

grow mentoring.

grow



Empowering youth
through mentorship

WWW.GROWMENTORINGLA.COM



Mission

We empower youth through mentorship and mental health support



Vision

We envision a country where all youth have access to positive role models and effective wellness resources



About Us

Grow Mentoring was founded by **Adam Steel** who is an award-winning documentary filmmaker, community advocate, and youth mentor. For the past 10 years he has been working with youth and young adults as a mentor, counselor, and educator.

Adam has extensive experience working in diverse communities, collaborating with community leaders, and providing direct support to youth dealing with a variety of challenges including: depression, anxiety, substance abuse, academic difficulties, negative peer influences, and life-skills development.

Over the years, **Adam** has worked with public schools, non-profits, alternative-education programs, mental health facilities, drug/alcohol treatment centers, and directly with families.

He continues to collaborate with community leaders and organizations across Los Angeles who support youth in a variety of capacities and wants to bring his mentoring program to every school in the county.

Adam's goal is to use his personal and professional experience to fill the mentoring gap in our society and to ultimately support and empower the next generation.



Adam Steel

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THE YOUTH MENTAL HEALTH CRISIS



The Mentor-Mentee relationship has existed for thousands of years and across many cultures. This relationship has been seen as important as the elders recognized that young people needed support and guidance as they traversed through the world.

The statistics below highlight the need for investment in mentorship for our youth:

1 in 3

1 in 3 youth will reach adulthood without a mentor

612 to 1

California student-to-counselor ratio

+15%

The youth suicide rate in CA jumped 15% from 2009-2018

1,034

None of the 1,034 districts and county offices of education said they had adequate mental health professionals on staff

31%

In 2020, Mental-health related visits to emergency rooms increased by 31% among youth 12-17

45%

45% of California youth between the ages of 12 and 17 report struggling with mental health issues

2X

Youth depression and anxiety has doubled since the pandemic

Utilizing New App Technology

We use our expertise in youth mentoring along with new Mentoring App communication technology to increase engagement and positive measurable outcomes. The MentorHub App was specifically designed for youth mentoring and allows our team to communicate, provide support, gain insight, and track improvement on our mentees in a unique and effective way.



The app works on all phones, chromebooks, tablets and desktops. It provides an integrated dashboard display in real-time, accessible analytics to Mentors and programs, including:

Summaries of weekly challenges and progress

Message and video engagement data

Progress on goals and referrals

App usage summaries



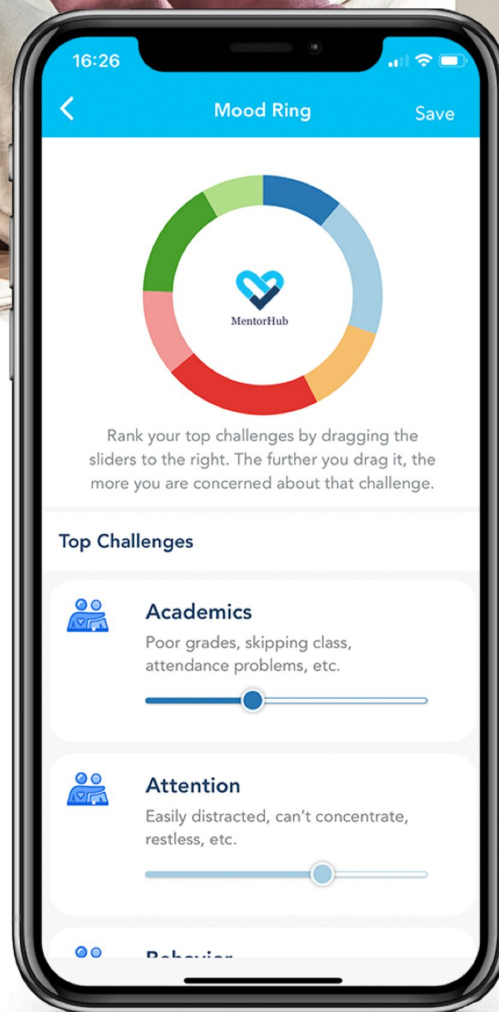
Mood Ring

The Mood Ring is a new way for Mentees to regularly check in with their mood, and share that information with their Mentors. The Mood Ring can be taken once every 24 hours and measures the mentee's mood on 7 dimensions.

These dimensions are:

- Achievement • Attention • Behavior
- Friendship • Health • Sadness • Worries

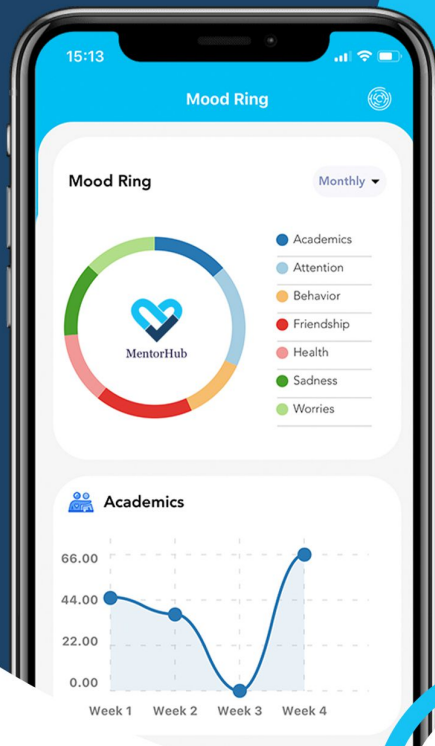
The Mood Ring allows us to get direct insight into the daily challenges our Mentees are dealing with which enables us to provide direct and specified support to address their needs. Instead of going through the entire day or even week dealing with challenges, Mentees now have the platform, tools, and support to address them with their mentor. All of the Mentee's data is monitored and measured over time to provide us with an overview of their progress during the mentoring process.



Mood Ring

Custom App Curation for Mentees

After Mentees complete the Mood Ring, MentorHub gives them recommendations for apps that may be helpful for their top challenges. For example, if a Mentee is struggling with Achievement, MentorHub may suggest that you try out Khan Academy. Or, if they are struggling with sadness, MentorHub may recommend IntelliCare.



Messaging & Video



Messaging/Video Chat

We find this the most important tool in the App because it provides an opportunity for consistent communication between Mentors and Mentees throughout the week. We believe consistent engagement and supportive accountability are key to building a strong relationship and improving outcomes.

Mentors and Mentees can communicate via text in the app which is secure and recorded so all conversations can be viewed by our supervisors for additional safety. Video Chat is also available where Mentors and Mentees can schedule a time to talk throughout the week.

Mentoring Programs



Individual Mentoring

We create a unique mentoring program specifically designed for each Mentee in alignment with their needs, interests, and goals. The needs of every Mentee will vary but can include: academic support, mental health support, wellness/health support, life-skills development, social skills development, and substance abuse support.

Group Mentoring

Our unique programs have been implemented in school and non-profit organizations with incredible results. We also have the ability to collaborate with youth programs, alternative ed programs, treatment centers, therapists, and social workers.

Future Filmmakers: Students learn how to direct, produce, and edit videos using professional equipment. The program culminates with the youth working together to create a documentary film about an issue impacting their community.

Grow Book Club: We engage students in reading intriguing, relevant, and relatable books. Our classes include group discussions, writing assignments, and video lessons.

Art/Music Mentoring: We team up with professional artists or musicians who mentor youth in reward for behavioral changes and academic improvement.

**The MentorHubApp is recommended for additional support and measurable data in both individual and group programs. Inquire about costs.*

Our Mentors

Adam leads all mentoring programs and has the ability to bring in mentors as needed. Our Mentors are relatable, reliable, and excited to be a positive role models in the lives youth they work with. We ensure our mentors are thoroughly vetted, trained, and provided consistent supervision throughout the program.



Parents/Family Support

We recognize that it takes a village to support the growth of a young person so we offer continuous consultation and support for parents and family members looking to learn new tools and additional ways to support their youth during the mentoring process.

How We Motivate Mentees

We recognize the important role motivation plays in empowering our Mentees to reach their goals. In order to keep them motivated, we create incentives which they receive based on their participation in the program. These incentives are created based on each Mentee's individual interests and have included: going on a field trip, going to a concert, buying new clothes, gift cards, and meeting a professional musician, entrepreneur, or artist. We have found that by celebrating the successes of our Mentees with rewards, they maintain motivation to continue on a positive path in their life.



Expected Outcomes

Our mentoring work is rooted in youth engagement, empowerment, and support. We expect the youth we work with to grow in the following ways:

- Positive behavioral changes
- Improvement in relationships with parents, siblings, teachers, and peers
- Improvement in mental health and wellness
- Improvement in academics and education
- Increased interest in college and/or career
- Improvement in life-skills and social-skills
- Increase in self-esteem and motivation

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