



Mentor +

Project Result 1: Mentoring Program for Justice Involved Youth

Summary



2023

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Overview


The Mentor+ mentoring program focuses on supporting young individuals to overcome temptations that may negatively impact their well-being.

The program aims to enhance self-awareness, self-efficacy, resilience, empathy, and effective decision-making.

It offers tailored mentoring interventions, to address risk factors associated with criminal behavior, particularly among youth in conflict with the law.



Theory Manual



Chapter I

Introduces the foundation of the "Mentor+ Program" by delving into the application of offender rehabilitation theories.

It highlights the Risk-Need-Responsivity (RNR) model (Andrews, Bonta & Hodge, 1990; Bonta & Andrews, 2017), which guides personalized interventions based on risk assessment.

The Good Lives Model (GLM) (Ward & Fortune, 2013; Ward, Mann & Gannon, 2007) emphasizes achieving personal goals, enhancing well-being, and reducing risk.

The program also aligns with desistance theories (Maruna, 2001), focusing on positive change and social responsibility. Restorative justice principles (Braithwaite, 2002) complement the approach, promoting healing responses to crime.

This chapter underscores the holistic integration of rehabilitation theories within the Mentor+ program.



Theory. Manual



Chapter II


The chapter lays the foundation for the program's emphasis on self-efficacy, ecological understanding, and emotional intelligence.

Bandura's Social Learning Theory (Bandura & Walters, 1977; Bandura, 2001) emphasizes the role of self-efficacy in behavior change, while the program focuses on developing self-efficacy through mentoring.

The Ecological Systems Theory (Bronfenbrenner, 1999) helps understand and address delinquency by considering environmental influences.

Emotional intelligence (Mayer, Salovey & Caruso, 2008) is crucial and is facilitated using the Mood Meter tool.

Theory Manual



Chapter III

This chapter it is about intervention techniques, such as:

- Cognitive-Behavioral Therapy (CBT);
- Motivational Interviewing (MI);
- Compassion Focused Therapy (CFT).

CBT - Cognitive-Behavioral Therapy (Beck, 2021; Landenberger & Lipsey, 2005) targets cognitive restructuring to promote well-being and reduce delinquency.

CFT - Compassion Focused Therapy (Gilbert, 2005; Gilbert, 2010) emphasizes the development of compassion towards self and others. Through compassion youth will gather a deeper understanding of their actions, will regulate emotions more effectively (Neff, et.al. 2007), thus being a protective factor against delinquency and contribute to their overall well-being.

MI - Motivational Interviewing (Miller & Rollnik, 2013) focuses on enhancing personal motivation for change. These techniques, when integrated into Mentor+, provide a holistic approach to rehabilitating youth offenders, emphasizing personal growth and well-being.

Mentoring Program

The Mentor+ program offers crucial support to young individuals in the criminal justice system, fostering self-awareness, self-efficacy, resilience, and empathy (Albright et al., 2017; Schwartz & Rhodes, 2016).

Grounded in non-formal education and experiential learning, it caters to individualized or group needs.

The program encompasses various mentoring styles, including one-on-one and peer mentoring, and highlights instrumental and psychosocial mentoring styles to promote growth, compassion, and healthy decision-making (Rhodes & Dubois, 2006; Spencer, et.al, 2019; Rhodes, 2005; Sanchez, et. al., 2017).



IMPROVE
 DEVELOP
 TRAINING
 MOTIVATE
 COACHING
 INSPIRE

Mentoring Program



The chapters from this part of the mentoring program, provide insights into the program's mission and objectives, which include steering at-risk youth away from criminal activities, improving academic performance, and reducing gang involvement.

It focuses on strength-based approaches, socio-emotional competencies, and positive psychological factors in youth development (Jolliffe, et.al, 2017; Besemer, et.al, 2017).

Rigorous mentor and mentee selection and comprehensive training ensure the success of mentoring relationships, emphasizing personal development, emotional support, and overall well-being (Tolan, 2014; Rhodes, 2005; Spencer, et.al., 2019).

The Mentor+ program's holistic approach aims to rehabilitate young offenders and reduce recidivism, while increasing their overall well-being.

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