



PROGRAMME "15"

**Experience of adaptation "Stepping Stones"
training package to the conditions of Russia
and its implementation**

Russian Federation

Novosibirsk NGO "Humanitarian Project"

**Under support of the programme "Bread for the
World" (Germany)**

2010





What is Programme «15»?

This is effective modern technology of group work with youth and their parents on gender, HIV, communication, drug and alcohol addictions, and relationship skills.

What is a goal of Programme «15»?

Creation of conditions for improving the quality of life and prevention of spreading of social diseases (HIV infection, STIs, substance abuse) in the community.

The program is based on a well-known "Stepping Stones" method, a training package in HIV/AIDS, communication and relationship skills whose author is Dr. Alice Welbourn (UK) and designed for implementation in Russia and CIS countries.

The History of the Programme "15":

2005: the group of the Russian experts got the manuals "Green Tea" (the Myanmar version of "Stepping Stones") and "Stepping Stones" itself from the German consultant for adaptation to the Russian condition.



2006-2009: 6 pilot trainings of the Russian adaptation of the method by Dr Alice Welbourn were conducted in Siberia (Novosibirsk and Tomsk regions of Russia) by two Russian NGOs - "Humanitarian Project" and "Siberia-AIDS-Aid" - under consultative and financial support of German programme "Bread for the World".

The method used in «Stepping Stones» proved to be effective and productive for Russia too, so it was decided to develop on the base of «Stepping Stones» a programme for Russia, taking into account cultural, social, and epidemiological characteristics of the country. .

So, in 2009, the programs "15" was born.



Main achievements:



-The training package in Russian language was developed



-5 regional teams of experienced trainers (10 men and 10 women) were educated for 5 regions of Russia



-The tool for evaluation of the programme's results was developed and tested



Multiplication of the Programme «15» in the regions of Russia

At the moment, Programme “15”
has been implementing in 5
regions of Russia:

**Altay,
Republic of Buryatia,
Udmurt Republic,
Irkutskaya region,
Mountain Altay**





The programme “15” will be multiplied in other regions of Russia.

“Humanitarian Project” will continue its activities on training of trainers for further spreading of the method all around Russia.

Programme “Bread for the World” continues its support of this activities.

How it was...













www.human.org.ru





**Thanks
for your attention!**

