

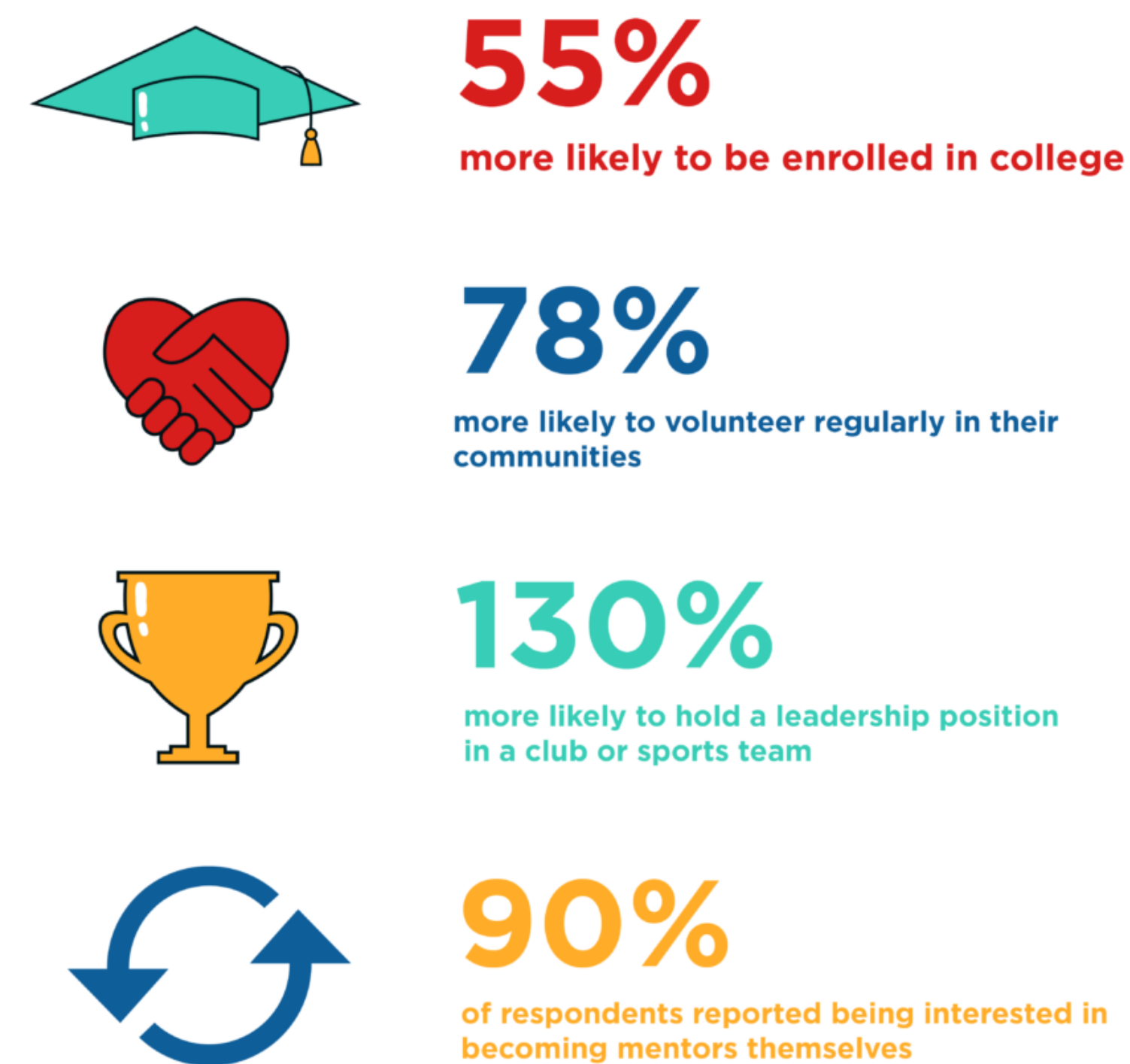
ABSTRACT

- Collaborative effort designed to expose minority youth in the community to mentors, careers, and opportunities to gain exposure to fields in healthcare while also promoting health and wellness in adolescents
- Three prong focus: health and wellness, career exploration, leadership development.
- Exposure to careers in healthcare to which many students had no prior exposure

BACKGROUND

- Building Hope Community Life Center is a faith-based non-profit founded in 2001 for youth and family development designed to serve the community.
- Mentoring of youth can have an impact on the trajectory of their lives

YOUTH WITH A MENTOR ARE:



PROJECT GOALS

- Increase the youth exposure to healthcare careers and professions in STEM
- Improve minority physical health and mental health through interactive programs and projects
- Develop culturally competent servant leaders for our communities
- Utilize opportunity to educate students about disparities in care for African Americans

Health & Wellness



Career Exploration



Leadership Development



Students in our program have gained insight into various healthcare professions, learned about relevant age-appropriate health & wellness topics, taken away valuable leadership skills and gained mentors.

METHODS

- Longitudinal afterschool program and recurring summer workshop series for students ages 11 to 17
- We utilize lectures, open discussions and hands on learning activities
- Participation in direct/indirect service activities to benefit underserved communities
- Check in sessions for direct feedback
- Follow up with program staff to determine impact and change in program direction

OUTCOMES & DISCUSSION

- Staff reported the following outcomes:
 - exposure to positive role models
 - opportunity for career exploration
 - expansion of self image
 - interest in college
- Through continued efforts we may increase their likelihood to:
 - advance their education
 - become leaders in their communities
 - commit to mentorship and service in the future
- Future directions include formalizing evaluations and creating offsite programs

ACKNOWLEDGEMENTS

Thank you to the Building Hope Community Life Center, Service-Learning Distinction Track Program, Melanin Healthcare Professionals, Student Volunteers & Mentors, and ECU Parent Fund Grant Program

REFERENCES

- Bailey, D. F., & Paisley, P. O. (2004). Developing and nurturing excellence in African American male adolescents. *Journal of Counseling & Development*, 82(1), 10-17.
- Jekielek, S. M., Moore, K. A., Hair, E. C., & Scarupa, H. J. (2002). Mentoring: A promising strategy for youth development. *Child Trends Research Brief*, 2, 1-8.
- Meltzer, A., & Saunders, I. (2020). Cultivating supportive communities for young people—Mentor pathways into and following a youth mentoring program. *Children and Youth Services Review*, 110, 104815.
- Pierce, B., Bowden, B., McCullagh, M., Diehl, A., Chissell, Z., Rodriguez, R., & Berman, B. M. (2017). A summer health program for African-American high school students in Baltimore, Maryland: community partnership for integrative health. *Explore*, 13(3), 186-197.
- <https://youth.gov/youth-topics/mentoring/benefits-mentoring-young-people>
- <https://www.mentorconnector.com/>