

ALLOWING THE YOUNG TO BE PART OF THE DECISION-MAKING PROCESS



Your voice is being heard!

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Preface

Allowing the young to participate in the policy making process takes something more than merely asking them to share their ideas and opinions albeit without ensuring that such views are not really heeded. One should take the young seriously, see that the ideas and proposals they are eventually coming up with are translated in palpable products, as a way of making it possible for the young both to influence and become influenced by it.

PATH (an acronym for **P**revention, **A**ddictions and **T**herapy) has come to be the first opportunity for the young to really be called upon to take an active part in the decision-making process, in the field of addictions. Starting from the stage of problem identification and data collection through to the formulation and submission of proposals, all levels in the process have been catered to by youths originating from quite a broad spectrum of backgrounds. The contribution, in such process, of young people involved in addictions and the disposition of the latter to share their personal experiences and references proved to be catalytically impactful at all stages of the project, eventually bestowing a special and quite distinctive perspective in the outcomes of the whole experience.

The idea behind the drafting of this booklet was to come up with a quality, easy-to-use reference for the readers – youths and policy makers alike – to utilize in order to have a comprehensive picture of the framework within which the **PATH – Prevention, Addiction and Therapy** project ascribes. As a matter of fact, this Booklet reflects specific ideas on the rights of the young to prevention and therapy from the use of addictive substances, placing particular emphasis upon the need for affirmation of such fundamental

rights of the youth as those of equal access to health, education and the labour market. The whole project relied on an idea consisting in mobilising and sensitising all parties involved in the experience while at the same time allowing for this venture to become a model point of reference for any further endeavour eventually aiming at improving and modernising any eventual policies aimed at the development of safe and as healthy communities.

Whatever suggestion and aspect discussed in the pages to follow should be seen as the outcome of the dynamics, the enthusiasm and the inspiration as well as of the spirit of solidarity typifying the young. Such have indeed been the ingredients that contributed to the creation of a favourable environment where in conditions induced generation of the expected outcomes, products truly worthy of being qualified as exceptional, different as they aspire at being from any other endeavour carried through, to this day.



We wish, at this point, to express our appreciation to all parties involved in the process for their positivity and availability to actively share in this effort, with ideas and proposals that indeed contributed to the successful implementation of the project in the best way possible. ■

The PATH-Prevention, Addictions and Therapy project

Financing of the *PATH-Prevention, Addictions and Therapy* project was ensured under the ERASMUS + programme whereas its implementation was made possible within the Key Action 3, Structured Dialogue: Meetings between young people and decision-makers in the field of youth. The project most and mainly embarked on the objective of initiating a debate between youths and the policy makers, towards the formulation of suggestions for the elaboration of a strategic project for the development of safe and as healthy communities, placing particular emphasis upon policies towards addictions prevention and therapy. Young people from four European Union member states (namely Greece, Croatia, Romania and Poland) as well as young men and women in the process of detoxification from addictive substances were thus able to meet, discuss and exchange views as to the shaping of policies apt to protect the right of access to health, education and employment, of persons dealing with addictive substance use issues.

That was actually the first time the young met with policy makers, eventually building on the transparent and non-exclusive approach of structured dialogue, whereby the opportunity was offered to both sides to discuss on the tremendous issue themselves and society as a whole have been facing, with respect to use of addictive substances.

Launching a debate between young people on one part and decision makers on the other is a considerable initiative towards the establishment of a framework of proposals ascribing the effort to combat addictions, given that the use of substances is known to mostly affect this particular age group. Just as critical, in that effort, have been the testimonies and participation, as a whole, of people having had the experience of involvement in substance use, therapy as well as in the subsequent effort required for them to equitably reintegrate the community.

KETHEA's role in the project was that of the coordinating partner, having as such undertaken the organisation and management of actions inductive of the materialization of the objectives. KETHEA further also facilitated participation in the experience, of youth pertaining the sensitive social group of former psychotropic addictive substances as well as of young volunteers active in the field of detoxification.

What is it that makes the participation of the young in the policy-making process so critical?

As an all-encompassing term, "policy" is meant to designate all those measures, methods and approaches whereby people are organized and operate towards attaining their objectives in any field of interest, in the most efficient way and at the lowest cost possible. As such, the term is known to apply both at the level of social groups and at that of state governments, relevant to the governance and management of a wide array of issues.

Implicating the young in the process of policy making is important in that it provides the latter with the opportunity of having a say in issues and decisions which are of relevance to them and which affect them. Such a process eventually bestows upon the young a feeling of truly belonging to their communities, hence the building of closer ties on all sides. By sharing in the experience of public life, the young feel that they may actually contribute to the effort of improving the society, whether locally, regionally, nationally or/and at the European level. What is more, the young are bound to thus acquire a feeling of social responsibility, a process definitely inducing in minimizing the risk of social exclusion. Not less importantly, such participation of the young contributes to the acquisition and development of new skills and behaviours, thus opening a considerable perspective in the process of building one's personality.

Why is it so important to ensure participation in the decision-making process, of people from vulnerable social groups?



Having young people from vulnerable social groups take an active part in public life is bound to encourage them to acquire civic skills, through a learning process aimed at promoting democratic values, fundamental human rights and social inclusion whilst combatting discriminations. Moreover, by way of such process, the young are expected to creatively enhance the effort of developing their social skills which, in turn, should enable them to develop their critical thinking, hence a further broadening of their knowledge, a higher degree of accountability and a readjustment of their attitudes and behaviours.

Within such context, there was facilitated and ultimately ensured participation in the *PATH-Prevention, Addictions and Therapy* project, of eighteen (18) former addicted youths originating from therapeutic programs under KETHEA and 18 ANO.

Project Objectives:

What this particular project has been aiming at is to allow for the youths to engage in a structure dialogue, whereby to eventually discuss and ultimately air specific proposals as to ways to deal with the issue of use of psychotropic substances through promotion of the development of safe and as healthy communities, touting such critical aspects as:

- Acquainting the young with prevention and therapy policies available in the field of addictions;
- Creating awareness amongst the young towards identifying needs, deficits as well as good practices relevant to such issues;
- Encouraging dialogue and policy making in all such matters;
- Engaging in cooperation with local communities, to the purpose of catering to the need for projects of such kind to be developed and implemented;
- Networking – both locally and at the European level – towards promoting prevention and therapy, along with policies meant to create awareness amongst the young on matters relevant to the use of substances and the right to treatment;
- Utilizing the tools of interaction, debate and cooperation to the purpose of familiarising the young with a process of negotiation on policy issues that are of relevance to them;
- Embracing the principles of liberty, democracy and respect for human rights as well as of all fundamental freedoms and of the rule of law, as a way for one to become an active European Citizen, capable of participating in the decision-making process as well as undertaking one's own initiatives by way of formulating innovative proposals bound to affect policy-making as a whole;



The Method

The method adopted as of the analysis and ultimate drafting of the definitive proposals has been that of the *Scenario Analysis process*.

The Scenario Analysis method is a participative procedure consisting in data collection, the exchange of ideas as well as in a continuum of processes towards investigating a given issue, to the ultimate purpose of elaborating likely future situations (scenarios), fictitious schemes that shall then be taken aboard as of the decision-making process. Scenario building may indeed provide answers to such questions as "Where do we stand, at present?", "Where do we want to go, from here?" or "What do we hope to achieve?". Through such process, therefore, the parties involved are bound to take part in an exploratory operation, thereby actively contributing to a systematic investigation of and a more thorough acquaintance with the current context whilst acquiring a better understanding of the developments, circumstances and influences. Moreover, the method of scenario analysis may be expected to boost such fundamental communication processes as dialogue and the exchange of ideas, thus contributing to the incorporation of various perspectives harboured on any given single issue.



As such, said process was determined and structures in a series of consecutive stages, set forth below:

Stage I. Identifying issues and clearly defining the focus theme

The first stage of the scenario analysis process is that of precisely establishing the purpose for which such scenario is to be built: "What is the issue at stake?", "What is the problem that need to be tackled?", "What is it that needs to be taken aboard?", "What is it that has to be taken into account?".

It was within such context that the first international meeting of some 30 youths was held on the 20th and 21st January, 2017. Hosted on the premises of the *National Museum of Contemporary Art*, in the City of Athens (Greece), that first meeting of the participants in the project was also to be the first real contact each of the parties was to have with the rest of the beneficiaries. That was an opportunity for the young to acquaint themselves with one another, bond as a group and eventually make those decisions necessary for the furtherance of the project, agreeing on the fields to be investigated into during research as well as on what needs to be accomplished or should be attained over an also pre-determined period of time.

Stage II. Collecting data and information

The Scenario Analysis method is typified by the kind of information the participants may and indeed ought to be able to assimilate. As of such 6-month long stage, therefore, the participants proceeded to a collection of both qualitative and quantitative data, applying the distinction explained below:

A. Authority Mapping

A. Registering the institutions and agencies, organisations and/or persons competent for the making of decisions. Overviewing and registering Hellenic and European policies along with taking note of good practices, policies and suggestions relevant to the prevention of use of psychotropic substances as well as to the access of both addicted and detoxified persons to health, education and employment structures.

B. Taking record of views, attitudes and perceptions of people involved in policy conception and making. This particular process took the form of structured interviews.

Stage III.

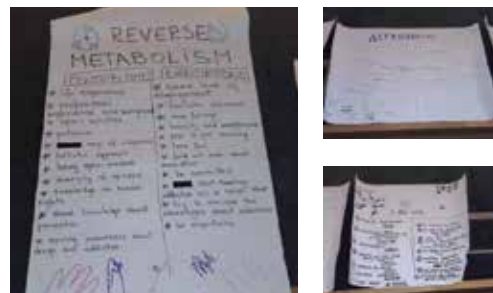
Describing the current state of play, by way of identifying the social, economic, environmental and political factors relevant to the issue.

Carried out, as of that particular stage, was an analysis of the data collected and the perceptions gauged amongst policy-makers, the idea having been to draw conclusions whilst also gathering further information towards the construction of a model for prevention and therapy in the field of substance use. Several of the problems addicted persons are faced with, in various domains of their lives, have actually been identified at this particular stage.

Stage IV.

Evaluating and opting for particular scenario features

At that Stage, the participants were prompted to decide on the factors and further conditions required for the building of the scenarios. During that process and by applying brainstorming and the so-called "funnel" technique, the participants were thus led to agree on the fundamental elements, bound to become the eventual features likely to be utilized as of the building of each scenario.



Stage V.

Constructing and Developing Scenario

It was through working group formations that the participants were, at that particular Stage, led to engage in dialogue and the exchange of views and experiences to the purpose of formulation proposals, otherwise said: solutions to the attention of policy makers, as a way to help towards tackling the fore mentioned issues, on the basis of the ideal of the protection of human rights both of the young addicts and of those having achieved detoxification by providing all those people access to health, the labour market and education.

All of the fore explained stages were developed in the presence of 40 young participants, as of the second international meeting hosted from the 25th through to the 30th of May 2017 in the City of Athens and most particularly on the premises of the *National Museum of Contemporary Art* and on those of the *"Myrtillo Café" Multimodal Civic Center*.



Stage VI.

Filing proposals

A conference was organised to the purpose of formally filing proposals, with invitations to attend extended to all participants to the project (70 young men and women) as well as to policy makers active in the field. The conference was hosted on the 30th of June 2017 at the **Civic Centre of the Municipality** of Athens.

The idea behind the hosting of that conference was actually to establish a discussion forum amongst specialists, organisations representatives and people from policy-making national agencies, to debate on the proposals that were to be formulated as well as looking for solutions to aspects relevant to the right of the young to prevention and therapy from use of addictive substances, with particular emphasis on the aspect of such human rights of such people as the equal access to health services and medical treatment, justice, education and employment and how to have such rights better protected.

The Outcomes

Issues Identified

Set forth below are the issues identified in three fundamental domains, namely health, education and the labour market.

Health

There appears to be a problem, at the level of administration of a comprehensive prevention and therapy system for addicted and ex-addicted persons.

1. Medical Staff:

- Deficit in the management of therapy of addictions due lack of training, indifference or fear for a potential infection.
- Lack of dedicated specialists (psychiatrists, psychologists etc.) to exclusively deal with addiction issues.
- Discriminations on the part of medical staff to the detriment of the addicted, a circumstance identified as a factor undermining access of such persons to health service centres.
- Lack of trust between patients and MDs, resulting from circumstances in the patient's history.
- Impossibility for medical students to acquaint themselves with addictions-relevant issues due to the absence of relevant subject matters from the university curricula.

2. Health System policy:

- Impossibility of the addicted to have access to health system, due to no coverage of the relevant cost by the respective health insurance schemes.
- Prejudice rampant throughout the health care system vis-à-vis the addicted, resulting in inequalities in the way such people are ultimately handled..
- Deficiencies as to the way public hospitals are catering to the needs of the addicted, as a consequence of the lack of public funds as well as of the economic models in place.

Education

Similar in their causality have revealed themselves to be the problems in the field of Greece's educational system, most particularly when it comes to the way issues relevant to young people addictions are dealt with. Such particular aspects were actually brought forward both through the interviews conducted and through experiences shared by the young, namely:

1. Deficits in information amongst the teaching staff who should otherwise have been in a position to cater to a well-focused and by all means sufficiently educated management of addiction-relevant issues amongst the young, hence the indirect effect of a progressive loss of interest amongst such young people in educational institutions.
2. Stigma and prejudice amongst educators vis-à-vis the specific populations.
3. Indifference, lack of will and an absence of support identified amongst educators, vis-à-vis the addicted.
4. A lack of consistent prevention programs, in the field of addictions, within the educational system.

The Labour Market

Through the interviews conducted, it became evident that one of the domains, to which access has come to be quite difficult for the young nowadays, is that of the labour market, incidentally an aspect of paramount importance for such generations.

1. Issues identified with respect to employers:

- A lack of trust, assorted with certain prejudices emanating whether from past experiences with substance use as well as related to other eventual circumstances – e.g. medical issues, all of which result in the so-called “double stigma”.
- Deficits in information on how to approach and what the appropriate attitude to adopt should be, vis-à-vis former addicts.

2. Issues identified with respect to former addicts:

- Low self-esteem, resulting from a more general marginalisation in the community.
- Cases of lower educational level compared to other candidates for employment, especially amongst those having become involved in substance use at a younger age.
- Ban applying as to the hiring of former addicts awaiting trial for offenses eventually perpetrated in the past, while they had still been involved in substance use.

Proposals

Set forth below are certain of the solutions suggested as potential responses to the problems identified:

Health

1. As far as the field of medicine is concerned, the suggestion was formulated to potentially encourage the hosting of informative colloquia aimed at training MDs on how to appropriately deal with addicted persons whilst at the same time contributing to the elimination of discriminations as well as providing well-targeted information through addiction-relevant programs.



2. Acquainting of medical staff with dependent persons through university seminars and meetings of staff and patients-dependent for a smoother cooperation.

3. For a treatment program to really be comprehensive, the context should also feature hard reduction modules focusing on such aspects as hygiene conditions to be observed with respect to substance use-related paraphernalia – e.g. sterilized toolboxes and syringe-exchange programs.



4. The addicted ought to be kept fully informed, by the state, of their rights and entitlements with respect to the access they may have to the health system. Such information may be provided through appropriate campaigns, printed material as well as by way of street-work.

5. Special emphasis should be placed on the policies that health service centres have been applying, as to the way to deal with addicted persons.

Education

1. The need was identified for the development of comprehensive educational curricula, built on the tool of interactive seminars for teachers and students, so that both sides acquire the knowledge and skills required for the prevention of addictions.
2. Availability at every educational institution of counsellors specialized in substance addiction issues.
3. Appropriate utilization of addiction prevention programs implemented within a given educational system.
4. Engendering a cooperation amongst government agencies, educational institutions and detoxification organisations, seen as the best possible scenario for the prevention of the use of narcotics and other addictive substances, within educational establishments.



Labour Market

1. Establishment of a government agency to which both employers and former addicted persons may address themselves for information and counselling on issues relevant to labour rights and entitlements as well as for assistance and education. Such agency might also be authorized to intervene in cases of violation of labour rights and entitlements of such persons.
2. A clear distinction between detoxified persons and persons of other categories (e.g. mental patients) ought to be made, by way of special, employment-enhancing programs, in order for the diagnosed stigma to be efficiently combatted.
3. For a furtherance of education and skill-development actions to the interest of detoxified persons, there needs to be promoted the idea of establishment of schools specializing in the field of addictions along with the creation of e-platforms rendering education universally and indiscriminately accessible.
4. The need has further also been identified for amendments to be brought to the legislative framework applying in the matter, so that detoxified persons awaiting trial for offenses relevant to addictions, be allowed to work.

Interviews

Interviews conducted with persons in charge of policymaking averred itself to be a very critical aspect of the project, the idea having been to investigate into personal views and attitudes vis-à-vis the use by the young of addictive substances as well as with respect to the rights and entitlements of addicts and former addicts. Within the context of the interviews process, the young had the opportunity to look for and eventually contact people who, because of the office they happen to be holding, are in a position to affect and indeed shape the planning of policies in the field of narcotics.

Under the circumstances, the persons contacted for interviewing originated from political parties (parliament deputies, members of political party youth organisations), government agencies (Ministry of Health, Ministry of Justice, the National Monitor of the Struggle against Narcotics), organisations with missions to combat narcotics (OKANA, KETHEA, the Mental Health Hospital of Attica), local government institutions, educational establishments and the Media. Set forth below are typical excerpts of such interviews, followed by certain general conclusions drawn upon analysis of what was exchanged:



Do addicted and ex-addicted persons see their rights and entitlements fully consolidated?

There has been a universal and unequivocal pronouncement in favour of the need to have the rights and entitlements of addicted and detoxified persons fully consolidated, with special emphasis placed on therapy, reintegration, education and health. Such affirmation does not, however, mean that such rights and entitlements are not occasionally violated...

- *"the respect of human dignity, as affirmed under Article (2) of the Hellenic Constitution, one's freedom of developing one's personality - all those things advocate in favour of the acknowledgement of yet another right, namely the right to integration and reintegration"* (member of a Political Party's youth organisation).
- *"[...] much more needs to be done towards having such rights properly consolidated [...]"* (officer at a Government Agency).
- *"[...] a primordial right is that of not going for drugs whereas to have the choice amongst various other activities"* (member of a Political Party's youth organisation).
- *"At the moment, both in this country and at the European Union level, we up to a certain extent have been experiencing of an à-la-carte consolidation of rights"* (A Journalist).

Have such persons still been suffering from discriminations?

If so, to what are such discriminations to be attributed?

There has been unanimous acceptance of the fact that discriminations are an issue unquestionably requiring a change of mentality and the reinforcement of the perception of social responsibility. Amongst the circumstances identified as causes for the exacerbation of discriminations over the last few years, there have most particularly mentioned the financial crisis as well as delinquency, infectious diseases and the negative coverage of the whole issue by the Media.

- *"[...] It is ever so difficult for the addicted to see help on their own, as the community is downright indifferent, if not altogether hostile, towards such persons"* (Education officer)
- *"[...] the real urgency, within the community, lies in the need to come up with a comprehensive change of mentalities"* (member of a Political Party's youth organisation)
- *"[...] those people are facing sustenance, housing and health care problems, which renders our task even more difficult, faced as we ourselves are with a lack of resources"* (Organisation involved in the combat against Narcotics)
- *"[...] there are all so many institutional constraints blocking (such people) from engaging in professional activities"* (official at a Government Agency).

Are health and justice easily accessible by such persons?

The domain of health has been most particularly emphasized upon, all the more since a main hindrance to efficient therapy and the ultimate detoxification has been acknowledged in the lack of education and in the preconceptions.

- “[...] *Racism is what mostly the active users have been experiencing, on the part of the medical and nursing staff*” (official at a Government Agency).

As far as the legal system is concerned, the law has adopted a benign attitude vis-à-vis addicted and formerly addicted persons whereas efforts have been under way towards an improvement of the system, giving preference to reintegration over incarceration.

- “[...] *In Greece, prior to sending one to prison, the Judge is bound to refer one to detoxification...*” (official at a Government Agency).
- “[...] *there is an effort towards setting a detoxification system as an alternative to common jail*” (member of a Political Party's youth organisation).

Is there any national strategic plan of sorts such as to provide those in charge with a common line of action to deal with such issues?

The need for the adoption of a strategic plan such as to eliminate the horror of addictions through prevention, efficient therapy and reintegration has unanimously been acknowledged as something of a catalyst. Whereas there appears to be a National Strategy for the prevention of addictions, for some reasons – yet to be determined – such strategy is not being implemented. Thus, each person in charge is compelled to ultimately follow one's own strategy albeit acknowledging that a unanimous cooperation of all agencies would be necessary for a holistic management of the problem; hence the unquestionable need for coordination at the national level, so that a common line of action be adopted.

- “[...] *There ought to be a strategic plan – and there isn't any... The law provides for a National planning commission that would come up with such a plan, yet such commission is as yet to be set up...*” (member of a Political Party's youth organisation)
- “[...] *there should be three national networks, catering for the entire national territory: a prevention network – needing to be reinforced throughout Greece – a therapy network, to be available under all programs.... and a business network – All this required good horizontal coordination*” ...” (official at a Government Agency).

In conclusion...

By developing this Booklet, PATH project is practically drawing to an end. To many of us, however, it has triggered a beginning. It gave us food for thought and became an inspiration, having moreover allowed us to build new friendships and have some quite novel experiences. What the project has most and above all accomplished, however has been to motivate us to always endeavour for the best.

Here's hoping, therefore that much more than a flicker triggering a change in the field of addictions, this project will be working as a launching point and an inspiration towards making the best of tool of structured dialogue by the young, in Greece and throughout Europe.

Project Identity

Duration: 10/10/2016 - 9/4/2018

Partners:

Partners involved in the project were organizations active in the youth field:



KETHEA (www.kethea.gr), Greece

KETHEA is the largest rehabilitation and social reintegration network in Greece. It has been providing its services to drug addicts and their families since Ithaki, the first Greek therapeutic community, was set up in 1983. Its services are offered free of charge on the street and in prisons and rehabilitation units around Greece. KETHEA also helps people suffering from other forms of addiction including alcohol, gambling and the Internet.



Helmsic (www.helmsic.gr), Greece

Hellenic Medical Students' International Committee is an independent non-governmental, non-profit, non-party organization. It was founded in 1958 by medical students, and today consists of 7 local committees, one in each city where there is a Medical School. It envisions a society of medical students and future doctors equipped with values and social thinking to promote humanity and a holistic approach to medicine. Inspires the cultivation and evolution of the character, behaviour and skills of medical students in an environment of acceptance and fellowship.



Youthnet (www.youthnet.gr), Greece

Youthnet Hellas is a non-governmental, non-profit organization that seeks active youth participation at local, national, European and international level through actions and interventions. Its aim is to network Youth on the basis of thematic initiatives and to monitor the implementation of International and European Youth Policies in Greece.



D.G.T - Do Great Things (www.asociatiadgt.ro), Romania

Do Great Things (D.G.T.) Association is a non-governmental non-profit organization that was born from the passion of a few youngsters who wanted to take action and make a change in the society they were living into. D.G.T.'s founding members have had the desire to give back all the things they have learned and experienced during previous years of volunteering.



IFMSA-Poland - International Federation of Medical Students Associations (www.ifmsa.pl), Poland

International Federation of Medical Students' Associations - Poland, named shortly IFMSA-Poland, is the biggest organization in Poland connecting medical students and young doctors. As an organization, is non-profit, fully apolitical, self-ruling and of permanent structure. IFMSA-Poland gathers about 3000 students from twelve Polish Medical Universities. By meeting each others, members of IFMSA-Poland share their ideas, skills and experience about how students can act on the issues that motivate them.



OZ - Ocean Znanja u Republici Hrvatskoj (www.oceanznanja.hr), Croatian

Ocean Znanja u Republici Hrvatskoj is non-profit association that is primarily focused on local and international level project for less fortune young people and children, and youngsters with a vision and concept for the future of Croatia, who will learn how to make decisions. OZ aim is to empower young people and give hope to them. Its plan to achieve this through non-formal education and active participation in everyday life of the Croatian community, as well as the European community.



Transnational Meetings

The program was held in Greece in three transnational meetings:

1st Transnational Meeting

The meeting was held on 20-21 / 01/2017 in Athens and was hosted at the National Museum of Contemporary Art with the participation of 30 young people.

2nd Transnational Meeting

The meeting took place on 26-30 / 05/2017 in Athens and was hosted at the National Museum of Contemporary Art and the Myrtillo Cafe Multimodal Civic Center.

3rd Transnational Meeting (Final Open Day)

The meeting was held on 30/06/2017 in Athens and was hosted at the Civic Centre of the Municipality of Athens with the participation of 70 young and policy makers.

Supporter:

EMST MINISTRY OF CULTURE AND SPORTS
NATIONAL MUSEUM OF CONTEMPORARY ART



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I can't
do it



Changing lives, opening minds

