



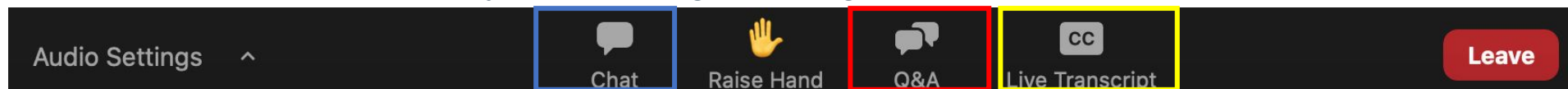
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# Taking a Trauma-Informed Approach to Mentoring Justice-Involved Youth

May 23rd, 2023

# Participate in Today's Webinar

- All attendees muted for best sound
- Type questions in the **Q&A** panel
- Type comments in the **Chat** box
- **Live captions** available in the panel by clicking on the “**CC**” at the bottom of the screen
- Respond to polls
- Who is with us today?
  - Type in the **Chat** to introduce yourself!
  - For all participants to see your message, change to “All panelists and attendees” in the Chat



# Good to Know...

**One week after the webinar, all attendees receive an email with:**

- Instructions for how to access a PDF of presentation slides and webinar recording

**Please help us out by answering survey questions at the end of the webinar.**

**These materials will also be posted on the OJJDP NMRC website, at [www.nationalmentoringresourcecenter.org](http://www.nationalmentoringresourcecenter.org)**



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# National Mentoring Resource Center & Office of Juvenile Justice and Delinquency Prevention

- This project is funded through a cooperative agreement from the Office of Juvenile Justice and Delinquency Prevention (OJJDP), Office of Justice Programs, & the U.S. Department of Justice.
- The NMRC builds on OJJDP's history, leadership, and investments in quality youth mentoring.



# National Mentoring Resource Center Overview

## Key Components:

- National Mentoring Resource Center Website
  - Great Practitioner Focused Blog
  - Grantee Dedicated Part of Site
  - Numerous Research Vetted Resources
  - Evidence Reviews on Programs, Models, and Populations
- Research Board
- Training and Technical Assistance!
  - No-Cost Assistance For Your Youth Mentoring Program



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# Who's in the room?

## Answer the poll!

What is your role in mentoring? (staff, mentor, program director, etc.)



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# Agenda

- Introductions & Meeting All of You
- Overview of Juvenile Justice Impacted Youth Research
- Panel: A Conversation with Experts and Mentoring Programs
- Resources
- Audience Q&A



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# Our Facilitators



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# Jo Hawke



**Jo Hawke, PhD.** is the Lead Research and Evaluator at the Governor's Prevention Partnership in Connecticut. She joined The Partnership in 2019 to oversee their mentoring projects for justice-involved youths. She had worked over 25 years in both nonprofit and university settings conducting research on evidence-based interventions for youth with substance use and trauma related disorders. Dr. Hawke has a passion for work that improves the lives and well-being of at-risk youths and their families. She has been the Principal Investigator for several federal grants evaluating trauma-informed services and authored over 30 articles and publications on evidence-based approaches for youth and families impacted by psychological trauma and substance use in the juvenile justice and child welfare systems.



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# Jeff Walker



Hailing from Washington, DC, Jeffrey Walker has 12 years of experience developing quality youth-centered programs for diverse populations. After studying Criminal Justice at Cheyney University of Pennsylvania, Jeffrey initiated what would become a life-long charge of service to his community through working directly with system-involved youth in residential settings. Building upon this foundation, he sought to expand his outreach as a school-based Prevention Counselor for the Anti-Violence Partnership of Philadelphia. There, Jeffrey provided counsel to hundreds of students experiencing the devastating impact of gun violence in their communities.

After returning to his hometown in 2018, Jeffrey joined forces with MENTOR MD|DC where he serves to this day as a Technical Assistance provider. This union allowed Jeffrey to leave his imprint on more than 20 reputable community organizations. Since 2018, he has provided over 1,000 dedicated technical assistance hours to ensure that these organizations embody the quality service standards set forth by MENTOR.

Jeffrey is a Certified Community Violence & Outreach Specialist (PCITI), a Peer Recovery Coach Trainer (CCAR), and a trainer of MENTOR's Mentoring Youth Impacted by Opioid Substance Use and Misuse addendum. In 2020, Jeffrey launched Transition Walkers, LLC, to provide consulting and specialized trainings to the emerging change-makers of the world. Though impressive, Jeffrey is proud to say that his commitment to advocating for equitable opportunities and empowering marginalized populations transcends his professional achievements. Additionally, he has actively served his community as a proud member of Kappa Alpha Psi Fraternity, Inc for the past 14 years.



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# THE PROMISE OF MENTORING

- Juvenile justice involvement is associated with many negative outcomes e.g., alcohol and drug use, family violence, low parental involvement, poor school performance, and delinquent peers.
- Providing the support of a caring adult role model has the potential to change the trajectory of a youth's life.



# TRENDS

- There were 696,620 juvenile arrests in 2019.
- Between 2000 and 2019 juvenile arrests **declined** by 68%.
- Rates for both males and females decline, but the rate for males was greater than females. **Females represented 31% of juvenile arrests.**
- Arrests for juveniles under *13 yrs of age* are at *historic lows*, although arrests for **aggregated and simple assault** have been increasing among this age group.
- **Minority youth are overrepresented** throughout the juvenile justice system.



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SOURCE: Puzzanchera, Charles, Hockenberry, Sarah, and Sickmund, Melissa. 2022. Youth and the Juvenile Justice System: 2022 National Report. Pittsburgh, PA: National Center for Juvenile Justice.

# COMPLICATED LIVES

- Challenges related to involvement in child welfare & juvenile justice systems
- May have social workers, foster parents, juvenile probation officers, lawyers, & other providers in their lives
- Family disruptions
- School issues e.g., 3 times more likely to be in special education
- 13 -15% of youth are LGBTQIA compared to 5-7% in the general population
- Community related issues e.g., poverty, violence



# MENTAL HEALTH AND TRAUMA EXPOSURE

- 70% have an emotional or behavioral health diagnosis
- 95% have been exposed to at least one potentially traumatic event
- It is estimated 30% have post-traumatic stress disorder (PTSD) compared to 4-7% of adolescents in the general population



# TRUST

- Many youths have been betrayed or let down by adults in their lives
- Need mentors who would understand them
- Benefit from high quality programs that
  - Prepare mentors for the unique challenges and opportunities of mentoring systems-involved youths
  - Support the development of their socio-emotional & relationship skills
  - Nurture strong relationship between mentors and mentees



# THE BEST PROGRAMS

- Follow evidence-based practices.
- Recruit mentors who understand the cultural backgrounds, lived experiences, and effects of system-involvement on the lives of youths.
- Help mentees learn how to build strong relationship bonds.
- Provide mentors with the training and tools necessary to help mentees change specific behaviors that the program seeks to change.
- Utilize trauma-informed approaches.



# THREE PILLARS OF TRAUMA-INFORMED MENTORING

## Safety

Be reliable, available, predictable and honest

## Connection

Always show positive emotions towards the mentee

## Managing Emotions

Help mentees learn how to label their feelings, use self-calming techniques, and develop active listening so that they can better manage their emotions.



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SOURCE: Rhodes, J. (2018). The three pillars of trauma-informed care: Implications for mentoring. Chronicle of Evidence-Based Mentoring. <https://www.evidencebasedmentoring.org/the-three-pillars-of-trauma-informed-care-implications-for-mentoring/>

## PROMISING APPROACHES

- **Credible Messengers** – a unique model that uses mentors with lived experience in the justice system to transform youths' attitudes and behaviors and connect them to resources and supports in their communities.
- **Youth Initiated Mentoring (YIM)** – an innovative hybrid approach that leverages naturally occurring bonds between non-parental adults and youths by identifying persons already in their lives to be mentors and by teaching youth relationship skills for identifying natural mentors in their lives and fostering relationship bonds.



# Our Panelists



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# Nicole Mayfield



Nicole Mayfield was born in Parker, Arizona in 1973. She received her B.S. degree in Criminal Justice with an emphasis in Forensic Psychology from Kaplan University, Boca Raton, Florida in 2004. She is currently an Intelligence Research Analyst for the Department of Justice. She began her career in Criminal Justice in 1996 and worked for the La Paz County Sheriff's Department from 1996 to 2006, where she assisted with the department's D.A.R.E. School Program. She has extensive experience with working with youth. Before pursuing her Criminal Justice degree, she was assigned the Lead Teacher position at the Children's World Learning Center in Phoenix from 1994 to 1996. She was also the Youth Leader at her former church the Rehoboth Saint Center for a year in 2009. She currently mentors girls ages 10-18 years of age in the Durango Juvenile Detention Facility in Phoenix, Arizona, and has founded the You Matter Too organization.



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# Kimberly Muhammad



Kimberly Muhammad is an Executive Director and Co Founder of Zuri's Circle, with 12 years of experience working in the Non-Profit field. Kimberly specializes in youth leadership, life coaching and is responsible for educating youth in gardening and Be Powerful programs. Kimberly uses her positive attitude, endless ongoing skill trainings and tireless energy to encourage others to work hard, try something new, believe in themselves and succeed. Kimberly is inspired daily by her husband and their five entrepreneurial children. Kimberly. In her free time, likes coaching girls basketball, volunteering with other nonprofits, and spending time with her family and helping her children with all their endeavors



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# Elements of Effective Practice



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# Systemic Challenges



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# Caring for Youth Well-Being and Self-Care for Mentors



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# Family Support and Challenges



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# Tools and Resources



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# Audience Q&A



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# Thank you!



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# Disclaimer

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**The opinions, findings, and conclusions or recommendations expressed in this program are those of the author(s) and do not necessarily reflect those of the Department of Justice.**



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