



ACHIEVEMENT MENTORING

(also known as Behavioral Monitoring & Reinforcement Program)

SUMMARY

The *Achievement Mentoring Program* [also known as *Behavioral Monitoring & Reinforcement Program (BMRP)* and formerly called Prevention Intervention] is a school-based prevention and intervention program for grades four through 11 that has been proven to reduce problem behaviors, improve academics, and reduce drug and alcohol use. *Achievement Mentoring* contributes to a school environment that allows students to realize that their actions can bring about desired consequences and reinforces this belief by eliciting participation from teachers, parents, and other significant adults in the student's life.

The program has been recognized by the National Dropout Prevention Center as a Model Program demonstrating *Strong Evidence of Effectiveness*, its highest effectiveness rating, and rated as a Promising Program by the National Mentoring Resource Center.

PROGRAM DESIGN

Achievement Mentoring targets students in grades 4 through 11 who are deemed to be at risk for dropping out of high school, whether through school failure, poor attendance, and/or behavior problems. At each participating site, the program is led by a Stakeholder Team Coordinator and can easily be integrated into a regular school setting or offered as an afterschool program. Ideally, the program intervention lasts for two years and requires caring, supportive, and consistent staff.

- Professionally trained staff (teacher, social worker, counselor, nurse, psychologist, or youth worker) meet with students during weekly, 40-minute small group sessions (middle school participants only) and/or weekly, 20-minute individual sessions (both middle and high school participants).
- Mentors participate in a three-day training course during the first year of implementation to learn how to run the program with fidelity and provide effective weekly mentoring to youth.
- Each mentor participates in a weekly, 5-minute interview with a student's teacher and a one-hour consultation/coaching session each month with a CSS consultant.
- Students receive weekly "report cards" that offer feedback from a teacher on such items as attendance, classroom behavior, and academic achievements.
- Staff also stay in contact with each student's caregivers and provide ongoing positive feedback and encouragement as earned.

Achievement Mentoring has been replicated in several states, including Delaware, Maine, Maryland, Michigan, New Jersey, New York, North Carolina, and Pennsylvania, as well as internationally in Ireland.

KEY OUTCOMES

- Decreased student dropout
- Improved grades
- Increased school attendance
- Decreased discipline referrals
- Decreased juvenile arrests
- Increased employment

FOR MORE INFORMATION

For more information about the Achievement Mentoring program, please contact Dr. Margo Ross, Senior Director of Development, at 609.252.9300 x 113, or mross@supportiveschools.org.

Every school...safe, supportive, engaging, and inspiring.