

## ASPIRA Mentoring Program

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### **Mentoring Hispanic Youth In Substance Abuse And Mental Health Careers—A Community Based Model**

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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

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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.

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