevention.</p> <p>This will not only provide them with increased credibility from schools and other service users, but also to commissioners and funders. At a time where evidence-based practice is increasing in importance – both at the national and international level – it is crucial to be able to meet essential requirements for best practice.</p> <p>Achieving the Mentor Quality Mark will ensure recognition of current best practice delivered by organisations, allow improvement of potential gaps, and enable organisations to build the evidence-base of what works.</p> <p>Organisations achieving the Mentor Quality Mark will also be encouraged to review and evaluate promising interventions, which could subsequently be considered for the <u>Centre for Analysis of Youth Transitions (CAYT)</u> database of evidence-based prevention programmes.</p>

Option 2 – Cost estimate: Quality Mark for Service Providers (valid for two years*; follow up assessments are recommended)

- **Self-Assessment form:** Free
- **Half day consultancy and review of the self assessment (no Quality Mark given):** £400
- **Quality Mark assessment, consultancy advice and review of the self-assessment form (inclusive of a development of a strategic development plan for the organisation):**
 - **Small organisation, one programme:** £1,300
 - **Small organisation, two programmes:** £1,500
 - **Medium to large organisation, three or more programmes:** From £1,800 (Cost determined following submission of the self-assessment form)
 - **Independent consultant (assessment of services provided):** £700
- **Additional twilight support (training session for members of staff in the organisation):** £365
- **One day follow up consultancy (recommended within a year from the initial visit):** £700

***Follow up assessment to renew the quality mark (every two years):** £150

Option 3: Service Review and Support for local authorities

Introduction

Local authorities may be interested in further improving the quality of PSHE education delivered in schools, or undertaking a review of Alcohol and Drug education and health promotion, which will enable them to have a better understanding of areas needing investment. Similar reviews may be sought when working towards the development of a coordinated, multi-agency approach to prevention (not only and not necessarily limited to alcohol and drug prevention).

In so doing, local authorities may wish to understand the current status of alcohol and drug education delivery in their local area to stress the importance of holistic approaches to education that promote the development of life-skills and resilience, whilst ensuring that alcohol and drug education delivery is more than just knowledge based.

Offer	How will it work	Benefits – What does undertaking a review mean for my Local Authority?
<p>Mentor can provide a full review of the alcohol and drug education programmes, resources and support provided by local authorities and implemented by local schools (where available) and other community service providers.</p> <p>This offer could also include the provision of further support, and a quality mark framework for schools, as outlined under Option 1.</p>	<p>The process will be agreed with the local authority to meet specific needs, requirements, and objectives.</p> <p>Following an initial discussion, Mentor will submit a proposal outlining key activities of the review.</p> <p>These may include (but is not limited to):</p> <ul style="list-style-type: none"> • Review of resources against quality standards and criteria for effectiveness • Delivery of a school survey to understand the quality of alcohol and drug education provided in the local area • Delivery of a survey of parents (if requested) • Visits in schools (inclusive of meetings with SLT, PSHE leads, school nurses, or any other relevant individuals in the school) • Focus groups with students • Drafting a report and recommendations for improvement • Any other additional services which may be needed following the review • A combination of the first two services could also be offered as part of the package <p>The above listed services could also be included in the review. A similar service has recently been delivered in Brighton and Hove. Please click here to view the full report.</p>	<p>This is a more comprehensive review, which will be suitable for those local authorities currently providing support to schools and other educational settings, as well as linking with specific service providers to be referred to schools in a variety of contexts (these being either provision of complementary alcohol and drug education sessions, or Tier 2, Tier 3 support provision in case of incidents and referrals).</p> <p>This review will enable the local authority or regional Public Health services to ensure the development of even more effective local preventative systems, developed with, and grounded in, the community. This is a major asset to ensure capacity building and self-sustainability at a local level.</p>

Option 3 – Cost estimate: Costs dependent on proposal and activities requested.