

## **OPERATION REDBLOCK**

### **Youth in the Workplace Program**

The Youth in the Workplace (YIW) component of Operation Redblock is a substance abuse prevention effort directly targeting young employees 18-29 years old. This selective intervention approach is responsive to the increased likelihood of substance abuse related problems experienced by this population at large. It targets the entire subgroup regardless of the degree of risk of any individual within the group. Research has shown, as cited by Pacific Institute of Research and Evaluation (*Transitioning Youth into Long-haul Transportation Industry Employment*), that people under age 25 who are working full – or part-time report the highest rates of alcohol use and heavy drinking. Studies have also consistently demonstrated that a larger number of work hours are also associated with these higher levels of use.

Without data establishing specific causes, the Youth in the Workplace program combines the theoretical framework of Risk and Protective Factors, Developmental Assets and Resiliency as its approach to understanding and building positive relationships with this population. During the 2 day PREVENT training experience the young adults identify for themselves various risk factors associated within areas of their lifestyle; alcohol, tobacco and other drug (ATOD) use, relationships, communication skills, finances and stress management. The ‘stages of change’ model facilitates the self assessment of where they are in the process, what changes they may need to make, how they have managed change in the past and what resources they may need to reach their personal goals and aspirations.

The training is enhanced with the peer to peer interaction of shared experience and individual resolutions in a confidential environment. Additionally, developmental assets and resiliency are promoted within the context of the mentorship program. PREVENT participants are encouraged to participate in this aspects of the program which pairs them with dedicated Operation Redblock members whom continue with them on their personalized journey with on going support aimed to promote accountability, professional discovery, health and wellbeing. Continued implementation of this youth in the workplace effort fully compliments the existing indicated interventions of Operation Redblock to provide real help for our brothers and sisters.

Any interest in becoming an Operation Redblock mentor is truly welcomed. Mentors complete at a minimum the 2 day Operation Redblock training which addresses confidentiality, access to resources, peer to peer interventions, active listening skills and boundaries. In addition, each mentor has a personal orientation and interview with the program administrator. For more information contact LeNora Black, PREVENT Administrator at 202-906-3829 (office) 202-631-6474 (cell phone) or e-mail [Lenora.Black@amtrak.com](mailto:Lenora.Black@amtrak.com). Thank you for your continued support in these efforts.