

### **Vision**

All youth achieve their full potential.

### **Mission**

We create and support one-to-one mentoring relationships that ignite the power and promise of youth.

Youth in our program (Littles), ages 6 and older, are matched with a volunteer mentor (Bigs). Our qualified and specially trained staff create and support the matches to ensure a healthy relationship develops. These relationships contribute to better schools, brighter futures, and stronger communities. Our mentors don't create potential for the child they are matched with, they just defend the potential that is already there.

### **Need**

According to Harvard University's Center on the Developing Child, the single most common factor for children who develop resilience is at least one stable and committed relationship with a supportive parent, caregiver, or other adult.

Our program impacts youth by providing them with a mentor that helps them navigate a broad spectrum of risk behaviors and factors including depression and suicide, delinquency, substance abuse, teen pregnancy, and school dropout.

In the most recent Youth Risk Behavior Survey, 37.6% of high school students in Cascade County reported feeling so sad or hopeless almost every day for two weeks or more in a row that they stopped doing usual activities. Over 22% seriously considered suicide. In Lewis and Clark County, the results were 42.3% and 28.9%, respectively.

About 72% of the youth we serve live with a single parent or grandparents, 14% have at least one parent who is incarcerated, 70% qualify for a free or reduced-price lunch, and 57% of households earn less than \$15,000 per year.

### **Program Outcomes and Evaluation**

After being matched for at least one year in our program, our Littles report:

- 85% improved classroom behavior
- 95% increased self-confidence
- 86% improved relationships with their peers
- 82% improved academic performance
- 93% demonstrated more trust
- 89% improved relationships with their family

Program outcomes are evaluated based upon professional match support and data collection. A baseline survey is done upon enrollment in the program and follow up surveys are done each year. We use a questionnaire tailored to each age group asking questions related to how things are going at school, at home, and in life. We also provide a Strength of Relationship Survey for mentors and youth after they have been matched for 3 months, and then every 12 months. These surveys not only help evaluate the success of our program but also help us offer critical support when needed.

### **Community Program**

Our community-based program provides Littles with adult Bigs, and they spend approximately six to eight hours per month together, in a variety of activities to develop pro-social behaviors and broaden their horizons. Matches can go hiking, meet for hot cocoa, bake cookies, or go on other adventures together. This program is for Littles age 6 and older.

### **eMentoring Program**

In the eMentoring Program, Bigs and Littles meet virtually for at least 45 minutes per week via technology devices. Matches develop positive mentoring connections while focusing on academics, college, and career preparation. This program is for Littles age 13 and older.

### **School Program**

Our school-based program matches Littles in elementary school with high-school or adult Bigs who meet with them once per week during lunch and recess. The school-based program is restarting after being on hold because of Covid.

### **COVID-19 Safety**

Thankfully, many of our enrollment and mentoring needs can be met virtually. In our Community Program, we encourage matches to meet within their comfort zone, which may change from week to week. Some of our matches are meeting in person (using appropriate safety measures), while some have moved to virtual meet-ups like playing online games together, Facetime/Zoom meetings, or phone calls.

### **History**

BBBS of Helena began in 1967, supporting seven mentoring relationships in its first year, while BBBS of Great Falls began in 1974 thanks to the efforts of two special education counselors. On July 1, 2015 the separate organizations combined into one agency, BBBS of Helena and Great Falls. This was done to expand the reach beyond current boundaries, serve more children, and save money on affiliation dues, insurance, audits and streamline operations. As an affiliate of BBBS of America since 1992, we follow stringent safety standards and have access to quality network support, resources, and frequently updated staff and volunteer trainings. In 2021, we renamed ourselves BBBS of Central Montana.

### **Program Cost**

Our program is provided at no cost to the families we serve. Through the generosity of a variety of funding sources, including individual donors, corporations, governmental entities, and foundations, we raise the resources necessary to carry out our mission.

Program costs include thorough enrollment and matching processes for volunteers and families. Additionally, professional staff deliver ongoing support for children, families, and volunteers to build and sustain safe, consistent, and positive mentoring relationships.

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