



**STRESS EFFECTS ON
MENTAL HEALTH**

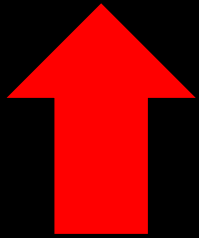
**IMPLICATIONS
FOR
MENTORING**

THEORY

AND

PRACTICE

URBAN YOUTH



STRESSORS

DISTINCT/UNIQUE

FINDINGS

1

STRESSORS



**MENTAL HEALTH
PROBLEMS**

**INCREASED
STRESSORS**

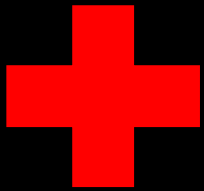


**NEED FOR
MENTORING**



2

SYSTEMS STRESS



**Exposure to
other stressors**



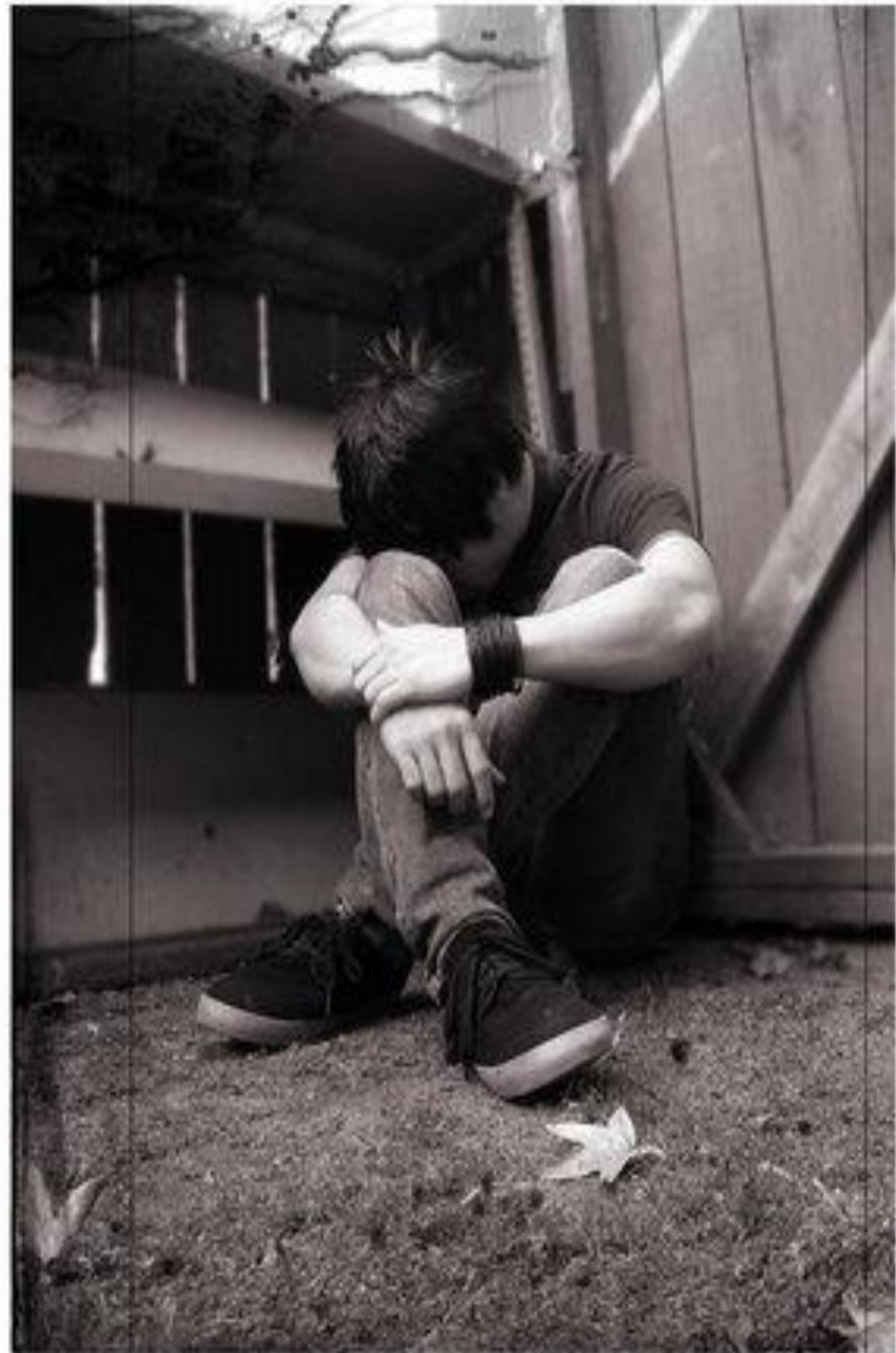
**Developmental
impacts**

**Support kids whose
Stressors are both...**

TYPICAL

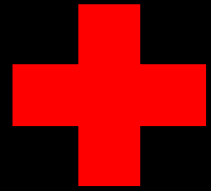
&

RARE



3

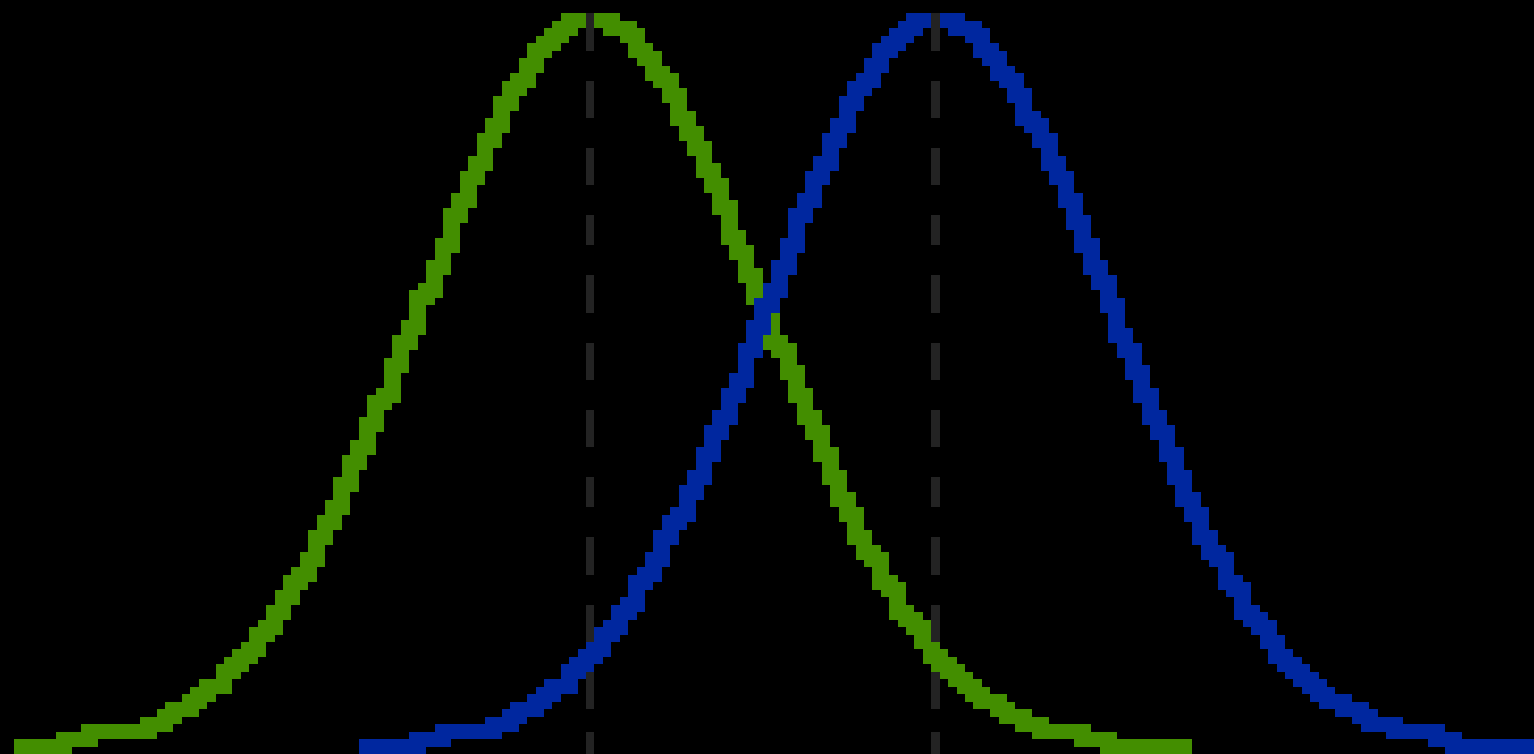
Stressors
Change
Distress

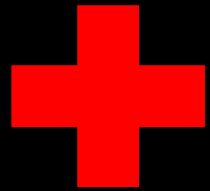


**Aggression,
Delinquency,
Somatic Complaints**



**Anxiety,
Depression,
Gender Differences**





Need for Toughness
Desensitization
Anger at Injustice
Shame

Help girls with...

Aggression & Delinquency



Help **YOUNGER** kids deal with **OLDER** problems



**Avoid pushing
expression of**

DISTRESS



4

Stressors can transform

**PROTECTIVE
RELATIONSHIPS**

Into

RISK FACTORS

Help youth **develop healthy relationships with the adults in their lives.**



5

Stressors can transform

**COPING
STRATEGIES**

Into

RISK FACTORS

BE CAREFUL WHEN TRYING TO

REPLACE

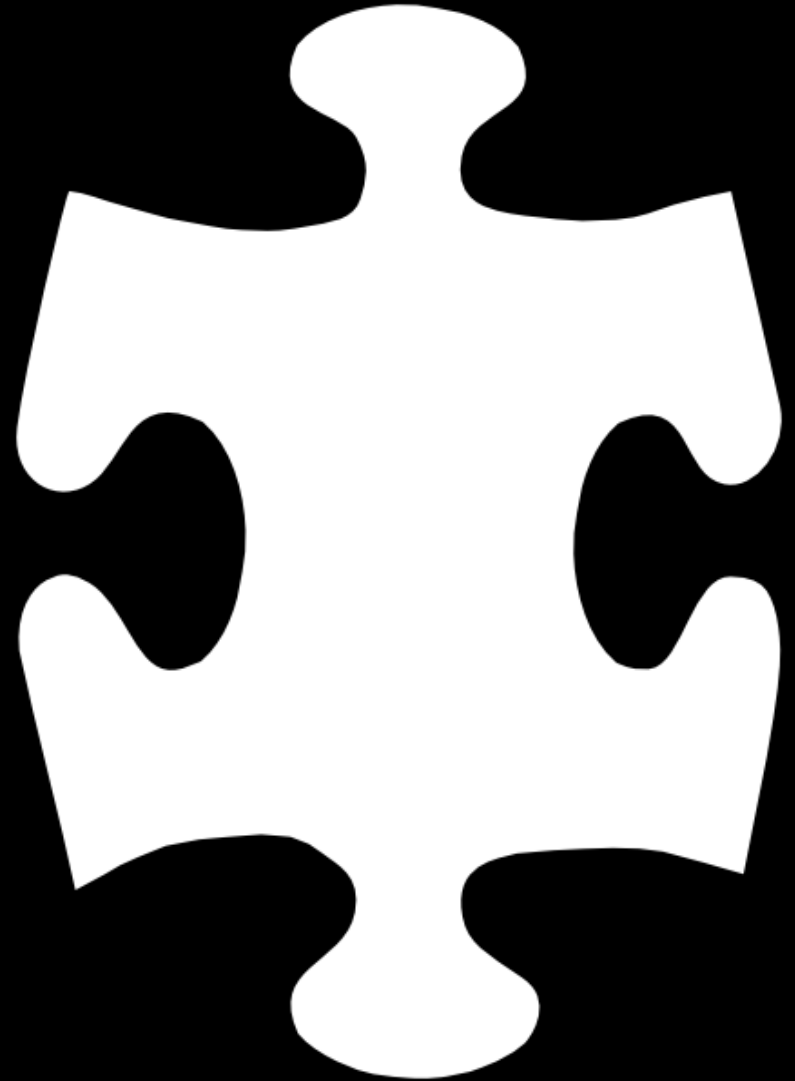
COPING STRATEGIES



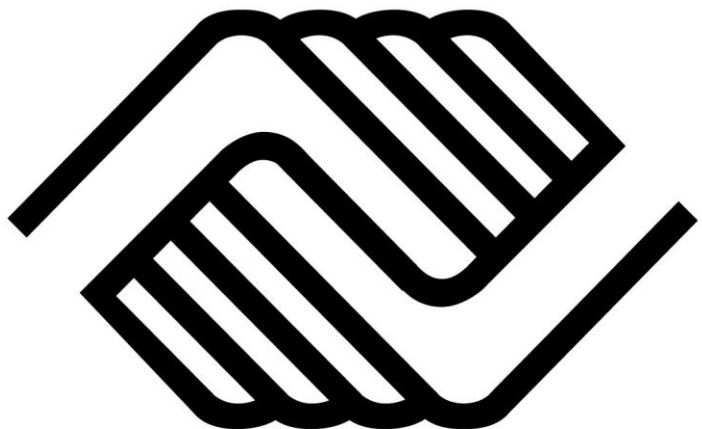
FIND THE

BEST FIT

**COPING
STRATEGY**



CONNECT YOUTH WITH
SUPPORTIVE SETTINGS



BOYS & GIRLS CLUB

6

GOOD

CAN COME FROM

STRESSORS

PTG:

**positive change
experienced as a
result of trauma**

(Kilmer, 2006)

- 1) new possibilities**
- 2) relating to others**
- 3) personal strength**
- 4) appreciation of life**
- 5) spiritual change**

PTG



Resilience

- 1) adult support**
- 2) meaning-making**
- 3) religion**



Support **growth** and **change** in youth



Connect youth to cultural and/ or religious organizations



COMMUNITY PARTNERS

**Kershaw, Mays, and Wentworth
Elementary Schools**

Salvation Army

St. Sabina Church

YouMedia

ENGLEWOOD

\$12,000 MEDIAN INCOME

181% HIGHER HOMICIDE RATE
THAN OTHER CHICAGO
COMMUNITIES

CHICAGO PUBLIC SCHOOL STUDENTS

87%

LOW INCOME

40%

DROPOUT RATE

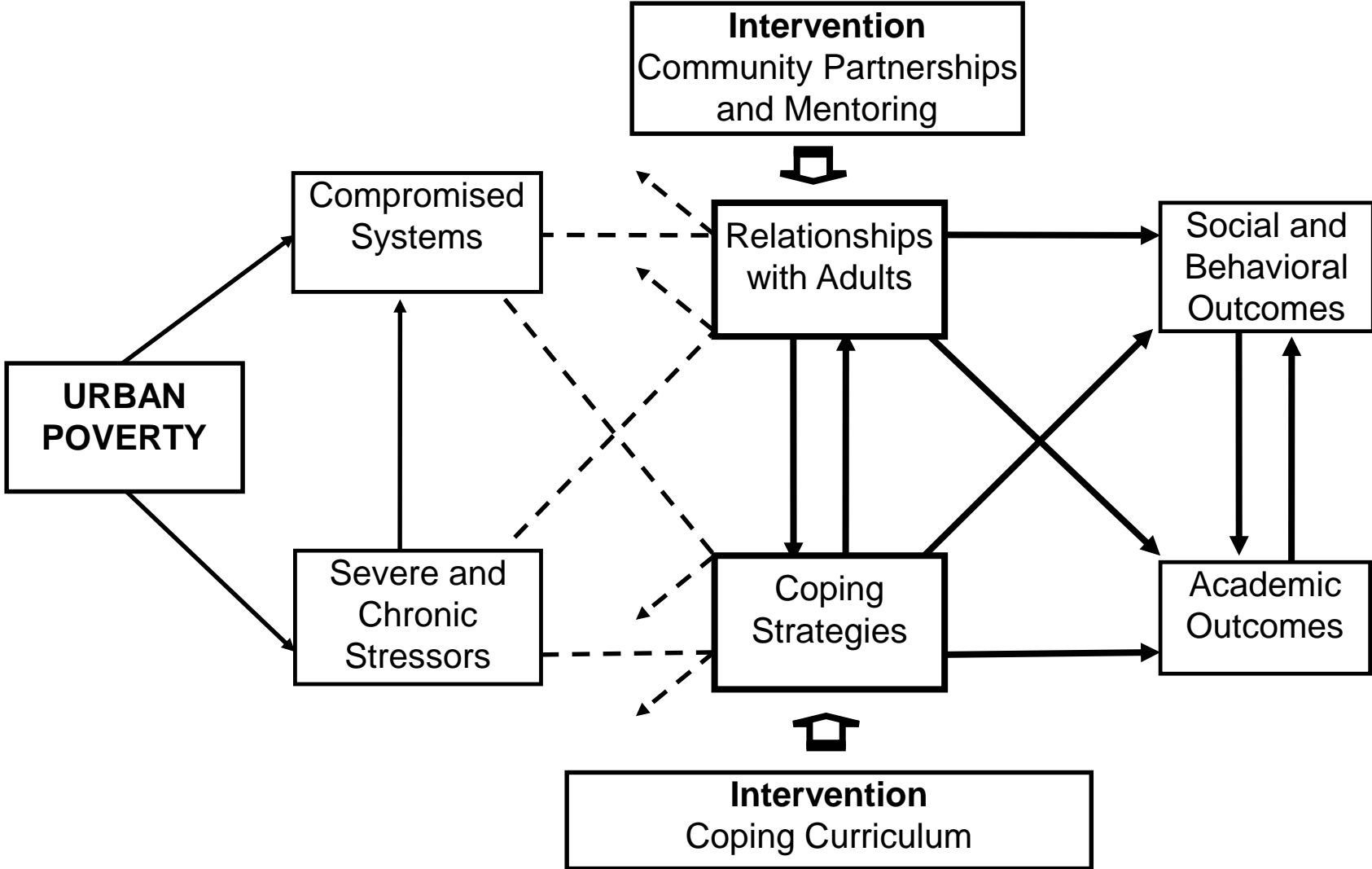
8%

**GRADUATE FROM A
4 YEAR COLLEGE**

3 COMPONENTS OF INTERVENTION

- 1. PROTECTIVE SETTINGS**
- 2. BUILDING/STRENGTHENING RELATIONSHIPS WITH ADULTS**
- 3. TEACHING COPING SKILLS**

Theory of Change, Logic Model



CITIES MENTOR PROJECT

- 1. TEACHES COPING SKILLS**
- 2. PROVIDES MENTORS**
- 3. CONNECTS YOUTH TO PROTECTIVE SETTINGS**
- 4. LONG TERM COMMITMENT**

**1. TEACHERS REPORT FEWER
ATTENTION PROBLEMS AND
MORE LEADERSHIP SKILLS**

**2. PARENTS REPORT LESS
WITHDRAWAL**

**3. YOUTH REPORT BETTER
ADJUSTMENT**

**THE MORE TIME YOUTH
SPEND IN THE PROGRAM,
THE FEWER BEHAVIOR
PROBLEMS AND THE
BETTER THEIR READING SCORES**



**Questions/
Comments**