

Generation without borders

Daniela Junco Rocha

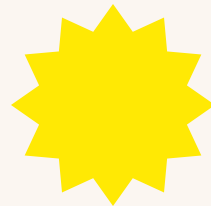
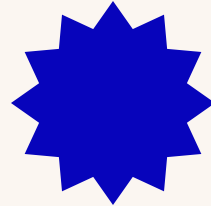



“The impetus for creating initiatives that can break barriers and unite communities in search of well-being”





Venezuelan migrants in Colombia

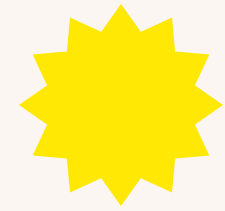
-  Almost 3 million, according to official Colombian migration data.
-  The majority of adolescents who live in vulnerable areas where there is consumption and sale of psychoactive substances, violence, crime and low adult supervision.
-  Lack of initiatives towards Venezuelan adolescents.



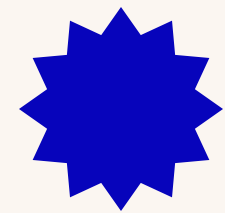
That is why it is extremely important to work with this population due to their level of risk probability.



What is it about?



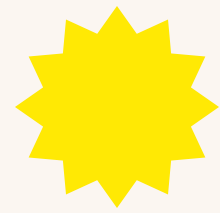
Implement a 10-week educational program for 20 migrant Venezuelan adolescents, including workshops on the prevention of psychoactive substance use, communication skills, and emotional well-being. Aiming to increase their knowledge on these topics, enhance their ability to identify and respond to risky situations, and empower them to become agents of change in their communities.



Create and design action plans in line with the social development strategy for the dissemination of clear standards on psychoactive substance use and mental health, achieving preventive activities in their communities.



Detailed sessions

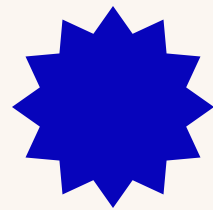


Meeting 1: Program Presentation and Discussion of Behavioral Issues: Consumption of Psychoactive Substances in Minors.

- Risks of alcohol consumption in minors.
- Progression of psychoactive substance use.
- Vulnerability of youth to substance use (Alcohol).
- Healthy vision that youth want for their future.



Detailed sessions



Meeting 2: Prevention and Social Development Strategy

- What is prevention.
- Classification of prevention.
- Risk and protective factors (What they are, where they are found, and how they relate to psychoactive substance use).
- Social development strategy (What it is, its characteristics, and how to apply it to the project to be developed).
- Skills to be developed to prevent psychoactive substance use.

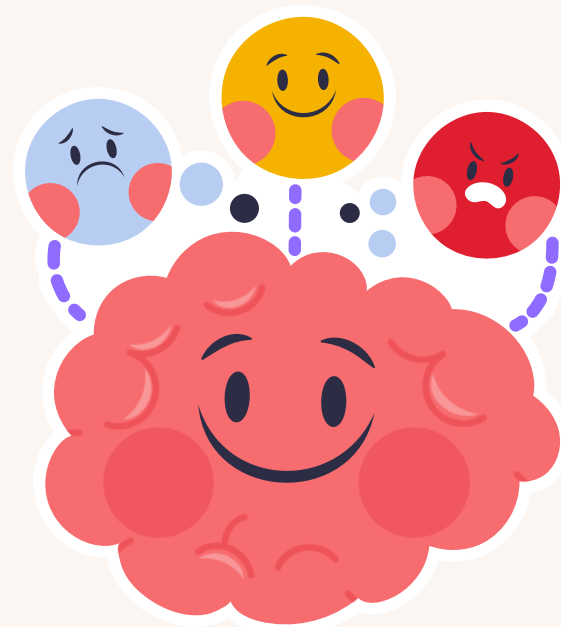


Detailed sessions

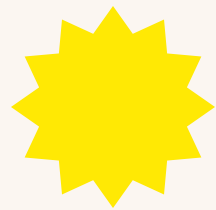


Meeting 3: Importance of Emotional Management and Tips for Youth Well-Being

- Differentiation of emotions, feelings, and mood (emotion of the day).
- Emotional intelligence.
- Emotion traffic light.
- Emotional mirror.
- Techniques for emotional regulation.
- Creation of a personal emotional management plan.



Detailed sessions

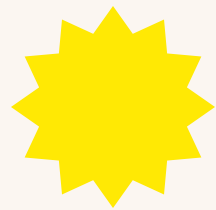


Meeting 4: Leadership and Skills

- Characteristics of a leader.
- Types of leadership.
- Important skills to be a leader.
- Importance of youth leadership in the prevention of psychoactive substance use.



Detailed sessions

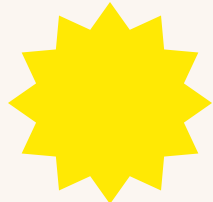


Meeting 5: Project Development

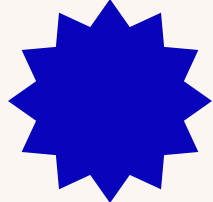
- What a project, initiative, or strategy is.
- Explanation of the content of the format to be presented.
- Considerations when presenting the project (Rubric).
- Workspace for proposals and initial feedback.
- Explanation of deliverables.



Importance of the Type of Population When Implementing a Substance Use Prevention Project



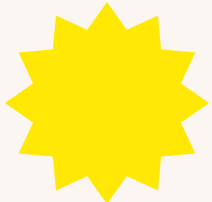
Identification of needs



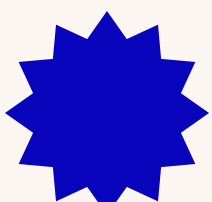
Design of effective strategies



Cultural and social context



Building trust



Impact assessment



Stigma prevention



Thank you for your attention!



Characteristics



Involvement

- Due to her job, Daniela was involved in Nuevos Rumbo's projects from the start.
- Conducted interviews and administered surveys.
- She was involved with the target populations: young people, families, and migrants.





Commitment

- Participated in training programs with professionals.
- Over time, Daniela took part in implementing programs for target populations.
- Delivered portions of the programs herself.

Passion

- Daniela's passion for community work led her to work on a migrant project.
- She focused on young Venezuelan migrants in Colombia.
- The project addresses drug use and healthy behaviors within this group.





Support from Nuevos Rumbos

- The project was refined with the technical support of the Nuevos Rumbos (NR) team.
- NR provided guidance on topics and structure and will assist with implementation.
- Daniela benefits from NR's longstanding experience in implementing and evaluating prevention programs.



Key factors

- **NR's Support for Young People:** NR regularly involves young people in its projects.
- **Encouragement of Initiative:** Young participants can propose their projects and take leadership.
- **Guidance:** NR accompanies and supports young leaders in their processes.