



Fueling the Future of Youth Through Mentoring



What Is Mentoring?

Mentoring youth means different things to different people.

What does mentoring look like in WA?

- Locations: community, school, club
- Relationships: 1:1, 1:2-5, 2:1, 2:2-5
- Lengths: 12 mos., school year, summer, 8 weeks
- Purposes: positive youth development, substance abuse prevention, academic success, identity, positive behavior, community, identity, leadership, culture
- Size: 5 to 1,700 youth
- Focused populations: Tribal youth, HIV/Aids, mental health recipients, African American, career interests (e.g., photography, videography, music, bikes, etc.)
- Stand alone or embedded in a larger organization, YMCA, etc.

Formal Mentoring in the “Field”

Professionally supported, sustained social interactions in which non-parental adults or older peers provide guidance and other forms of support to youth that is intended to benefit one or more areas of *positive youth development*

Youth Goals and Mentoring's

Goals

Positive youth development goals:

- Avoided use of illegal substances
- Reduced/absence of contact with juvenile authorities
- Avoided violence
- Identity
- School attendance and success
- School and post-secondary achievement
- Social functioning
- Civic engagement

Community-based Mentoring

- One adult matched with one youth
- Youth ages 6-18
- Meeting in the community at the mutual agreement of the youth and adult
- Match meetings occur out-of-school on days and times convenient for adult and youth (after school, weekends, and during the summer)
- Meet 2-4 times monthly for 2-4 hours
- Activities are selected jointly based on mutual interest
- ➔ 12 month commitment

Youth Served

In WA's CBM quality programs, youth (9-14) vs. US general are:

- ✓ Seven times more likely to have been homeless.
- ✓ 200% more likely--sent to juvenile hall/negative contact with law contact
- ✓ 600% more likely to have had a family member incarcerated
- ✓ Eight times more likely to have lived in foster care
- ✓ 3.6 times more likely to suffer from serious signs of depression
- ✓ Three times more likely to qualify or use free or reduced-price lunch
- ✓ Almost twice as likely to have been suspended from school two or more times in a school year
- ✓ Twice as likely to live in households with a family income under \$10,000 a year or **\$830 a month** (23% of sample)
- ✓ Children of color are more highly represented in mentoring than in the general population

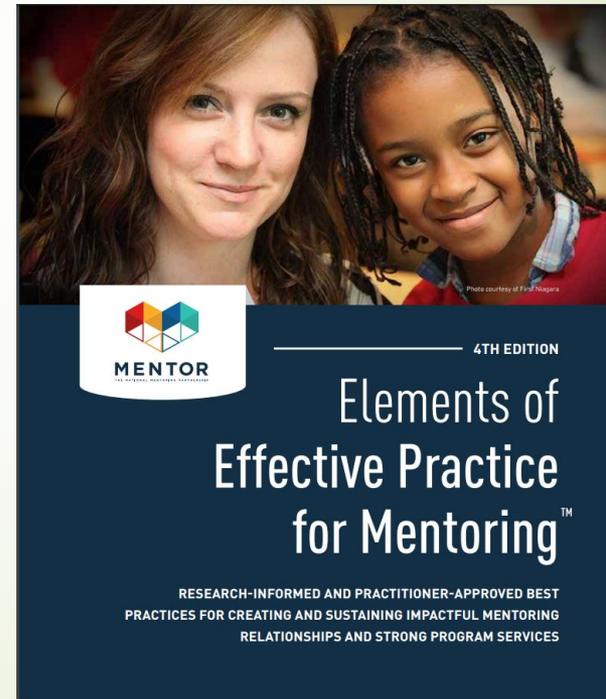
Mentoring Yields Positive Results

- Experience **significantly reduced symptoms of depression**
- **46% less likely to start using illegal drugs**
- **27% less likely to being using alcohol**
- Are **36% less likely to skip school**
- Are **45% more likely to enroll in post-secondary** vs. 27% of non-mentored peers
- Complete more homework assignments and show increased grades
- Express a greater desire and expectation to attend college (76% of mentored youth vs 56% of their peers)
- Are inspired to lead others (51% vs 22% of their peers)

What are the Best Practices for Formal Mentoring Programs?

Elements of Effective Practice for Mentoring 4th Ed.

- Recruitment
- Mentor screening
- Training
- Matching
- Monitoring and Support
- Closure



Community-based Mentoring in WA?

- Size: 5 to 1,200 youth mentored
- Location: Tekoa to Seattle metro, & multiple counties
- Staffing: all volunteer to 40+ paid full-time staff
- Youth populations: any youth asking to specific populations, e.g., Tribal youth, HIV-Aids-affected, youth interested in photography.
- Goals: strong positive relationship to post-secondary admission and graduation
- Organizational structure: stand alone or embedded

Tribal Mentoring Programs

- 7th Generation
- Native Natural Mentoring

7th Generation Kinship Mentoring Model

Used culturally specific mentoring strategies for court-involved and at-risk American Indian and Alaska Native youth ages 10-17 to guide them toward healthy lifestyle choices (OJJDP funded).

- **Strong Circle of Relatives** is a one-on-one mentoring program that employs the traditional kinship system of each community to foster relationships between mentors and youth that are based on the natural and historical tribal relationships between families– youth select their mentors.
- **Strong Circle of Relatives Kinship Curriculum** is 13 group sessions guide and support youth in developing a positive sense of cultural identity and positive life choices.



7th Generation

NATIONAL TRIBAL MENTORING PROGRAM

www.7thgenmentor.org

Program Overview

7th Generation National Tribal Mentoring Program is designed to address high rates of juvenile delinquency in American Indian and Alaska Native communities by

- **connecting** youth with healthy adults,
- **strengthening** cultural identity,
- and **building** self-esteem.

This program is implemented by EDC in partnership with 10 tribes.

Program Goals

- Increase opportunities for youth to connect with caring adults
- Improve school attendance
- Decrease youth alcohol and drug use
- Decrease youth involvement with courts



What Does Mentoring Involve?

Mentors develop **relationships** with youth to increase & strengthen academic, social, and community opportunities.



Who Participates?

- Tribal youth
- 10 – 18 years old
- Referred to the program by any tribal youth-serving agency

How does a youth get matched?

- Each youth identifies an adult from the community that he/she would like to have as a mentor.
- Tribal Mentoring Coordinator (TMC) contacts this individual to ask if he/she is interested in mentoring.
- The match will be made if the individual meets the criteria to become a mentor.
- **Note:** If the youth does not have a mentor in mind, the TMC will identify and recruit the most appropriate mentor for him/her.

7th Generation Mentor Activities

- **Mentor trainings**
- **One-on-one time with youth twice a month**
- **Monthly Mentor Group Activities**
 - ▣ All mentors and youth are encouraged to attend
 - ▣ Mentors plan monthly activities that vary by Tribe, such as:
 - Berry Picking
 - Fishing
 - Hiking
 - Service Projects
 - Pow-Wows
 - Language camps



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Strong Circle of Relatives Kinship Group Sessions

- All youth participate monthly in gender-specific sessions.
- Mentors take turns facilitating.
- Help youth develop kinship values based on what that means in their community.
- Teach youth about each Tribe's specific cultural traditions and values to build a stronger cultural identity and help youth make positive choices.



Role of the Tribal Mentoring Coordinator (TMC)

- Coordinates the mentor recruitment, application process, approval of mentors, and onsite mentor trainings
- Maintains the mentor and youth referral process
- Guides and supports the mentor–youth relationships
- Coordinates trainings, meetings, and group activities
- Tracks and reports group and individual activity
- Participates in monthly TMC calls
- Promotes the program with community partners

Tribal Vision, Guidance, and Leadership

While EDC is the conduit for resources and training for the tribes to implement the 7th Generation Tribal Mentoring Program Model, the real **success** and **sustainability** of the program **will come from the unique vision, guidance, and leadership of the community** that it serves.

- Youth
- Parents
- Mentors
- Tribal and Community Leadership





“The deep nurturing of children and their careful preparation for life-enhancing participation in their societies at the onset of their journeys into adulthood makes it possible for them to lead lives of mutually sustaining activity.”

~Tewa Women United~

Best Practices in Tribal Kinship Mentoring?

- Recruitment
- Mentor screening
- Training
- Matching
- Monitoring and Support
- Closure

Comparison

7th Generation

- 1) Our Stories
- 2) Creation Stories
- 3) Kinship & Natural World
- 4) Traditional Kinship Roles
- 5) Contemporary Kinship Roles
- 6) Kinship and Community
- 7) Kinship Responsibilities
- 8) Kinship Ceremonies
- 9) Kinship Among Non-native Peoples
- 10) Kinship in the Digital Age
- 11) Sustaining Kinship
- 12) Reflection
- 13) Closing Ceremony

Natural Native

- 1) Getting to Know You--Community
- 2) Cultural Identity & Storytelling
- 3) Culturally-related Goal Setting
- 4) Positive Supports and Boundaries
- 5) Building Youth-Adult Relationships
- 6) Build Intergenerational Partnerships
- 7) Making Healthy Decisions
- 8) Community Giving and Participation
- 9) Celebration
- 10) In community mentoring

Support Resources

- ▶ MWW program staff: > 50 yrs. of mentoring experience
- ▶ Statewide network of > 90 individual programs
- ▶ MENTOR, The National Mentoring Partnership;
 - ▶ National Mentoring Resource Center
 - ▶ Chronicle of Evidence-based Mentoring
 - ▶ Toolkits: program evaluation to growth mindset
- ▶ MWW list of mentoring programs in CPWI communities
- ▶ MWW vetting and qualifying programs, DBHR
- ▶ MWW virtual forums: EEP's to Innovation, DBHR
- ▶ Group training to individual coaching
- ▶ New initiatives, e.g., workforce mentoring, critical mentoring, youth-initiated mentoring
- ▶ Summer Institute on Youth Mentoring, Portland, July 17-20
 - ▶ Youth Empowerment, Social Action, & Community Development

Breadth of MWW Partnership

- New and developing programs
- Partial implementation of best practices
- Full implementation of best practices
- Quality assurance programs
- Workforce development

Questions & Contacts

Thank You

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<http://7thgenmentor.org/sites/7thgenmentor.org/files/7th%20Generation%20Guide.pdf>