



The Children & Youth in Care and Mentoring Project received grant funding from the province of Alberta to increase the number of children and youth in care having access to a mentor. The agencies participating in the project are Big Brothers Big Sisters of Calgary and Area, Big Brothers Big Sisters of Red Deer and District, and Boys & Girls Clubs Big Brothers Big Sisters Edmonton and Area Society. AndersonDraper Consulting Inc. was contracted to evaluate the project. An important part of the evaluation was asking mentors and mentees to complete an online survey about their experiences to date. Here are some of the 2019 survey highlights.

This survey was administered in 2016, 2018 and 2019. Survey responses continue to confirm positive experiences for both mentees and mentors and report positive outcomes for the young people involved.

DID YOU KNOW?



Mentees range in age from 6-24 years old. 76% of mentors are between the ages of 26-45. (n=70)



68% of mentors have been committed to mentoring youth for over 1 year. Most of these adults are first time mentors (70%). (n=73)



Training is provided to help our mentorships succeed. 86% of mentors reported that this training was useful for their role. (n=73)



64% of our mentors indicated that their mentee experienced personal challenges or major life changes during their match. (n=70)



43% of the mentees experienced a placement change or move during their match, as reported by their mentor. (n=69)

139

Mentors and Mentees from Edmonton, Calgary and Red Deer participated in the survey.



MENTORSHIP IS MAKING A DIFFERENCE

"My mentee seems to enjoy our time together. She had come out of her shell more and shares many things about her life with me. She seems happy overall and well adjusted to the changes she is facing. I believe she feels safe with me and able to talk to me about her day to day life. We have fun together!"

"My mentee never wanted to go to high school and now she talks about one day going to post-secondary."

"It had taken a long time for him to open up and start to trust me. But in recent month I hear a lot more from him and he is sharing about his life. We talk about situations and process the emotions surrounding them."

SURVEY SAYS

Children & Youth in Care and Mentoring Program 2019

THE MENTOR EXPERIENCE



Mentors volunteered because they:

- wanted to make a positive impact in someone's life and be a role model
- wanted to contribute to their community
- had previous positive experience of being mentored themselves or realized they could have benefited from a mentor
- had free time or wanted to volunteer
- had the opportunity through work or school to be a mentor

"I have had a distinct lack of mentors in my life and I wanted to make sure this didn't happen for at least one young person"

"OO /F!!!! I have received far more from my little than I ever imagined. She's taught me about resiliency, strength, her culture and the true meaning of unconditional love."

"The hardest part is getting started but if you trust the process and go in looking to help you will be amazed at what you have to offer."

THE MENTEE EXPERIENCE



Mentees enjoyed:

- going new places & trying new things
- having someone to talk with and to help solve problems
- having fun
- increased confidence, self-esteem and positivity about life or improved self-esteem, more positive about life
- spending time with their mentor

"I have had more opportunities to try new things and go to more events that I wouldn't have if I didn't have a mentor."

He taught me how to calm down when mad, and how to cook.

"She has helped me be more confident in myself as a person and as a leader."

"I have a second family that cares about me spending time and having a healthy relationship making me feel loved and not alone."



COMMON SUCCESS

Mentors told us that one success of their mentorship has been building trust and developing a strong relationship for the mentee to open up. 90% of the mentees agree their mentor has helped them feel hopeful about the future. (n=61)

Learn more about mentoring children and youth in care at <https://albertamentors.ca/children-youth-care-mentoring-project/>