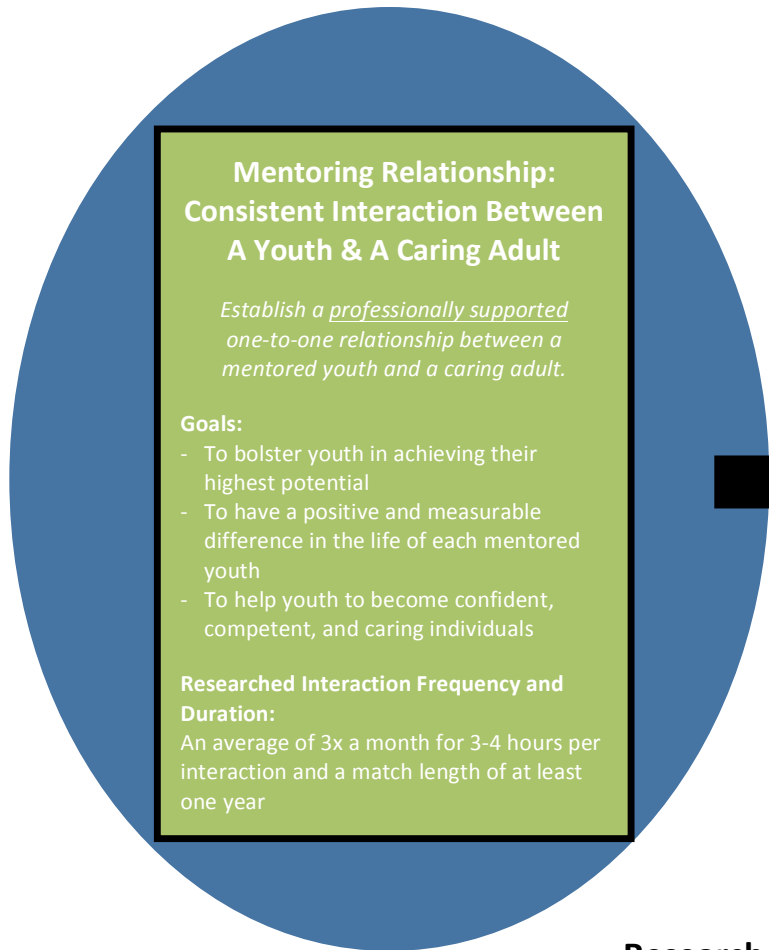


Big Brothers Big Sisters (BBBS) Community-based Mentoring

Program initiated in 1904. Standards for national affiliates are now directed by Big Brothers and Big Sisters of America.

This logic model was created by the Evidence-based Prevention and Intervention Support Center (EPISCenter) at Penn State University. It is based on a research study conducted by Public/Private Ventures, *Making a Difference: An Impact Study of Big Brothers Big Sisters*. The study was released in 1995 and reissued in September of 2000.

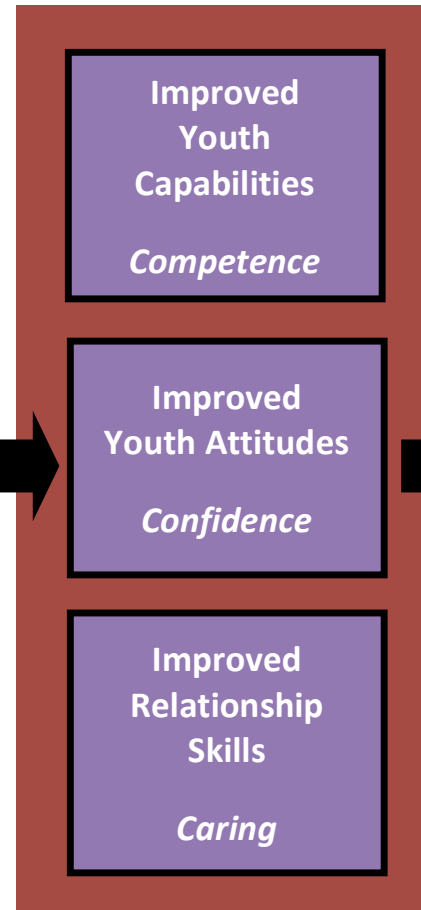
The Program's Mechanism for Change & Goal



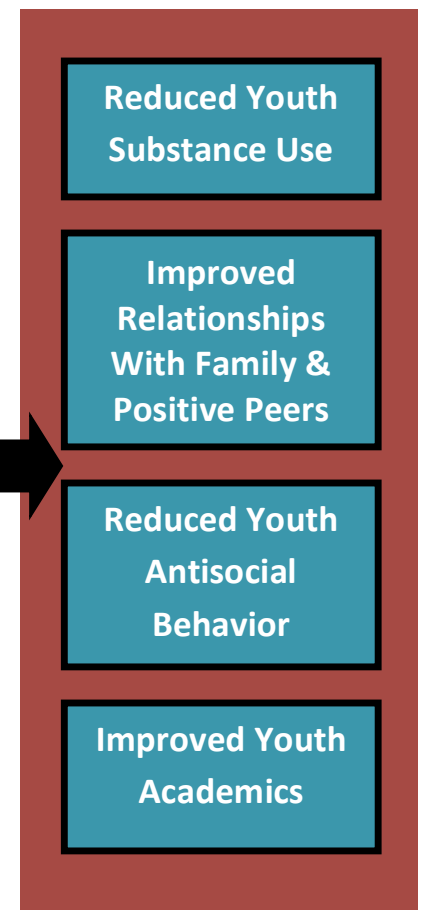
Targets



Proximal Outcomes



Distal Outcomes



Researched Delivery Model:

- targets at risk youth ages 6 to 18
- goal of matching youth with adult mentor for minimum of 1 year
- matches are monitored by trained professional staff
- matches should strive meet 3 or more times per month for total of 9 or more hours together monthly

For current cost benefit analysis and figures (mentoring), go to Washinton State Institute for Public Policy.

<http://www.wsipp.wa.gov/>

Program's Mechanism for Change & Goals

A professionally supported one-to-one relationship between a mentored youth and a caring adult is established. Although activities are not prescribed, the mentoring relationship is intense, enduring, and developmental in its approach.

Program Modalities

Specific operational guidelines are followed before and after the match is formed to accomplish the program goals. Generic mentoring has not proven to be effective. No program other than BBBS has demonstrated strong positive outcomes for youth development.

Targeted Risk and Protective Factors

Risk factors, which increase the likelihood of drug use, delinquency, school dropout, teen pregnancy, and violent behavior, are targeted for a decrease. Protective factors, which exert a positive influence and buffer against negative outcomes, are targeted for an increase.

Proximal Outcomes

Targeted outcomes that the program is designed to impact immediately following program completion.

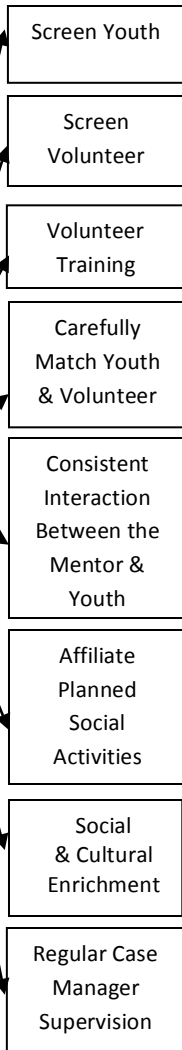
Distal Outcomes

Outcomes impacted by the program months/years following program completion that have been demonstrated through research.

Mentoring Relationship: Consistent Interaction Between A Youth & A Caring Adult

Researched Interaction Frequency and Duration:
An average of 3x a month for 3-4 hours per interaction and a match length of at least one year

- Goals:**
- To bolster youth in achieving their highest potential
 - To have a positive and measurable difference in the life of each mentored youth
 - To help youth to become confident, competent, and caring individuals



Risk Factors:

- Academic failure or poor school performance
- Lack of commitment to school
- Early/persistent anti-social behavior
- Rebelliousness
- Friends who engage in problem behaviors/Negative peer influences
- Favorable attitudes towards problem behaviors /substance use
- Early initiation of problem behaviors
- Family conflict

Protective Factors:

- Exposure to community/cultural norms that do not favor antisocial behaviors and substance use
- Involvement in and recognition for pro-social activities
- Promotion of healthy beliefs and clear standards
- Goal setting/Positive future orientation
- Positive parent-child affect and parental trust
- Improved relations with pro-social peers
- Positive orientation to school and increased scholastic confidence and competency
- Communication/interpersonal skills
- Decision-making and critical thinking skills
- Coping/self-management skills

Improved Skills/Attitudes:

- Less favorable attitudes towards anti-social behavior/substance use
- Increased healthy coping & stress/self-management skills
- Increased decision making/critical thinking skills
- Increased communication/interpersonal skills
- Increased peer pressure resistance skills
- Increased goal setting

Improved Academic Skills:

- Increased optimism in academic competency
- Increased educational expectations
- Increased positive orientation to school

Improved Relationship Skills With Family & Positive Peers:

- Increased levels of trust in parent(s)/guardian(s)
- Increased emotional support from peers
- Increased trust in the mentor
- Increased involvement with pro-social peers and in pro-social activities

Reduced Substance Use:

- at least 46% less likely than the controls to initiate drug use. BBBS minorities were up to 73% less likely than similar minorities to initiate drug use.
- 27% less likely to initiate alcohol use (with a stronger effect for minority females – 54%)

Reduced Antisocial Behavior:

- 32% less likely to hit someone
- Research conducted on school-based mentoring has demonstrated teacher reports of a lower percentage of serious school offenses, such as fighting.

Improved Youth Academics:

- 52% fewer days of school skipped (with higher effects for females – 84%)
- 37% fewer classes skipped
- gains in grade point averages
- Increased confidence in academic efficacy
- Research conducted on school-based mentoring has demonstrated higher teacher ratings for overall performance, quality of class work, and assignment completion.

Improved Relationships:

- Improved relations with parent(s)/guardian(s)
- Improved peer relationships

Targets Not Researched:

- Increased high school graduation rates
- Decreased rates of teenage pregnancy