Help drug prevention for 5000 youth in Serbia

Foundation of mental hygiene Exspecto is established in December, 2005. We started with official work on September 2006. The reasons for establishing Foundation Exspecto existed for decades. The young generation has been neglected in terms of mental health, although they are most vulnerable and most exposed to negative stimuli, and also more open to accept the novelties. In addition to the exhibition which has primary goal of prevention of drug abuse, we are active in the field of the prevention of peer aggression, individual and group psychotherapy, consultation, self-knowledge groups, psychological workshops, trainings and organizing lectures, performances, panel discussions about mental health etc. At the same time, we gladly accepted the role of coordinator of all previously realized and future planned programs for the prevention of drug addiction. So we want to avoid overlapping projects and to build cooperation instead of rivalisation. Our motto is honesty and humanity.

From 2006 we educated over 25000 teenagers through our preventive interactive exhibition called „Metamorphozis-drugs“ about risks and consequences of psychoactive substances use/abuse.

About exhibition:

The primary profile of Exspecto foundation is defined by exhibition Metamorphozis - drugs, which we bought from Budapest for ten years period with the financial support of the Secretary of Health and Social Policy of Vojvodina.

Exhibition Metamorphozis - drugs - provides insight into the process of addiction appearance. It consists of 5 rooms. Small groups - up to 15 pupils - are guided by the consultants, psychologists, educators who have been educated on the subject of drug addiction. Visit to the exhibition lasts for two, two and a half hours. Unlike conventional exhibitions, here visitors are receiving informations and experiences (the official data, life stories, interviews, personal belongings, albums, etc..) through various senses in the multimedial environment. At the end of the tour visitors are interviewed about their experiences and views, followed by discussion. The primary target group are young people, residents of the House of pupils, primary and secondary schools - 8th grades in primary school and 2nd and 3th grade in high school- who are also most vulnerable and interested in substance abuse.

Our research shows that our work is giving results. Every 4 years, research suggests that young people are changing attitudes and values toward healthy choices and this is the reason for us to continue with our work in spite of financial limitations which we are facing in Serbia as transition country. Your donation will help smooth and continuous implementation of this exhibition and will also help teenagers in Subotica to change values and attitudes towards healthy choices.

This project will:

1. educate 5000 teenagers about risks and consequences of psychoactive substance use/abuse
2. help them change their attitudes toward healthy life
3. learn teenagers to develop safety plan for their problems- so they can recognize their need for help and they will know how and where they can seek help.

Budget:

1. 333 exhibitions in next two years x 50$ = 16650$
2. 566 sets of prevention materilals x 15$ = 8490$
3. 200 individual sessions x 30 $ = 6000$
4. education for 10 exhibition animators x 60$ = 600 $
5. 4 preventive presentation of former drug addicts x 90$ = 360$
6. 50 support groups x 150$ =7500$
7. yearly maintenance of the exhibition 200$ x 2 = 400$

Total: 40000$