

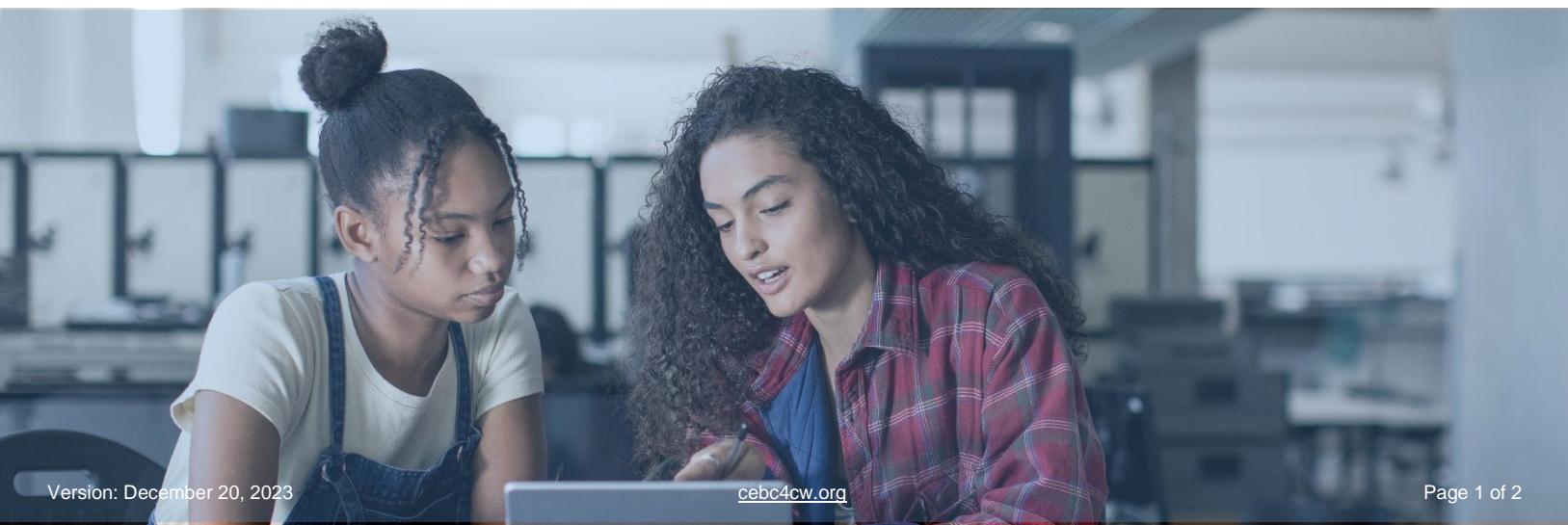
Mentoring Programs (Child & Adolescent)



The CEBC defines **Mentoring Programs (Child & Adolescent)** as programs in which there is a structured relationship between a child or adolescent involved in the child welfare system and an older individual (the mentor), with the goal of developing the competence and potential of the child or adolescent (the mentee). Children placed in foster, kinship, and congregate care may experience multiple placement changes and/or reunification, leading to instability in home, neighborhood, school, and community environments. A mentor may serve as a stable adult in a young person's life throughout these transitions.

Mentoring Programs (Child & Adolescent) topic area criteria:

- **Target population:** Children and adolescents involved in the child welfare system, especially those in out-of-home care
- **Services/types that fit:** Programs in which there is a structured relationship between a child/adolescent and an older individual, with the goal of developing the competence and potential of the mentee
- **Delivered by:** Trained adult mentors and the agency staff that supervise them (child welfare staff, mental health professionals, or trained paraprofessionals)
- **In order to be included in this topic area on the CEBC:** Mentoring services must be a primary mechanism for the program
- **In order to be rated in this topic area by the CEBC:** There must be [research evidence](#) (as specified by the [Scientific Rating Scale](#)) that examines outcomes for the youth, such as changes in child welfare outcomes (e.g., reduced out-of-home placement, placement changes, etc.) or changes in youth behavior, symptom levels, and/or functioning.



The table below provides a summary of the rated programs currently listed in the [Mentoring Programs \(Child & Adolescent\)](#) topic area. More detailed information can be found on the CEBC website.

Program	Target Population	CEBC Scientific Rating	CEBC CWS Relevance Level
Fostering Healthy Futures - Preteen (FHF-P)	Preadolescent children ages 9–11 years old who have current or previous child welfare involvement due to one or more adverse childhood experiences (ACEs)	1	High
My Life	Youth and young adults ages 15–19 years old in foster care, including youth with disabilities and mental health conditions	1	High
Better Futures	Youth and young adults ages 16–19 years old in foster care, including youth with disabilities and mental health conditions who are in their final year of high school or GED completion, and are not opposed to the idea of participating in postsecondary education	2	High
Across Ages	Youth ages 9–13 years old who are at high-risk for substance abuse	3	Medium
Big Brothers Big Sisters of America (BBBSA)	Youth ages 5–18 years old seeking additional support from a caring adult	3	Medium
Friends for Youth 1 to 1 Mentoring	Youth ages 8–17 years old who are at-risk of not reaching their full potential due to challenges at home, school, and/or in their neighborhoods	3	Medium
Friends of the Children (FOTC)	Children ages 4–6 years old who are at serious risk of entering or reentering foster care, and/or who are already involved in the foster care system	3	Medium
Transition to Independence Process (TIP) Model	Youth and young adults ages 14–29 years old with, or at risk of, emotional/behavioral difficulties (EBD)	3	Medium