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:

- 55% more likely to be enrolled in college
- 78% more likely to volunteer regularly in their communities
- 130% more likely to hold a leadership position in a club or sports team
- 90% of respondents reported being interested in becoming leaders themselves

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

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


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.

• 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.