

MentoringWorks
WASHINGTON

**Fostering Positive Youth Development
& Academic Success**

About Mentoring Works Washington: Overview

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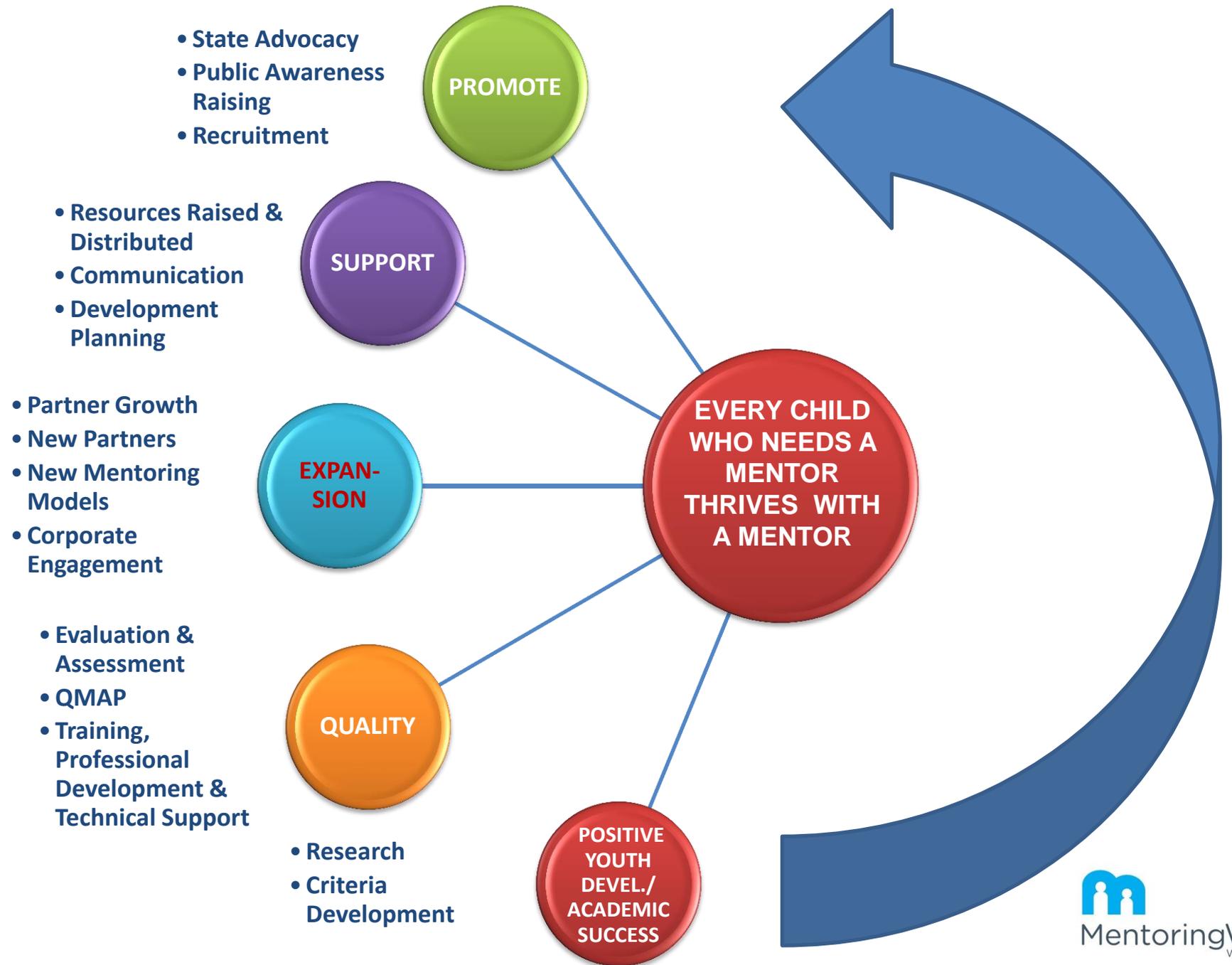
About Mentoring Works Washington: History

- History

About Mentoring Works Washington: Our Role

- History
- Our Role
 - To maximize the number of young people who have mentors in Washington State, and to maximize the impact that mentoring has on our youth
 - MWW serves more than 32,000 youth who are matched with high-quality mentors through 200 mentoring providers in 37 Washington state counties. Many of the youth served are in the state's foster care system, youth involved in juvenile justice, tribal youth, and other target youth populations.

**To Promote,
Support
and Expand
Quality
Mentoring
that Fosters
Positive
Youth
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and
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Why Mentoring? Academic Success

Compared to their non-mentored peers, mentored youth:

- Are 46% less likely to begin using illegal drugs
- Are 27% less likely to begin using alcohol
- Are over 90% less likely to be in trouble with juvenile authorities; and
- Are 33% less likely to hit someone.
- Have better school attendance and skip fewer classes
- Have greater confidence in their performance in schoolwork
- Have a better chance of going on to higher education
- Have better attitudes towards school
- Hold a stronger connection to school and parents

Why Mentoring? Mental Health

Mentoring reduces symptoms of depression significantly

- **Without help, youth depression:**
 - **Increased drug use** (Gould et al., 1998)
 - **Elevated risk of adult suicide** (Weissman et al., 1999)
 - **Fuels youth suicide** (Rohde, Lewinsohn, & Seeley, 1991)
 - **Is a leading cause of absenteeism and compromised productivity in adults, costing the US economy billions of dollars per year** (Donohue & Pincus, 2007)
 - **Undermines academic success** (Angold et al., 1998)
 - **Generates family stress** (Clarke, DeBar, & Lewinsohn, 2003)
 - **Impairs work** (Costello et al., 2002)
 - **Is the leading cause of disability for people in the United States aged 15 to 44** (WHO, 2015)
 - **Increases future psychiatric disorders** (Angold & Costello, 1993)
 - **Increases involvement in the legal system** (Behavioral Health, 2015)
 - **Leads to self-harming behaviors**

What We Do & How We Can Help You Reach Your Goals

■ **Training & Technical Assistance**

- Check & Connect
- Racial Equity
- Growth Mindset
- Youth Voice
- Mentor trainings
- Navigating the Cultural Landscape (age, diversity & economics)
- Elements of Effective Practice

What We Do & How We Can Help You Reach Your Goals: Elements of Effective Practice

- **As a strategy for helping young people succeed in school, work and life, mentoring works. It helps give young people the confidence, resources and support they need to achieve their potential.**
- **These positive outcomes are only possible when young people are engaged in high-quality mentoring relationships.**
- **The Elements of Effective Practice for Mentoring (EEPs) hold the key to success in producing high-quality relationships.**
- **The new edition of the Elements provides six evidence-based standards for practice:**
 - **Recruitment, Screening, Training, Matching, Monitoring and Support, and Match Closure**
- **MWW was instrumental in leading three areas addressed in newest edition of EEPs:**
 - **Racial Equity – creating an environment that is inclusive and aware of the needs of youth and families of color**
 - **Youth Voice – the inclusion of youth in the programming for relevance and leadership development**
 - **Family Involvement – finding room at the table for families to share and participate where appropriate**

What We Do & How We Can Help You Reach Your Goals: National Mentoring Resource Center

- Officially launched January 2015



- Funded by OJJDP

- Offers trainings and technical assistance to support programs more fully incorporating the EEPs evidence-based practice

- Partner programs can submit requests for specific assistance



What We Do & How We Can Help You Reach Your Goals: Evaluation and Assessment

- **Increase programs' ability, capacity and desire to evaluate youth and mentor outcomes and fidelity of program practices.**
- **Articulate youth mentoring outcomes in key areas: academics, mental health, social-emotional learning and positive behavior.**
- **Increase the quality of program practices to, in turn, increase youth outcomes.**
- **Establish external recognition of QMAP programs including Washington Institute of Public Policy listing programs as promising practice programs.**
- **Identify standardized (valid and reliable) surveys**
- **Help align the data to the mission statement**
- **Help programs to analyze data, teach staff to “crunch” data and to communicate their results effectively**
- **Reduce the workload of data entry by providing tools like ReMark that allow automatic uploading into a database ready for analysis.**

What We Do & How We Can Help You Reach Your Goals: QMAP

- QMAP is a quality assurance process tailored for youth mentoring programs.
- QMAP provides a structured, systematic, in-depth process for evaluating a mentor program's quality in three areas: operations, mentoring program, and evaluation
- QMAP's steps:
 - Self-assessment (online 99-item survey completed by program)
 - Assessment review (program and MWW staff at program site)
 - Improvement and innovation plan (3-4 improvements and/or innovations-12-24 months)
 - Recognition (Expert and Dedicated to Excellence Partners qualify for a range of benefits)
 - Evaluation (After 3 years, the process begins again)
- Programs benefit from QMAP:
 - Validated program quality (WA & US)
 - Increased funding
 - Pinpointed areas for improvement
 - Spurred innovation
 - MWW technical support and networking for QMAP programs
 - Helps families identify high quality programs for their children



What We Do & How We Can Help You Reach Your Goals: Mentoring Students of the Military (MSM)

- MSM is a 3.5 year Department of Education grant project cited in North Thurston County to:
 - Mentor 75 youth in new matches.
 - Develop a customized model of school-based mentoring that best fits children of deployed military parents.
 - Develop a new training for mentors in understanding military culture and the impact of deployment and re-locations.
 - Connect parents, community, and schools in a support team for individual elementary schools.

What We Do & How We Can Help You Reach Your Goals: National Mentoring Month

- January is National Mentoring Month
- Raise awareness of mentoring in its various forms;
- Recruit individuals to mentor, especially in programs that have waiting lists of young people;
- Promote the rapid growth of mentoring by recruiting organizations to engage their constituents in mentoring

What We Do & How We Can Help You Reach Your Goals: National Mentoring Month

- “Advocacy Day” January 18th in Olympia (MLK Day)
- Thank Your Mentor Day, January 21
- National Mentoring Month website:
<http://www.nationalmentoringmonth.org/>

