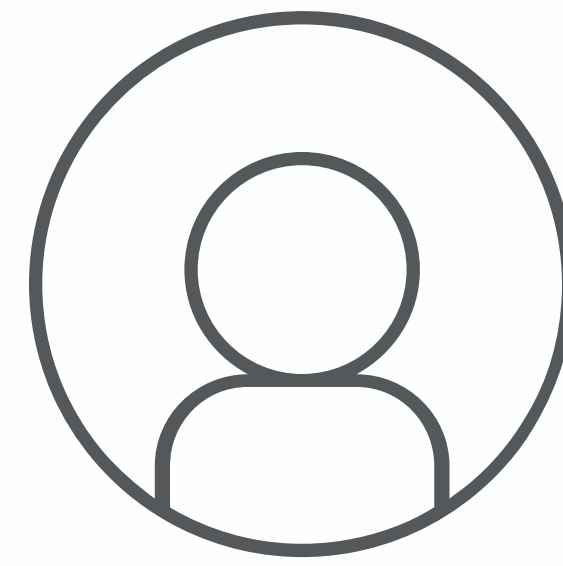


YOUTH IN CARE

Annual Evaluation Report

April 2020 - March 2021



167 youth
served in 1:1 mentoring

7-23 years old

61% female
38% male
1% transgender

40% Indigenous
39% English Canadian
8% Ethnic Minority

Mentoring Matches

average match length was

26 months

1 in 4 closed matches
continued informally

124 youth currently
waiting for a mentor

Youth face many adversities and
at higher rates than youth in other
agency programs

Collective Outcome



**91% of youth experienced a
developmental relationship**

which research has found builds a number of fundamental protective factors^{1,2}

Conclusions

Overall the data suggests that youth served in the Youth in Care program are experiencing positive, lasting relationships with their mentors, which research has found makes them more likely to grow up successfully.^{1,2}

YOUTH IN CARE PROGRAM EVALUATION REPORT

BGCBigs Edmonton, BBBS Calgary, and BBBS Red Deer

April 2020 to March 2021



Boys & Girls Clubs



Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters
of Edmonton & Area



**Big Brothers
Big Sisters**
OF CALGARY AND AREA



Big Brothers Big Sisters
OF RED DEER AND DISTRICT

Contents

Executive Summary.....	3
Evaluation Question.....	3
Data Collection Procedures.....	3
Match Statistics and Demographics.....	3
Youth Risk Factors.....	4
BGCBigs Edmonton	4
BBBS Calgary	5
BBBS Red Deer	5
Common Outcome Findings	5
Agency Specific Outcomes.....	6
BGCBigs Edmonton	6
Youth Social-Emotional Competencies	6
Mentor Training and Support	7
BBBS Calgary	7
Youth Social-Emotional Competencies	7
Mentor Quotes.....	8
BBBS Red Deer	8
Elements of Developmental Relationships	8
Youth Social-Emotional Competencies	9
Mentor Feedback.....	9
Successes, Challenges, and Next Steps	9
Successes	9
Challenges/Limitations.....	10
Next Steps	10
Appendix A: Match Statistics and Demographics	11
Appendix B: Youth Risk Factors	15
Appendix C: Developmental Relationships Survey Questions.....	16

Executive Summary

The Youth in Care (YIC) program serves youth 6 to 24¹ years old who have been involved with Children's Services and may be living in alternate arrangements such as foster homes, group homes or kinship placements. The program recently completed a three-year developmental evaluation with an external evaluator, AndersonDraper Consulting Inc., which reported findings for youth served from April 2017 to September 2019.

For this phase of the project, the three partner agencies (BGCBigs Edmonton, BBBS Calgary, and BBBS Red Deer) decided to evaluate the YIC program internally. A shared focus on developmental relationships² was identified through comparing the outcomes of each agency's mentoring programs. Research shows that a developmental relationship with a caring adult builds several protective factors in young people including close friendships with positive peers, effective problem-solving skills, optimism and positive expectations for the future, positive personal coping strategies, positive interpersonal skills, positive pro-social behaviours, a positive relationship with an adult, self-efficacy, self-esteem, and a sense of responsibility^{2,3}. As a result, developmental relationships are the key outcome collectively reported on in this evaluation.

The overarching goal of this collective evaluation is to measure the extent to which this outcome was achieved from April 2020 to March 2021 and speak to successes, challenges, and future directions. Surveys data showed that 91% of youth experienced a developmental relationship. Taken together with match data, this suggests that youth served in the YIC program are experiencing positive, lasting relationships with their mentor.

Evaluation Question

The evaluation focuses on determining the extent to which the following collective outcome was achieved: **At program completion 80% of youth will experience a developmental relationship.**

Data Collection Procedures

Match statistics, demographics, and youth risk factor data were collected for all youth at intake and throughout program. Post program surveys were conducted with mentees from March to April 2021 and were completed by 37 youth (38% male; 62% female).

Match Statistics and Demographics

Over the course of the evaluation period, 171 matches were supported through one-to-one mentoring (167 unique youth as some youth were re-matched) and 7 youth were served through group mentoring (4 unique youth as 3 were also in a one-to-one mentoring match). Unless otherwise specified, all data in this report speaks only to one-to-one mentoring as this program is offered across all three sites, whereas group mentoring is only offered in Edmonton.

On average, matches lasted 26 months (includes closed and active matches as of March 31, 2021), which extends beyond the minimum commitment of 12 months. The average match length for active matches was very comparable across Edmonton (26 months), Calgary (21 months), and Red Deer (32 months).

¹BBBS Red Deer serves children/youth ages 5-22 years

²[Developmental Relationships | Search Institute \(search-institute.org\)](https://search-institute.org/)

³[Resilience \(harvard.edu\)](https://www.harvard.edu/resilience/)

The average match length for closed matches was shorter in Edmonton than in Calgary and Red Deer (15, 29, and 36 months respectively) because Edmonton had 11 practicum student matches and 19 staff-as-mentors matches, which all ran for set four-month periods. The top three most common reasons for match closure were commitment met (38%), match graduation (23%), and personal life changes (10%). The average wait time for youth to be matched to a mentor was 17 months. As of March 31, 2021 there are 124 youth on the waitlist. This data is very positive overall. The fact that the average match continued past the minimum time commitment and many chose to continue their mentoring relationship after formal match closure is indicative of strong and lasting mentoring relationships. The average wait time of just under one-and-a-half years as well as the number of youth on the waitlist highlight the continued high demand for YIC programming and the importance of recruiting and training mentors for this program.

Of the 167 youth served in one-to-one mentoring matches, 38% were male, 61% were female, and 1% were transgender. Youth ranged from 7 to 23 years old, with an average age of 15 years. Youth served in Edmonton were slightly younger on average than youth served in Calgary and Red Deer (average ages 13, 16, and 15 years old respectively). Youth were 40% Indigenous, 39% English Canadian, and 22% other various. In Edmonton and Red Deer the proportion of Indigenous youth was higher than in Calgary (40%, 52%, and 28% respectively), whereas in Calgary there was a higher percentage of mentees from ethnic minority groups than in Edmonton and Red Deer (17%, 6%, and 4% respectively).

Data indicated that 32% of youth live with a single female parent, 16% live in kinship care, 11% live in a foster home, and 40% had other various living arrangements. Overall, nearly half of youth (44%) do not live with a biological, adoptive, or step-parent (86% in Calgary, 70% in Red Deer, and 25% in Edmonton). All youth had current (52%) or past (48%) involvement with child services. See [Appendix A](#) for a breakdown of match statistics and demographics collectively and by site.

Youth Risk Factors

At two sites (BBBS Calgary and BBBS Red Deer), risk factor data was collected using the Needs Registry (NR). The NR uses 13 adversities that youth may have faced at any time in their life to inform an Adverse Childhood Experiences (ACEs) score. At one site (BGCBigs Edmonton), risk factor data was collected via the Final Child and Family Assessment (FCFA), which lists 60 concerns that children or youth may be facing. Moving forward, all three sites will use the NR to calculate ACEs scores and provide collective youth risk factor data.

There were some commonalities across the three sites in the risk factors most commonly faced by youth. NR data from BBBS Calgary and BBBS Red Deer indicated that 88% of youth had experienced parental separation or divorce and 80% had a household member who had experienced mental illness. Mental health was also a commonly faced adversity for youth served in BGCBigs Edmonton with 25% of youth facing mental health issues themselves.

Overall, risk factor data across the three sites shows that youth served in the YIC program face many adversities and at higher rates than youth in other community-based mentoring programs. See [Appendix B](#) for a breakdown of youth risk factors by site.

BGCBigs Edmonton

The FCFA was completed with 106 youth during this evaluation period. The FCFA is completed with YIC youth at time of interview so may not reflect current information for all current YIC program participants. The table below lists the most commonly noted concerns, apart from involvement in Child Welfare, which showed for 25% or more of youth. The percentage of youth facing the same adversities

in other community-based programs is also provided as a comparison. Overall, the percentage of youth facing each risk factor was higher than in other community-based programs.

RISK FACTOR	YIC	Other CB
	%	%
Lack of adult supports	43%	28%
Difficulty relating to peers/lack of friends	37%	20%
History of abuse (emotional, physical, sexual)	33%	11%
ADHD/ADD	32%	21%
Mental health issues	25%	19%

BBBS Calgary

The NR was completed with 36 youth. Data was collected at intake through the Parent/Guardian Questionnaire and validated at intake interview to ensure data accurately reflects prior life experience of young person. Findings from this dataset indicate that the average YIC youth served in Calgary had an ACEs score of 9 (range 4 to 12). The table below lists the top three adversities, apart from involvement in Child Welfare, with the percentage of youth facing the same adversities in other community-based programs as a comparison. Overall, the percentage of youth facing each adversity was higher than in other community-based programs.

RISK FACTOR	YIC	Other CB
	%	%
A household member experienced mental illness	94%	72%
Child has seen or heard violence	94%	65%
Parental separation or divorce	86%	76%

BBBS Red Deer

The NR was completed with 23 youth at intake. Findings from this dataset indicate that on average YIC youth served in Red Deer had an ACEs score of 6 (range 3 to 10). The table below lists the top three adversities faced, apart from involvement in Child Welfare, with the percentage of youth facing the same adversities in other community-based programs as a comparison.

RISK FACTOR	YIC	Other CB
	%	%
Parental separation or divorce	91%	77%
A household member experienced mental illness	57%	54%
Child has experienced bullying	57%	77%

Common Outcome Findings

Research shows that a developmental relationship with a caring adult builds a number of protective factors in young people including close friendships with positive peers, effective problem-solving skills, optimism and positive expectations for the future, positive personal coping strategies, positive interpersonal skills, positive pro-social behaviours, a positive relationship with an adult, self-efficacy, self-esteem, and a sense of responsibility. Each agency measured five key elements of development relationships (express care, challenge growth, provide support, share power, and expand possibilities) via survey in order to speak to the following indicator: **At program completion 80% of youth will experience a developmental relationship.**

This outcome was achieved across all three sites. Survey data indicated that on average across the three sites, **91% of youth experienced a developmental relationship**. Child and youth survey data related to each of the five elements of developmental relationships are below:

1. **Express Care:** Youth know that they matter to their mentor. On average **92%** of youth across the three agencies reported that their mentor expresses care.
2. **Challenge Growth:** Mentors inspire youth to be their best. On average **92%** of youth across the three agencies reported that their mentor challenges growth.
3. **Provide Support:** Mentors help youth complete tasks and achieve goals. On average **85%** of youth across the three agencies reported that their mentor provides support.
4. **Share Power:** Mentors treat youth with respect and give them a say. On average **92%** of youth across the three agencies reported that their mentor shares power.
5. **Expand Possibilities:** Mentors connect youth with people and places that broaden their world. On average **92%** of youth across the three agencies reported that their mentor expands possibilities.

Survey data was very positive overall and shows that not only did 91% of youth experience a developmental relationship with their mentor, but also each of the five elements exceeded the 80% goal. See [Appendix C](#) for a complete list of the child and youth survey questions used by each agency.

Agency Specific Outcomes

All three agencies collected additional outcome data from mentees, guardians, and mentors. In this section, each agency reports on youth's social-emotional skills according to the five core CASEL competencies⁴, as well as other findings that speak to youth development, the quality of mentoring relationships, and/or mentors' experiences.

BGCBigs Edmonton

Youth Social-Emotional Competencies

Mentees who had been matched for one year or longer (n=4) reported on five core social-emotional competencies via survey. Guardians whose children had been matched for one year or longer (n=11) also reported on their children's social-emotional competencies via survey. Although the data set is small for these outcomes, the positive responses are very encouraging:

- **Self-Awareness:** Accurately assessing one's feelings, interests, values, and strengths; maintaining a well-grounded sense of self-confidence. **100%** of mentees reported being more self-aware since having a mentor. **100%** of guardians reported their child is more self-aware since having a mentor.
- **Self-Management:** Regulating one's emotions to handle stress, controlling impulses, and persevering in addressing challenges; expressing emotions appropriately; and setting and monitoring progress toward personal and academic goals. **100%** of mentees reported being more self-managed since having a mentor. **73%** of guardians reported their child is more self-managed since having a mentor.

⁴ [SEL Framework \(casel.org\)](#)

- **Social Awareness:** Being able to take the perspective of and empathize with others; recognizing and appreciating individual and group similarities and differences; and recognizing and making the best use of family, school, and community resources. **100%** of mentees reported being more socially aware since having a mentor. **91%** of guardians reported their child is more socially aware since having a mentor.
- **Relationship Skills:** Establishing and maintaining healthy and rewarding relationships based on cooperation; resisting inappropriate social pressure; preventing, managing, and resolving interpersonal conflict, and seeking help when needed. **92%** of mentees reported being more self-aware since having a mentor. **91%** of guardians reported their child is more self-aware since having a mentor.
- **Responsible Decision Making:** Making decisions based on consideration of ethical standards, safety concerns, appropriate social norms, respect for others, and likely consequences of various actions; applying decision-making skills to academic and social situations; and contributing to the well-being of one's school and community. **100%** of mentees reported being more self-aware since having a mentor. **82%** of guardians reported their child is more self-aware since having a mentor.

Mentor Training and Support

Research has shown that mentors being well-prepared and supported increases the quality and length of mentoring relationships, so it is important to measure the extent to which effective training and support is being achieved. Mentors reported via survey how prepared and supported they felt in their roles. Of the 25 mentors who completed surveys, 92% (n=23) reported that the training they received prepared them well for their role as a mentor, while the other respondents reported that they felt somewhat prepared by the training (8%; n=2). All 25 respondents reported that they understand their role as a mentor and that they have ongoing support from agency staff. Overall, the data suggests that mentors in the YIC program feel well-prepared and supported.

BBBS Calgary

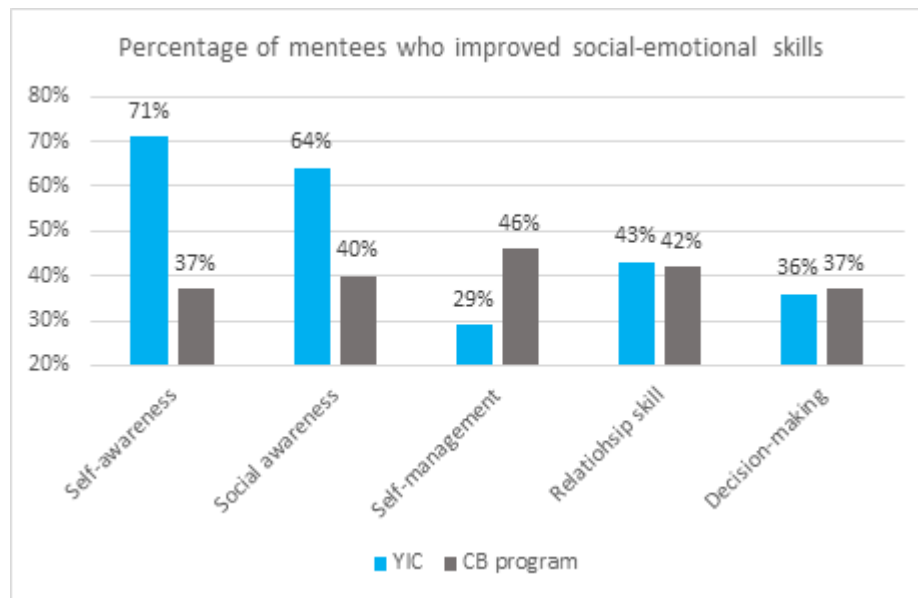
Youth Social-Emotional Competencies

BBBS of Calgary and Area's theory of change states that children and youth facing adversity who engage in positive mentoring relationships with caring adults will improve their self-regulation and social-emotional skills. Social-emotional skills were assessed according to the five core CASEL competencies. Mentees completed surveys at the beginning and end of program or at their annual review. Only paired surveys where post survey was completed in the 2021 fiscal year were included in analysis.

Survey results indicated that **86%** of mentees demonstrated improvement in at least one social-emotional competency, which exceeds the estimated target of 75%. Among the five competencies, the highest number of mentees demonstrated improvement in self-awareness and social awareness:

- **Self-Awareness:** **71%** of children and youth have improved their desire to improve self and more aware of strengths and limitations.
- **Social Awareness:** **64%** of children and youth improved their capability to interact with others in a positive manner that shows respect and tolerance.

The graph below compares YIC survey data to other community-based programs in the 2021 fiscal year:



Mentor Quotes

The following are quotes from mentors speaking about their experiences and their mentees:

- I saw [in my mentee] a large improvement in setting boundaries, navigating through difficult experiences, coping mechanisms.
- Mentoring, especially under Big Brothers Big Sisters, has opened my eyes to the important necessity of mentoring to hundreds of children in my area. It has brought out a willingness to advocate for mentoring programs and a desire to spread this message to others. I have even begun to look at the idea of working in the same sector in the future.
- I appreciate the relationship I have with my mentee. She knows she can turn to me when she needs someone to listen without judgement. It is reassuring to know that she feels like she has someone who supports her. Being matched with her has been an eye-opening experience in so many ways
- ...my self-confidence is up, as is my respect for not only my mentee but all youth going through some of the challenges she faces. My family is great, I had very few issues in my life and seeing how my mentee has handled all of the, frankly, shit, that has been thrust upon her is incredibly enlightening. I cannot properly express how impressed I am with her grit and character.

BBBS Red Deer

BBBS Red Deer's agency evaluation focused on the effects of mentoring on youth's development of social-emotional skills. Mentee (n=5), parent/guardian (n=8) and mentor (n=6) post-surveys were obtained during the reporting period. Results highlighted similarities across all three groups of respondents in areas of social-emotional competencies and the quality of mentoring relationships.

Elements of Developmental Relationships

- **Expand Possibilities:** The program helped youth expand their networks of support and provided opportunities to participate in things they are interested in. This data was positive across all three groups of survey respondents (**80%** of mentees, **88%** of parent/guardian's and **100%** of mentors)

- **Express Care/Share Power:** All parents/guardians reported that mentors genuinely care about their children and involve their children in decision making.

Youth Social-Emotional Competencies

- **Relationship Skills:** All parents/guardians reported that their child has improved their social skills, is able to deal with conflicts in a more positive manner, and gets along better with peers.
- **Relationship Skills/Social Awareness:** **80%** of mentees and **80%** of mentors reported an improved ability to make friends and understand the importance of helping others.
- **Self-Management:** **80%** of mentees reported that they are better at handling whatever comes their way, and they are more willing to try again if something they do doesn't work out.

Mentor Feedback

- Mentors noted improvements in mentees' **social skills**:
 - I have watched her [my mentee] grow from an anxious and lazy pre-teen to a somewhat confident, goal-focused teenager. She now likes to help her mom and babysit. She doesn't disagree with her parents all the time. Has matured a lot in the last five years.
 - He doesn't get as discouraged as he used to when things don't work out how he had planned them.
- All mentors shared that they believe they are making a difference and the volunteer work they do helps make the community a better place to live.

"R. has learned how to trust again and has more confidence. She came from suicidal to I am okay, I am beautiful, I will try again. She is more willing to meet new people, making new friends and keeping them, and she is learning new skills." (Parent)

"He is more confident, better able to reach out for help, and he has a much better idea about how he wants his future to look". (Mentor)

In addition to surveys, a focus group was conducted with mentors, parent/guardians, and other key stakeholders. Common themes from this discussion were:

- Mentees are gaining confidence in having someone support them and treat them positively.
- Mentees have a better ability to handle stress or anxiety, and an increased emotional maturity.
- Mentees have an increased ability to trust people and their matches have helped them feel good about themselves.

Successes, Challenges, and Next Steps

Successes

During this evaluation period, the YIC program served 171 one-to-one mentoring matches, which translates to 167 unique youth. These youth faced many adversities and at higher rates than youth in other community-based mentoring programs, which highlights the need for this separate program. The most commonly faced adversities across the three sites include Child Welfare involvement, mental health issues at a household and personal level, and parental separation or divorce, among many others.

Match data was very positive and revealed that most matches continued past their minimum match length commitments and many chose to informally continue their mentoring relationship after match closure, which speaks to the strength of the mentoring relationships. The quality of the mentoring relationships was also supported by survey data, which showed that 91% of youth experienced a developmental relationship with their mentor.

Taken together, these findings suggest that youth served in the YIC program are experiencing positive, lasting relationships with their mentors, which research has found builds a number of fundamental protective factors in young people. The number of youth on the waitlist highlights the continued need for programming.

Challenges/Limitations

A major challenge during this reporting period was conducting all program and evaluation activities virtually, due to in-person restrictions resulting from the Covid-19 pandemic. This negatively impacted survey response rates across all three sites. Additionally, survey results offer a snapshot in time and since respondents are self-selected, findings may not be representative of the entire population.

Next Steps

During this evaluation period, the three sites collaborated to develop a collective report. We compared agency data and outcomes to land on the collective match and demographic data as well the common outcome of developmental relationships. We used this information to develop an evaluation framework and a plan for each of the three sites to collect and analyze their data. The collective report provided a great overview of the YIC program as a whole and the positive impacts that this mentoring program is having for youth in care.

This process has also highlighted the best path going forward in terms of data collection and collective reporting: We will continue to use our evaluation framework and to collect and report on developmental relationships as we move into the next evaluation period. We will work to improve survey response rates across all three sites and we are hopeful that there will be fewer interruptions to program delivery due to Covid-19 restrictions in the next evaluation period. Going forward, all three sites plan to collect youth risk factor data using the Needs Registry and provide a comparison between YIC programming and other community-based mentoring programs to help highlight the difference in rates of adversities faced. This evaluation period, BGCBigs Edmonton was moving out of the pilot phase for NR so was unable to provide this data. All three sites collecting ACEs scores and comparisons going forward will strengthen our ability to speak to collective risk factors.

The positive findings from this evaluation period as well as the number of youth who are waiting for a mentor highlight the continued need for the YIC program to support youth in care in Edmonton, Calgary, and Red Deer. We are in a strong position to continue delivering this program with very positive impacts.

Appendix A: Match Statistics and Demographics

All numbers are for one-to-one mentoring matches (not group) unless specified.

YOUTH SERVED	Collective	Edmonton	Calgary	Red Deer
1:1 Matches	171	112	36	23
1:1 Unique Youth	167	108	36	23
Group Mentoring Participants	7	7	0	0
Group Mentoring Unique Youth	4	4	0	0
Avg. Wait Time for a 1:1 Match (months)	17.1	8.6	22.7	20.0
1:1 Waitlist as of March 31, 2021	124	89	15	20

GENDER	Collective		Edmonton		Calgary		Red Deer	
	Count	%	Count	%	Count	%	Count	%
Male	63	38%	38	35%	13	36%	12	52%
Female	102	61%	68	63%	23	64%	11	48%
Transgender	2	1%	2	2%				
Total	167	100%	108	100%	36	100%	23	100%

AGE	Collective	Edmonton	Calgary	Red Deer
Range (years)	7-23	7-22	9-23	10-23
Average (years)	15	13	16	15
Median (years)	N/A	13	16	14

ETHNICITY	Collective		Edmonton		Calgary		Red Deer	
	Count	%	Count	%	Count	%	Count	%
African	5	3%	4	4%			1	4%
American	4	2%	1	1%	3	8%		
Asian-all other	1	1%	1	1%				
English Canadian	65	39%	44	41%	19	53%	2	9%
European	4	2%	3	3%	1	3%		
First Nations/Metis/Inuit	66	40%	44	40%	10	28%	12	52%
French Canadian	1	1%	1	1%				
Southeast Asian	2	1%	1	1%	1	3%		
Middle Eastern	2	1%			2	6%		
Undisclosed	15	9%	7	6%			8	35%
Blank	2	1%	2	2%				
Total	167	100%	108	100%	36	100%	23	100%

WHO CLIENT LIVES WITH	Collective		Edmonton		Calgary		Red Deer	
	Count	%	Count	%	Count	%	Count	%
Custodial Facility	3	2%	1	1%	2	6%		
Foster Home	19	11%	5	5%	10	28%	4	17%
Grandparent	11	7%	3	3%	4	11%	4	17%
Group Home	9	5%	1	1%	4	11%	4	17%
Kinship Care	27	16%	15	14%	8	22%	4	17%
Living Independently	3	2%	1	1%	2	6%		
Transient	1	1%			1	3%		
Lives with Both Biological Parents	3	2%	3	3%				
Adoptive Parents	2	1%	2	2%				
Single Parent Female	54	32%	48	44%	3	8%	3	13%
Single Parent Male	10	6%	8	7%	1	3%	1	4%
Two Parent Blended Family	13	8%	9	8%	1	3%	3	13%
Blank	12	7%	12	11%				
Total	167	100%	108	100%	36	100%	23	100%

CW INVOLVEMENT	Collective		Edmonton		Calgary		Red Deer	
	Count	%	Count	%	Count	%	Count	%
Current	87	52%	46	43%	27	75%	14	61%
Past	80	48%	62	57%	9	25%	9	39%
Total	167	100%	108	100%	36	100%	23	100%

MATCH DURATION For matches active as of March 31, 2021 (n=89)	Collective	Edmonton	Calgary	Red Deer
Range (months)	0.3-180.6	0.3-180.6	1.2-48.6	0.4-79.5
Average (months)	26.3	26.0	20.7	32.1
Median (months)	N/A	18.0	23.8	27.9

MATCH DURATION For matches closed during the evaluation period (n=78)	Collective	Edmonton	Calgary	Red Deer
Range (months)	1.0-76.2	1.0-63.0	13.0-76.2	5.5-62.2
Average (months)	26.5	14.6	28.5	36.3
Median (months)	N/A	3.6	21.2	42.7

CLOSURE REASON For matches closed during the evaluation period (n=78)	Collective		Edmonton		Calgary		Red Deer	
	Count	%	Count	%	Count	%	Count	%
Commitment Met	30	38%	28	49%	1	8%	1	11%
Child Lost Interest	2	3%	1	2%			1	11%
COVID-19 Pandemic	2	3%	2	4%				
Expectations Not Met	3	4%	1	2%			2	22%
Health Reasons	1	1%	1	2%				
Loss of Contact	6	8%	5	9%	1	8%		
Match Graduation	18	23%	7	12%	9	75%	2	22%
Moved	6	8%	3	5%			3	33%
Personal Life Changes	8	10%	7	12%	1	8%		
Time Constraints	1	1%	1	2%				
Blank	1	1%	1	2%				
Total	78	100%	57	100%	12	100%	9	100%

Appendix B: Youth Risk Factors

BGCBigs Edmonton

FINAL CHILD AND FAMILY ASSESSMENT Top 5 risks are bolded.	Edmonton (n=106 youth)	
	Count	%
Lack of adult supports	46	43%
Difficulty relating to peers/lack of friends	39	37%
History of abuse (emotional, physical, sexual)	35	33%
ADHD/ADD	34	32%
Mental health issues	26	25%
Low self-esteem	20	19%
Not engaged in education/recent suspension	20	19%
Conflict/violence in home	14	13%
Mental health issues in family/household	14	13%
Being bullied	13	12%

BBBS Calgary and BBBS Red Deer

NEEDS REGISTRY Top 5 collective risks are bolded.	Collective (n=59 youth)		Red Deer (n=23 youth)		Calgary YIC (n=36 youth)	
	Count	%	Count	%	Count	%
Child is experiencing social isolation	31	53%	10	43%	21	58%
Parental separation or divorce	52	88%	21	91%	31	86%
Child removed from the home by Child Welfare	58	98%	22	96%	36	100%
Household member had substance abuse problem	36	61%	10	43%	26	72%
A household member experienced mental illness	47	80%	13	57%	34	94%
A household member experienced incarceration	30	51%	8	35%	22	61%
Child has experienced bullying	41	69%	13	57%	28	78%
Child has seen or heard violence	44	75%	10	43%	34	94%
Child experienced death of someone close	23	39%	4	17%	19	53%
Child arrived in Canada with refugee status	2	3%	1	4%	1	3%
Exposure to financial stress	40	68%	12	52%	28	78%
Child is exposed to vulnerable employment	26	44%	7	30%	19	53%
Child is coping from mental illness	37	63%	12	52%	25	69%

Appendix C: Developmental Relationships Survey Questions

The table below outlines the youth survey questions that each agency used to measure the five elements of developmental relationships. All three agencies are guided by The Developmental Relationships Framework⁵. Both Calgary and Red Deer include all indicators of each element on their surveys. Edmonton includes two indicators per element to keep survey length reasonable due to having other mandatory survey questions.

ELEMENT	BGCBIGS Edmonton	BBBS Calgary	BBBS Red Deer
Express Care	<ul style="list-style-type: none"> • I can trust my mentor. • My mentor pays attention to me when we are together. 	<ul style="list-style-type: none"> • My mentor is someone I can trust • My mentor really pays attention to me when we are together • My mentor makes me feel known and valued • My mentor shows me that he/she enjoys being with me • My mentor praises me for my efforts and achievements 	<ul style="list-style-type: none"> • My mentor is someone I can trust • My mentor really pays attention to me when we are together • My mentor makes me feel known and valued • My mentor shows me that he/she enjoys being with me • My mentor praises me for my efforts and achievements
Challenge Growth	<ul style="list-style-type: none"> • My mentor encourages me to do my best. • My mentor helps me learn from mistakes and setbacks. 	<ul style="list-style-type: none"> • My mentor expects me to live up to my potential • My mentor pushes me to go further • My mentor insists that I take responsibility for my actions • My mentor helps me learn from mistakes and setbacks 	<ul style="list-style-type: none"> • My mentor expects me to live up to my potential • My mentor pushes me to go further • My mentor insists that I take responsibility for my actions • My mentor helps me learn from mistakes and setbacks • My mentor has helped me feel that I can make a difference

⁵ [Developmental Relationships | Search Institute \(search-institute.org\)](https://search-institute.org/)

Provide Support	<ul style="list-style-type: none"> • My mentor helps me build confidence. • My mentor sets healthy limits and boundaries for me. 	<ul style="list-style-type: none"> • My mentor guides me through hard situations and systems • My mentor builds my confidence to take charge of my life • My mentor stands up for my when I need it • My mentor puts in place limits that keep me on track 	<ul style="list-style-type: none"> • My mentor guides me through hard situations and systems • My mentor builds my confidence to take charge of my life • My mentor stands up for my when I need it • My mentor puts in place limits that keep me on track
Share Power	<ul style="list-style-type: none"> • My mentor treats me fairly. • My mentor involves me in decision making. 	<ul style="list-style-type: none"> • My mentor takes me seriously and treats me fairly • My mentor involves me in decisions that affect me • My mentor works with me to solve problems and reach goals • My mentor creates opportunities for me to take action and lead 	<ul style="list-style-type: none"> • My mentor takes me seriously and treats me fairly • My mentor involves me in decisions that affect me • My mentor works with me to solve problems and reach goals • My mentor creates opportunities for me to take action and lead
Expand Possibilities	<ul style="list-style-type: none"> • My mentor inspires me to see new possibilities for my future. • My mentor introduces me to new ideas, experiences, and/or places. 	<ul style="list-style-type: none"> • My mentor inspires me to see possibilities for my future • My mentor exposes me to new ideas, experiences, and places • My mentor introduces me to people who can help me grow 	<ul style="list-style-type: none"> • My mentor inspires me to see possibilities for my future • My mentor exposes me to new ideas, experiences, and places • My mentor introduces me to people who can help me grow • As a result of mentoring, I have been able to participate in more things that interest me • As a result of mentoring, I know more adults that I can go to when I need help