2022 CATALOG

MENTORING
CENTRAL

innovation Research & Training (iRT)

Asynchronous, web-based mentor training and so much more...

Our research-informed training and other services can help you improve outcomes and achieve excellence with the ease of using our online, state-of-the art technology.

We co-wrote **the** book on mentoring.

The Elements of Effective Practice for Mentoring™ (Fourth Edition; Garringer, Kupersmidt, Rhodes, Stelter, & Tai, 2015; EEPM) describes the Standards of practice for youth mentoring programs. By adhering to the *EEPM*, mentoring programs can enhance their program quality and help build strong mentoring relationships. Drs. Janis Kupersmidt and Rebecca Stelter, Research Scientists at Mentoring Central, have also co-written a series of Supplements to the EEPM that provide research- and practitioner-informed recommendations to STEM (Kupersmidt, Stelter, Garringer, & Bourgoin, 2018); workplace (Kupersmidt, Stelter, Garringer, & Mayhew, 2019), and e- (Garringer, Kaufman, Stelter, Shane, & Kupersmidt, 2019) mentoring programs. In 2020, two new Supplements were released, one for group (Kupersmidt, Stelter, Kuperminc, Garringer & Shane, 2020) and one for peer (Kupersmidt, Stelter, Karcher, Garringer, & Shane, 2020) mentoring programs!

Fueled by science. Powered by people.

Our mission....Your program's success.

We're committed to changing the lives of youth. We develop and deliver products and services designed to produce effective mentoring relationships—and we partner with mentoring programs to take them to their highest level.

Our multidisciplinary team of scientists, mentoring practitioners, designers, and developers combine science, real world perspectives, technology, beautiful design, and field-tested studies. The result? First-of-their-kind products and services that are effective, engaging, attractive, and usable by your staff and stakeholders.

Our research benefits your results.

Through publications, technical reports, presentations, and workshops, our Mentoring Central research team disseminates cutting-edge strategies and data that continue to help elevate the quality of mentoring programs across the country.

Training. Tools. Services.

Consider us your program partner—your single source for training, evaluation, and customized services. We support and enhance youth mentoring programs across the U.S. and around the world.

TRAINING

EVALUATE PROGRAMS

EVALUATE OUTCOMES

MEMBERSHIP

CUSTOMIZATION

ABOUT IRT

Prices good through 12/31/2021

NEW!

BUILDING
THE FOUNDATION
e-Mentoring

MENTORING LOOKS DIFFERENT THESE DAYS...

MENTORING CENTRAL
ONLINE TRAINING

Average length: 2 hours

Has your program recently started offering e-Mentoring? Do you need to train your mentors virtually?

Mentoring programs are embracing e-Mentoring to find new and safe ways to connect with mentors and mentees.

The Building the Foundation for e-Mentoring course includes the important foundational topics that all mentors need, tailored for the e-mentoring experience.
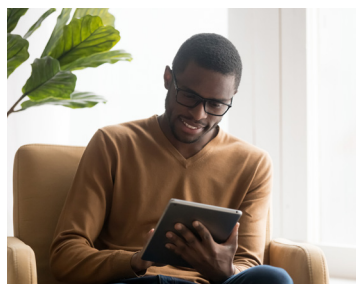
EMPOWER YOUR E-MENTORS WITH HIGH-QUALITY, INTERACTIVE, ENGAGING, AND EASY-TO-USE TRAINING.

e-Mentors need training tailored to their experience so they:

• **Know what to expect when mentoring a mentee they may never meet in-person**
• **Understand the unique role and boundary issues that can arise in e-mentoring relationships**
• **Are prepared to meet and get to know their mentee**

Online mentoring is the ideal format for e-mentors, because they should be trained in a format similar to how they will interact with their mentee.

Price includes access to online course for one year.

PRICING	
One Course for 1 - 9 participants	$25 per person
One Course for 10 or more participants	$10 per person
Mentoring Central Membership Package	included

NEW!

SUBSTANCE OF CHANGE:
BUILDING ASSETS IN MENTEES
AFFECTED BY SUBSTANCE MISUSE

HELP MENTORS SUPPORT MENTEES IMPACTED BY OPIOIDS OR OTHER DRUGS

ONLINE TRAINING

Average length: 1.5 hours

The opioid epidemic, as well as misuse of other addictive substances, has impacted children and families across America. Mentoring provides an avenue where a caring adult can provide support, connections, and respite to youth affected by the trauma or stress associated with this problem.

Your mentors need basic information about opioids and guidance for how they can be supportive and helpful to their mentees, who may be recovering, using, or at risk of using opioids or other drugs.

The *Substance of Change: Building Assets in Mentees Affected by Substance Misuse* course is a key resource for your mentoring programs, if you are interested in training your mentors about opioids, how opioids can affect the lives of mentees, and practical strategies mentors can easily learn and use in their everyday interactions to be a positive change agent in the lives of their mentees.

Participants will:
• **Understand the pathway to addiction**
• **Learn how to support positive growth in their mentee**
• **Learn key goals for their mentee who may be impacted by opioids or other drugs**

LESSONS:
4 core lessons:
1. **Why train mentors about opioids and other drugs?**
2. **What are opioids?**
3. **Why do people use opioids?**
4. **How can mentors be positive change agents in the life of their mentee?**

Mentors also pick one additional lesson:
1. **How can mentors support mentees who are in treatment or recovery from drug misuse?**
2. **How can mentors support mentees who are close to someone who is misusing opioids or other drugs?**
3. **How can mentors support mentees exposed to risk factors associated with misuse of opioids or other drugs?**

Price includes access to online course for one year.

PRICING	
One Course for 1 - 9 participants	$25 per person
One Course for 10 or more participants	$10 per person
Mentoring Central Membership Package	included

START TRAINING TODAY!
MENTORING CENTRAL IS **EASY** TO USE!

It is EASY to:
- **enroll mentors, mentees, parents, and staff in online courses**
- **track course progress and completion**
- **read dashboards that provide a quick overview of courses**
- **purchase courses**
- **check the knowledge of individuals who completed**
- **download an overview of progress**
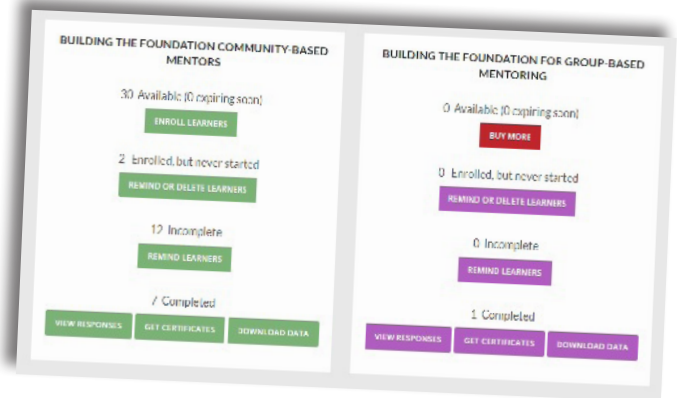
Seamless and Simple   Reliable   Personalized customer support

MANAGE YOUR WORKFLOW USING MENTORING CENTRAL'S ADMINISTRATIVE DASHBOARD.

Mentors, mentees, parents, and staff of all ages and levels of technology experience are able to complete online training.

Online training is EASY to:
- **login**
- **navigate**
- **track progress**
- **save work**
- **see what comes next**
- **return to training at a later time**
- **view and download training certificates**
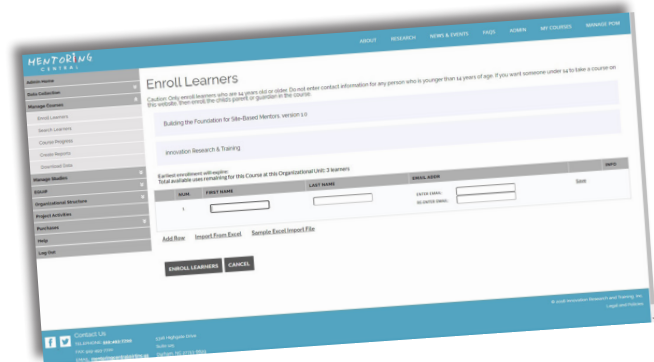
Each course includes the following components:

- Ethnically and racially diverse individuals in videos
- Interactive activities
- Self-reflective journal
- Scenario-based learning
- Research-informed content
- Downloadable tip sheets
- Knowledge test
- Certificate of completion

PREPARING FOR MENTORING
PROGRAM OVERVIEW

THREE CORE COURSES SPAN THE LIFE OF A MENTORING RELATIONSHIP.

BUILDING THE FOUNDATION

IMPROVE READINESS

Before meeting their mentees, potential mentors establish realistic expectations, identify their goals, and learn actionable relationship initiation skills.

ETHICS & SAFETY

INCREASE PREPAREDNESS

Mentors prepare for common ethical and safety issues, and learn a code of conduct, contributing to healthier, more confident decision-making.

BUILDING & MAINTAINING THE RELATIONSHIP

STRENGTHEN EFFECTIVENESS

Mentors access a toolbox of ideas and strategies to help them form relationships that are stronger and longer lasting.

We were the first team to create interactive, evidence-based, online training for mentors. Why? To meet the needs of mentoring programs for high quality, effective training delivered consistently to every volunteer.

❝ I learned so much with this training...

Now, I feel ready, prepared, and excited for the journey ahead. I feel very confident. **❞**

-Mentor who completed the Preparing for Mentoring program

OUR EFFECTIVE MENTOR TRAINING PROGRAM.

Helps improve your mentoring program in the following ways:

• **Ensures your mentors are knowledgeable**
• **Increases your mentors' readiness and feelings of preparedness**
• **Helps your mentors establish realistic expectations**
• **Prepares your mentors to anticipate and handle common challenges**
• **Helps you to eliminate unsuitable volunteers early**

A breakthrough approach to mentor training:

· Convenient web-based training, on-demand, 24/7
· PC, Mac, and tablet accessible
· Extensively piloted and tested
· Used by mentoring programs around the world
· Aligned with national Standards (MENTOR, 2015)
· Continually updated, accurate, research-based, and practice-informed content

MENTOR TRAINING

Building the Foundation

1 PREP MENTORS
Mentors learn realistic expectations and actionable relationship initiation skills - when and where it is convenient for them.

Versions:
Community-based
Site-based
Group
e-Mentoring
Young Adult

pre-match

Ethics & Safety

3 PREVENT HARM
Protect your mentees, mentors, and program by training your mentors to proactively minimize risks before they occur.

2 PRACTICE FOR RELATIONSHIP INITIATION
Provide mentors with opportunities to practice the skills they will need to establish an effective mentoring relationship with their mentees in an instructor-led training using this curriculum.

Building Your Mentoring Skills Workshop

RESEARCH CORNER

Mentoring Central researchers conducted a randomized controlled trial (RCT) to evaluate the effectiveness of the *Preparing for Mentoring* online mentor training program consisting of *Building the Foundation*, *Ethics & Safety*, and *Building & Maintaining the Relationship*. Mentors who enrolled in the study were randomly assigned to receive either Mentoring Central training, in addition to their mentoring program's own training, or their programs' training only. Mentors who completed the *Preparing for Mentoring* program reported being **more ready to begin mentoring, self-efficacious, knowledgeable about the roles that mentors should and should not play, and had less unrealistically positive expectations about mentoring,** than mentors who didn't receive this training program.

Kupersmidt, J. B., Stelter, R. L., Rhodes, J. E., & Stump, K. N. (2017). Enhancing mentor efficacy and preparedness through web-based, pre-match training. *Journal of Nonprofit Education and Leadership, 7(3).*

SUGGESTED TIMELINE

Building & Maintaining the Relationship

4 **BUILD SKILLS**
Train mentors in five research-informed skills associated with longer and stronger mentoring relationships.

0-4 months

5 **PROVIDE SUPPORT, BE A CHANGE AGENT**
Provide support, connections, and respite to youth affected by the trauma or stress associated with the opioid epidemic or misuse of other addictive substances.

Substance of Change: Building Assets in Mentees Affected by Substance Misuse

PERL (Promoting Enhanced Resilience & Learning)

6 **ENHANCE ACADEMIC FUNCTIONING**
Train mentors in strategies to enhance goal setting skills, growth mindset, and school engagement to promote academic and personal achievement in mentees.
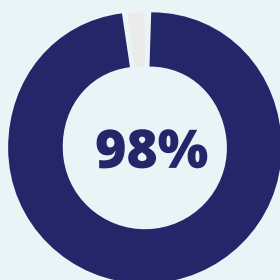
6 months +

7 **PRACTICE AND APPLY**
Mentors gain practice applying the key concepts of the PERL online training to help support their mentee's school functioning in an instructor-led training using this curriculum.
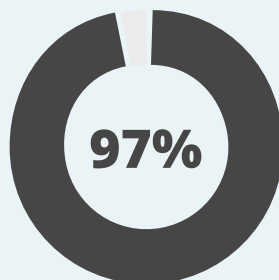
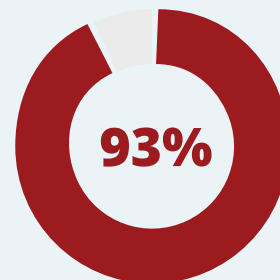PERL (Promoting Enhanced Resilience & Learning) Workshop

WHAT DO OUR USERS SAY? AFTER COMPLETING ONLINE TRAINING:

98%
of mentors report **being excited to start mentoring**

97%
of mentors report that the **training was a good introduction** to the topic of mentoring

93%
of mentors would **recommend the training** to others

BUILDING
THE FOUNDATION

GREAT RELATIONSHIPS START WITH A STRONG FOUNDATION.

ONLINE TRAINING　　**INSTRUCTOR-LED TRAINING**

Average length: 2 hours

This course helps potential prospective mentors:

- **Determine if they're ready to begin mentoring**
- **Examine their motivations to be a mentor**
- **Understand the roles mentors should and should not play**
- **Prepare for meeting their mentees**
- **Commit to the mentoring relationship**

AVAILABLE VERSIONS:

	Web-based Training	In-person Training
Community-based	✓	✓
Site-based	✓	✓
Group-based	✓	
Young adults	✓	
NEW! e-Mentoring	✓	

SIX MOTIVATING LESSONS. PRACTICAL. INTERACTIVE. FUN.

IMPROVE READINESS
Learn why 'readiness training' leads to more effective mentoring relationships and more success.

EVALUATE EXPECTATIONS
Establish realistic expectations for your mentoring relationship to achieve better outcomes.

UNDERSTAND BOUNDARIES
Discover the importance of maintaining boundaries and how they promote healthy, safe relationships.

MANAGE MOTIVATIONS
Identify motivations for mentoring, and learn to manage differences in the goals of mentors and mentees.

DEFINE ROLES
Understand the essential roles a mentor plays in the lives of children— from trusted friend to role model.

PREPARE FOR INITIATION
Access tips, checklists, and scenarios to prepare for successful first meetings with mentees.

PRICING
Web-based Course

One Course for 1 - 9 participants	$25 per person*
One Course for 10 or more participants	$10 per person*

*Price includes access to online course for one year.

PRICING
Instructional materials for conducting in-person training:

Includes:

- Instructor's Manual licensed to each individual instructor
- Downloadable PDF workbook to print and provide to your trainees
- Web-based multimedia presentation access for 2 years

$200 for one instructor to train an unlimited number of mentors

Web-based *Building the Foundation* FOR MENTEES

Average length: 30-45 minutes

This course helps mentees:

• **Know what mentoring is and what a mentor does**
• **Understand what they may do when they are with their mentor**
• **Understand their roles and responsibilities as a mentee**
• **Be prepared to meet their mentor for the first time**

This online course is fun and interactive. It includes testimonials from other mentees and lots of useful information including pages they can download to bring to their first match meeting. Mentees earn badges as they move through the course to increase their engagement in learning.

## Web-based *Building the Foundation* TURN PARENTS INTO PARTNERS

Average length: 1 hour

Effective mentoring relationships don't "just happen", it takes dedication from everyone. This training will help your mentoring program lay the foundation for developing an authentic partnership with parents.

Participants in this course will:

• **Understand what mentoring is and what a mentor does**
• **Understand how they can support their child's mentoring relationship**
• **Understand how to communicate effectively with their child's mentor**

This online course is paired with a downloadable parent workbook which accompanies each lesson. The course is interactive and includes testimonials from both parents and mentees.
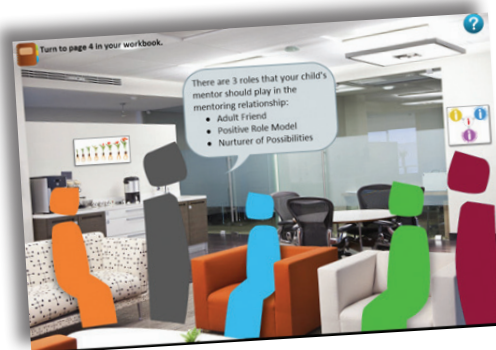
Price includes access to online course for one year.

PRICING	
One Course for 1 - 9 participants	$25 per person
One Course for 10 or more participants	$10 per person

Building Your Mentoring Skills
In-Person Mentor Training

The *Building Your Mentoring Skills* toolbox provides all the materials you need to conduct a 2-hour, in-person, instructor-led workshop with pre-match mentors.

By having your volunteers complete this workshop after taking the *Building the Foundation* online course, you will satisfy the length and content benchmarks in the Training Standard in the EEPM *(MENTOR, 2015)*.

The Toolbox includes:
1. Instructor's Manual - fully scripted, downloadable PDF
2. Workbook for mentors - downloadable PDFs
3. Web-based multimedia presentation for use at the workshop (access for two years)

REVIEW, APPLY, AND BUILD ON CONCEPTS FROM THE ONLINE TRAINING

As a result of attending this workshop, mentors will be able to:

- **Demonstrate knowledge of the roles mentors should and should not play**
- **Be prepared for the first meeting with their mentees**
- **Apply the key behaviors of successful mentors to mentoring a youth**
- **Understand the importance of cultural awareness in mentoring**
- **Discuss and resolve difficult situations with their mentees**
- **Understand the importance of a thoughtful, planned closure of a mentoring relationship**

This workshop includes **community-based, site-based, and group mentoring** *examples*

PRICING

$200 for one instructor to train an unlimited number of mentors

FIRST-OF-ITS-KIND APPROACH TO TRAINING BASED ON THE MENTORING CODE OF ETHICS.

Average length: 45 minutes

This interactive online course is based on the code of six ethical principles of mentoring proposed by Drs. Jean Rhodes, Belle Liang, and Renee Spencer in their seminal paper "First do no harm: Ethical principles for youth mentoring relationship".

Why does ethics training matter for mentors? Just as ethical guidelines are crucial in other professions (e.g., doctors, lawyers, psychologists), training on ethical guidelines is equally fundamental to creating successful mentoring relationships.

Two versions of this course :
1. **Site-based mentoring**
2. **Community-based mentoring**

Ethics & Safety participants will:
- **Internalize ethical guidelines**
- **Learn appropriate responses to ambiguous or risky situations with mentees**
- **Practice safe and ethical decision-making in a wide range of everyday activities**
- **Ensure mentee safety**
- **Help build their mentoring program's reputation**

SIX PRINCIPLES APPLIED TO EVERYDAY SITUATIONS.

Prospective mentors complete the self-paced course, which includes six sections — one for each ethical principle.

Mentors encounter a series of everyday situations that require making decisions. Using the code of ethics helps mentors make decisions that will protect both the mentor and the mentee from uncomfortable or problematic situations that can jeopardize their relationship, or the health and safety of mentees or mentors.

Price includes access to online course for one year.

PRICING	
One Course for 1 - 9 participants	$25 per person
One Course for 10 or more participants	$10 per person

ONLINE TRAINING

BUILDING ENDURING RELATIONSHIPS.

Average length: 2.5 hours

This course gives mentors ideas, tips, and guidelines for deepening their mentoring relationships.

Real-world applications prepare mentors for success.

For most mentors, building a relationship can initially seem overwhelming. This course provides a practical approach to developing mentoring skills by including real-world scenarios, 'how to' tips, and virtual experiences for establishing the skills needed to build an enduring relationship.

Participants in this course will:

- **Learn how to build trusting relationships with their mentees**
- **Learn ways to have fun with their mentees**
- **Build collaboration skills**
- **Learn how to help mentees to set goals**
- **Explore how to share decision-making with mentees**
- **Review three key behaviors of effective mentors**
- **Learn relationship closure skills**

SIX PRINCIPLES EXPLORED THROUGH SIX UNIQUE SITUATIONS.

BEHAVE FOR SUCCESS
Learn three behavioral characteristics of effective mentors and how to apply them.

OPTIMAL APPROACHES
Learn the four common approaches to establishing new mentoring relationships and discover which two are most likely to lead to more effective relationships.

COMMIT TO FUN
Research shows that engaging in fun activities is a major mentee priority across all age groups. Learn how to have fun together with your mentee or mentees.

PLANNING ACTIVITIES
Discover how setting goals and adhering to plans increases healthy mentoring relationships.

CLOSURE WITH CARE
Grasp the difference between closing and redefining the relationship. See how carefully executed closure impacts future growth for all.

Price includes access to online course for one year.

PRICING	
One Course for 1 - 9 participants	$25 per person
One Course for 10 or more participants	$10 per person

PERL
PROMOTING
ENHANCED
RESILIENCE
& LEARNING

ONLINE TRAINING

INSTRUCTOR-LED TRAINING

BUILD POSITIVE ATTITUDES TOWARD SCHOOL AND LIFE.

Average length of online course : 1-1.5 hours

Average length of in-person training workshop: 2 hours

The PERL blended learning program translates the latest research on the factors that positively influence school functioning into **practical strategies** that mentors can easily learn and use in their **everyday interactions** to create **teachable moments** with their mentees.

Participants will:

- Use everyday interactions and teachable moments to support positive outcomes in mentees
- Learn to support enhanced educational outcomes in their mentees
- Create a growth mindset in mentees

Course Topics:

GROWTH MINDSET
Teaches mentors what a growth mindset is, and how to identify and encourage a growth mindset in their mentees.

GOALS AND PLANNING SKILLS
Discusses the importance of goal setting, and teaches mentors how to apply goal setting and planning strategies in their interactions with their mentees.

SCHOOL ENGAGEMENT
Defines school engagement and suggests strategies for how mentors can increase school engagement in their mentees through their mentoring relationships.

> ❝ PERL's real-life, practical tools of building a growth mindset, working on achievable goals and planning for them, and emotionally engaging in school are powerful...If I were a mentor just starting to build a relationship with a mentee, the PERL course would give me the clearest understanding of what I need to actually SAY and DO to help my mentee. ❞
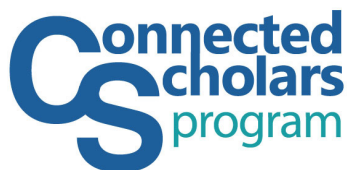>
> -Greg Ingle, Executive Director, Youth Wise

Price includes access to online course for one year.

PRICING	
One Course for 1 - 9 participants	$25 per person
One Course for 10 or more participants	$10 per person

INSTRUCTOR-LED TRAINING

TEACH STUDENTS TO BUILD NETWORKS OF SUPPORT

MENTEE-INITIATED MENTORING

Connected Scholars teaches high school and rising college students the rarely taught relationship- and network-building skills needed for college and life success.

> " I know there is a deep connection between my students' academic success and the community of support they develop. "
>
> -*Connected Scholars* Instructor

What impact can the Connected Scholars program have on students?

Evaluations of early versions of the program found Connected Scholars students:

· Earned a higher GPA at the end of first year in college
· Built knowledge, skills, and feelings of self-efficacy related to networking and connecting with mentors
· Increased their willingness to seek support from others
· Improved relationships with teachers and school staff

Network and build relationships

**Identify mentors from their existing networks**
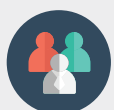
Recruit new mentors

Overcome challenges to networking

What is the Connected Scholars program?

· 15 lessons (50-75 minutes each)
· 1 hour "Making a Successful Transition to College" panel (optional)
· 1.5 hour Networking Event

What is included in the *Connected Scholars* virtual kit?

· Teacher's Manual
· Teacher's desk copy of the Scholar's Workbook
· Multimedia presentation slides
· Program evaluation materials
· General course materials: customizable syllabus, grading rubric, list of materials needed for each lesson
· EXTRA: Memos to Mentors (suggestions for conversations and activities if students have existing ongoing relationships with mentors)
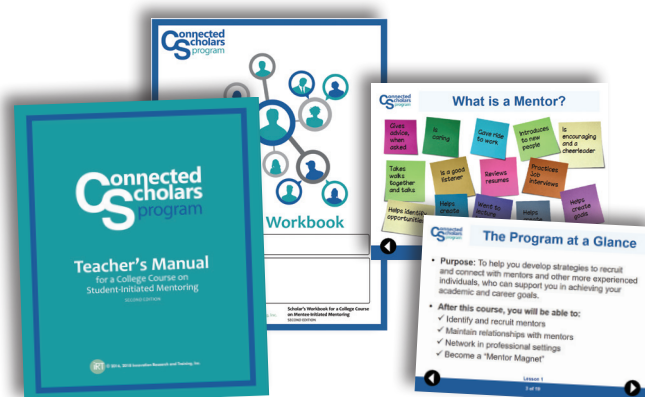
In addition, a 2-day teacher training and certification process is available.

**Learn more at
www.connectedscholarsprogram.com**

**Have your college bookstore contact
us for bookstore sales.**

Contact us at mentoringcentral@irtinc.us

PRICING

Connected Scholars **Kit**	
Virtual kit	$200 per instructor
Printed kit (printed Teacher's Manual and desk copy of Scholar's Workbook with virtual access to other instructional materials)	$300 per instructor plus shipping
Scholar's Workbooks	
Virtual Workbook (minimum order 30 licenses)	$138.00 for 30 licenses
Printed Workbook (minimum order 10 Workbooks)	$200.00 plus shipping for 10 Workbooks

EQUIP SUCCESS STARTS WITH SELF-ASSESSMENT.

EQUIP is a breakthrough improvement process that assesses your program against national standards – the *Elements of Effective Practice for Mentoring* (EEPM). The result is an actionable improvement plan.

Before self-assessing your mentoring program's practices, you receive access to the EQUIP Training. This training consists of two online courses for completion by 1-30 mentoring program staff members.

Using EQUIP's web-based software self-assessment tool, you are guided through a series of questions about your program's practices.

Upon completion of the self-assessment, you receive your customized Self-Assessment report. This professional report highlights areas for improving your program practices as well as your current strengths.

Examples of topics covered in the training:

- **Foundation and research basis of the EEPM**
- **Benefits and challenges of engaging in a quality improvement process**
- **How to prepare to complete the program self-assessment**
- **Overview of the EQUIP life cycle**
- **The structure and content of the EQUIP self-assessment tool**
- **How to access and use the EQUIP web-based software tool**

Training and access to web-based questionnaire for one year.

SELF-ASSESSMENT PRICING	
1 or more assessments	$150 per assessment

RESEARCH CORNER

Mentoring Central conducted a research study to determine whether implementation of the Benchmarks and Standards reported in the EEPM was associated with match outcomes. After conducting the EQUIP program self-assessment with 45 mentoring programs across the United States, and collecting match longevity data from 29,708 community-based matches from those programs, we reported that programs reporting high levels of benchmark implementation on EQUIP (implementing 85% or more benchmarks) had longer matches than programs reporting low to average levels of benchmark implementation. The Training Standard was the only Standard that was significantly, positively associated with match length.

Kupersmidt, J. B., Stump, K. N., Stelter, R. L., & Rhodes, J. E. (2017). Mentoring program practices as predictors of match longevity. *Journal of Community Psychology, 45,* 630-645.

MENTORINGCENTRAL@IRTINC.US

IMPROVE YOUR PROGRAM.

MEET ALL SIX STANDARDS. IN SIX STEPS.

To determine if your program is meeting all six Standards, EQUIP's comprehensive self-assessment tool walks you through a series of questions. Trained external reviewers clarify and verify your results, and identify areas where your program needs improvement. Then, your reviewer develops a detailed quality improvement plan for you to help bring your program into alignment with Standards for the field.

Here's how EQUIP helps you achieve excellence:

- **Measures your program quality against 30+ benchmarks**
- **Identifies exactly which practices you excel in and which need improving**
- **Prioritizes recommendations emphasizing safety**
- **Produces an actionable improvement plan**
- **Systematic and repeatable—allowing you to track progress from year-to-year**

National Standards Evaluation Process

1 Training and Web Access
2 Program Practices Self-Assessment
3 External Review and Preliminary Reports
4 Program Review and Report Revision
5 Quality Improvement Plan
6 Quality Improvement Implementation

GET CERTIFIED!

CRITERIA FOR ACHIEVEMENT

LEVEL OF CERTIFICATION	Completed EQUIP training	Completed program self-assessment	Completed external review	Compliant with all prioritized safety benchmarks	Compliant with all benchmarks
Self-assessed	███				
Reviewed	███	███			
Recognized	███	███	███		
Accredited	███	███	███	███	███

> 66 EQUIP identified areas that needed to improve and the changes we will make will have a big influence on the quality of our program. In summary, what we gained from this process was priceless. 99

EQUIP EVALUATION PRICING

Components	Price
Step 1: Training Step 2: Self-Assessment Step 3: External Review and Validation Step 4: External Reviewer Report Step 5: Quality Improvement Consultation Step 6: Custom Quality Improvement Plan	$6,000

Mentoring Central can provide your program with graphic-rich and descriptive reports to help you track your programs' progress as they complete their self-assessments or engage in the full, customized quality improvement plan.

Are you working with a single mentoring program? Mentoring Central can provide your program with personalized feedback about implementation of benchmarks and Standards. We can also work with you to develop a tailored quality improvement plan to help your program to continue to move forward. Complete your self-assessment and see where your program stands.

Summary of Compliance

Benchmarks	Met	Total	%Met
Recruitment	2	7	42%
Screening	5	12	44%
Training	2	4	42%
Matching and Initiating	2	4	50%
Monitoring and Support	5	12	50%
Closure	4	9	42%
Total	20	48	29%

Do you have a whole network of mentoring programs? Each program can complete our EQUIP self-assessment and Mentoring Central can create a report detailing which practices are widely implemented and which practices your programs may be struggling with.

Cross-site benchmark implementation
% of programs that reported implementing each benchmark

	Recruitment (7 Benchmarks)	Screening (12 Benchmarks)	Training (4 Benchmarks)	Matching (4 Benchmarks)	Monitoring & Support (12 Benchmarks)	Closure (9 Benchmarks)
Benchmark 1	76	86	90	100	62	67
Benchmark 2	100	86	52	81	43	62
Benchmark 3	95	86	14	81	43	57
Benchmark 4	81	95	86	57	29	19
Benchmark 5	48	71			53	71
Benchmark 6	57	71			67	52
Benchmark 7	95	67			76	86
Benchmark 8		52			81	62
Benchmark 9		76			86	5
Benchmark 10		90			81	
Benchmark 11		52			86	
Benchmark 12		57			71	

RESEARCH CORNER

Mentoring Central published studies investigating the relation between program practice implementation and outcomes for two special populations: youth in foster care and youth who have a parent who has been incarcerated.

For the study involving youth in foster care, analyses from over 70,000 matches from over 200 mentoring programs suggested that youth in foster care had shorter matches and were more likely to experience premature match closure, compared to youth who were not in foster care. After a subset of mentoring programs serving youth in forster care completed the EQUIP program self-assessment, analyses indicated that youth in foster care whose programs implemented at least 75% the practices outlined in the EEPM had matches that lasted disproportionately longer than youth in foster care whose programs implemented fewer practices.

Stelter, R. L., Kupersmidt, J. B., & Stump, K. N. (2018). Supporting mentoring relationships of youth in foster care: Do program practices predict match length?. *American Journal of Community Psychology, 61*, 398-410.

We can even detail what types of resources your programs report needing for each benchmark.
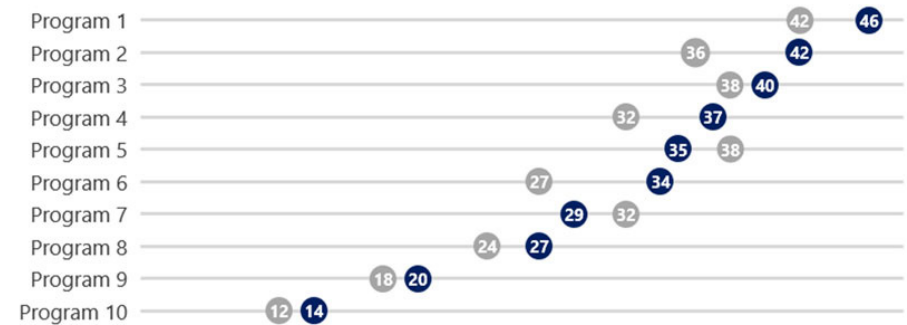
Resource Needs for the Recruitment Standard
% of programs that reported resource needs for each Benchmark

	Example (e.g., brochure, form)	Training or workshop	Research justification	Contact information for resource	Technical assistance	Edits or additions to current documentation
Benchmark 1.1	80	20	20	20	100	40
Benchmark 1.2	70	50	30	10	100	90
Benchmark 1.3	30	70	30	10	100	20
Benchmark 1.4	60	40	50	20	40	70
Benchmark 1.5	70	30	20	20	50	40
Benchmark 1.6	40	70	50	30	40	40
Benchmark 1.7	30	40	20	10	70	10

Have your programs complete the EQUIP self-assessment multiple times over the course of your quality improvement initiatives and track how they're changing over time. Our reports will highlight which programs are showing the most improvements and which might need a little more technical assistance. Track which benchmarks and Standards your programs are now meeting that they weren't before.

Total Number of Benchmarks Implemented by Program (Maximum=48 Benchmarks)

Most programs reported implementing more benchmarks in Year 2 ● compared to Year 1 ○

Program	Year 1	Year 2
Program 1	42	46
Program 2	36	42
Program 3	38	40
Program 4	32	37
Program 5	35	38
Program 6	27	34
Program 7	29	32
Program 8	24	27
Program 9	18	20
Program 10	12	14

RESEARCH CORNER

For the study involving youth who have a parent or guardian who has been incarcerated, 45 mentoring programs, serving over 25,000 mentees, completed the EQUIP program self-assessment and a follow-up interview. During the interview, we asked programs about three specific enhancements related to mentoring youth who have a parent who has been incarcerated: whether their program had specific goals relating to these matches, whether their program sought and received additional funding for serving these matches, and whether their program provided specialized training to these mentors. We conducted analyses to determine whether mentees who had an incarcerated parent experienced better outcomes when their programs implemented these enhancements compared to when they did not. Results indicated that, among youth who had an incarcereated parent, those whose programs had specific goals for their matches had higher educational expectations, compared to youth whose programs did not have specific goals for matches. In addition, children who had a parent who was incarcerated had longer and stronger relationships with their mentors when their program provided specialized mentor training or when their program received additional funding, compared to youth who had a parent who had been incarcerated but their programs did not offer specilaized training or had not received additional funding.

Stump, K. N., Kupersmidt, J. B., Stelter, R. L., & Rhodes, J. E. (2018). Mentoring program enhancements supporting effective mentoring of children of incarcerated parents. *American Journal of Community Psychology, 62*, 163-174.

EVALUATE THE EFFECTIVENESS OF YOUR PROGRAM

Of course, you believe in your program and that it is working...but how do you demonstrate your effectiveness to yourselves, your stakeholders, and others. Let the experts at Mentoring Central help you to evaluate your program's effectiveness.

WHAT TYPES OF HELP CAN I GET?

Our team of scientists, researchers, and statisticians— in combination with our web-based data collection and project management software— will help you design an evaluation that fits your needs and budget.

Our team's diverse experience includes:

- 40 years of scientific and technical assessment expertise
- Eight behavioral scientists on staff, many of whom are psychologists and mentoring experts
- Recipients of numerous evaluation contracts and Federal grants on mentoring and other positive youth development topics
- Co-authors of peer-reviewed studies on mentoring and prevention

We can assist you during all stages of the evaluation process including:

- Helping you articulate your mission and desired outcomes into a **logic model, conceptual framework** (grounded in research and theory), and **measurable goals**
- **Working collaboratively** with you to design a feasible evaluation plan that achieves your goals
- Use of **customized software** for project management and data collection (e.g., use of web-based or mobile surveys)
- Conducting **data coding, cleaning**, and **management**
- Designing and conducting **statistical analyses**
- Describing **technical statistical findings** to you in terms that an educated layperson can understand
- **Interpreting the findings together** to understand their implications for **recommendations for your program model** or **continuous quality improvement processes**
- Helping you to **interpret and present findings** to your stakeholders in terms they can understand
- Produce **attractive infographics** and **reports** for sharing with various audiences
- Providing you with **technical appendices** containing all **methodological** and **statistical details**

Quantifying the impact of your program is a first step towards improving it.

Power your program with accurate data

Understanding the effect specific program factors are having on the youth you serve is powerful knowledge. It gives you the ability to adjust and modify your practices to make your program more effective—for mentors and mentees, and for your program staff members.

Scientific. Accurate. Essential.

Mentoring Central can work with your program to develop an evaluation protocol that combines your quality improvement goals with your outcome evaluation goals. We can work with you to monitor how mentees, mentors, and even program staff who participate in your mentoring program change over time, as your program evolves.

An evaluation of your mentoring program can:

- Benefit your community
- Help increase funding of your program
- Elevate recruitment quality
- Boost your reputation

For more details about consultation and evaluation, email mentoringcentral@irtinc.us

ANNONG CENTRAL

ANNUAL MEMBERSHIP

ONLINE TRAINING   INSTRUCTOR-LED TRAINING

MAXIMIZE THE VALUE OF MENTORING CENTRAL.

Become a member of Mentoring Central and receive access to our mentoring-related products.

There are several tiers of annual membership. Check the Mentoring Central website for the tier that best fits the size of your organization.

TRAINING PRODUCTS

Online mentor training courses:

· *Building the Foundation (community-, site-, group-based, and e-Mentoring versions)*
· *Ethics and Safety (community- and site-based versions)*
· *Building and Maintaining the Relationship*
· *Promoting Enhanced Resilience and Learning (PERL)*
· ***NEW!*** *Substance of Change*

Online mentee and parent training courses:

· *Building the Foundation*

Instructional materials to conduct in-person training:

· *Building the Foundation (both community- and site-based versions)*
· *Promoting Enhanced Resilience and Learning (PERL)*
· *Building your Mentoring Skills*

EVALUATION PRODUCTS

SURVEYS:

· Create online surveys to send to your mentors, mentees, or parents/guardians
· Use the eTrove data collection system to deploy your surveys

EQUIP

· Complete the EQUIP Program Quality Self-Assessment questionnaire about your program's practices
· Receive EQUIP Self-assessment Report

PRICING

Membership for 5 or more affiliate mentoring programs	$800 per program

Licenses are good for one calendar year from initiation date

Contact us at mentoringcentral@irtinc.us to learn about membership for your mentoring program.

BRAND *MENTORING CENTRAL* PRODUCTS TO REFLECT YOUR ORGANIZATION!

Handouts and tip sheets
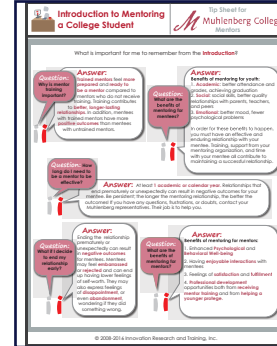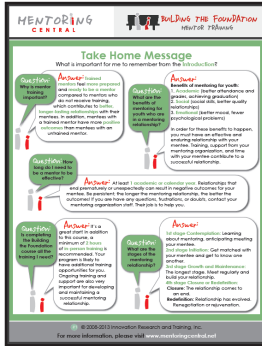
Add your logo and colors

Login page
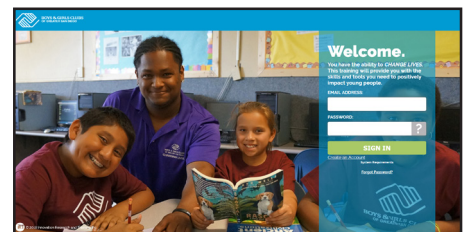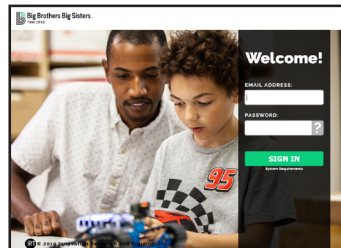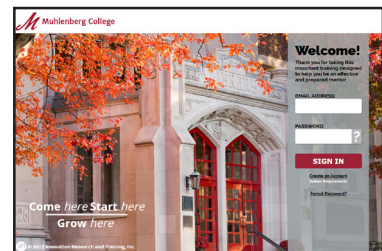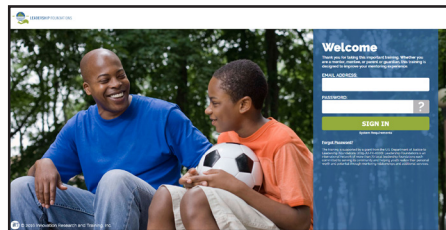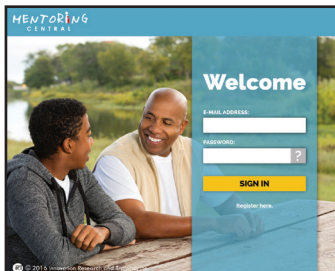
Add your logo, colors, and photo

Web-based course pages
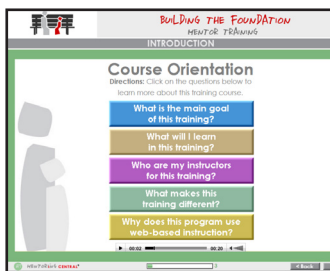
Add your logo, colors, videotaped welcome, custom content, and/or style

For more details on customization options and pricing, email us at
mentoringcentral@irtinc.us

WHY WORK WITH US?

YOU + iRT = 👦👦 + 🏅 + Results! 📈

WHO ARE WE?

iRT's Formula

❤ for 👥👥👥👥👥
+
🏠 (team)
=
🙌🙌🙌🙌🙌
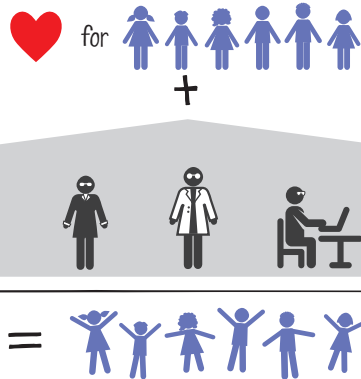
IRT is a behavioral sciences research company that:
- conducts basic and evaluation research;
- provides training and technical assistance; &
- disseminates research-informed and evidence-based products and services.

We work together in a multidisciplinary team of research and clinical psychologists, web applications developers, multimedia and instructional designers, former mentoring program staff members, social workers, and more.

Our purpose is to improve the health & well-being of youth, families, organizations, & communities.

WHAT DO WE DO?

our process

- Constantly conduct thorough reviews of the theoretical, empirical, and practice literatures
- Conduct basic and applied research studies
- Talk to other scientists; practitioners at mentoring programs; and mentors, mentees, and their parents or guardians

collaboration

We collaborated on writing the *Elements of Effective Practice for Mentoring* with MENTOR to help create Standards for the field.

Elements of Effective Practice for Mentoring
RESEARCH-INFORMED AND PRACTITIONER-APPROVED BEST PRACTICES FOR CREATING AND SUSTAINING IMPACTFUL MENTORING RELATIONSHIPS AND STRONG PROGRAM SERVICES
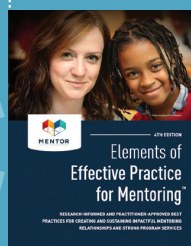
MENTORING CENTRAL
ONLINE TRAINING

IN-PERSON TRAINING

HIGH QUALITY
QUALITY IMPROVEMENT EVALUATION

our results

Drawing upon all of these experiences, we have created a variety of research-informed and evidence-based products to support mentoring programs in providing high quality, effective services.

Mentoring Central is a division of innovation Research & Training (iRT).
iRT is a behavioral science research company that develops and evaluates cutting edge products and services—all designed to improve the lives of youth, families, organizations, and communities.

WHAT DO WE DO?
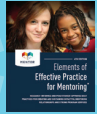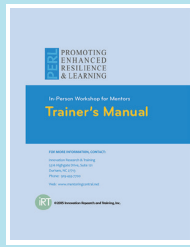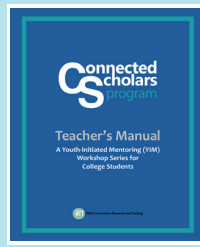
online training

MENTEES **MENTORS** **PARENTS**

customize with your brand:

in-person training

quality improvement evaluations

The Elements Quality Improvement Process (EQUIP) includes the use of a sophisticated, web-based software application that supports the evaluation of your program practices.

1. You self-assess your program practices against the national Standards.

2. Your program is objectively evaluated by an external consultant, who works with you to develop a prioritized action plan to enhance your program quality and meet all the required benchmark practices in the Elements.

EQUiP
ELEMENTS QUALITY IMPROVEMENT PROCESS

WHAT ELSE?

what else do we offer?

We also offer evidence-based programs, training, technical assistance, and evaluation services in:

• Media literacy education
• Sexual health
• Substance abuse prevention
• Mindfulness education
• Social-emotional learning

• Program evaluation assistance
• Web-based project management and data collection software system to support the evaluation of your program

...and more!

To learn more, go to **www.mentoringcentral.net** or call **(919) 493-7700**