This logic model was created by the Evidence-based Prevention and Intervention Support Center (EPISCenter) at Penn State University. It is based on a research study conducted by Public/Private Ventures, *Making a Difference: An Impact Study of Big Brothers Big Sisters.* The study was released in 1995 and reissued in September of 2000.

$\text{It has been shown that for each dollar spent on implementation of BBBS, there is a tax payer return of up to$}\ 3.28\text{ and a cost benefit of up to$}\ 2,822\text{ per youth.}$

\textit{Washington State Institute for Public Policy}

### The Program’s Mechanism for Change & Goal

**Mentoring Relationship:** Consistent Interaction Between A Youth & A Caring Adult

*Establish a professionally supported one-to-one relationship between a mentored youth and a caring adult.*

**Goals:**
- To bolster youth in achieving their highest potential
- To have a positive and measurable difference in the life of each mentored youth
- To help youth to become confident, competent, and caring individuals

**Researched Interaction Frequency and Duration:**
An average of 3x a month for 3-4 hours per interaction and a match length of at least one year

### Proximal Outcomes

**Targets**

- **Decrease Risk Factors**
- **Increase Protective Factors**

**Improved Youth Capabilities**

Confidence

**Improved Relationship Skills**

Caring

### Distal Outcomes

**Reduced Youth Substance Use**

**Improved Relationships With Family & Positive Peers**

**Reduced Youth Antisocial Behavior**

**Improved Youth Academics**
**Program’s Mechanism for Change & Goals**
A professionally supported one-to-one relationship between a mentored youth and a caring adult is established. Although activities are not prescribed, the mentoring relationship is intense, enduring, and developmental in its approach.

**Program Modalities**
Specific operational guidelines are followed before and after the match is formed to accomplish the program goals. Generic mentoring has not proven to be effective. No program other than BBBS has demonstrated strong positive outcomes for youth development.

**Targeted Risk and Protective Factors**
Risk factors, which increase the likelihood of drug use, delinquency, school dropout, teen pregnancy, and violent behavior, are targeted for a decrease. Protective factors, which exert a positive influence and buffer against negative outcomes, are targeted for an increase.

**Mentoring Relationship:**
**Consistent Interaction Between A Youth & A Caring Adult**

Researched Interaction Frequency and Duration:
An average of 3x a month for 3-4 hours per interaction and a match length of at least one year

**Goals:**
- To bolster youth in achieving their highest potential
- To have a positive and measurable difference in the life of each mentored youth
- To help youth to become confident, competent, and caring individuals

**Proximal Outcomes**
Targeted outcomes that the program is designed to impact immediately following program completion.

**Reduced Substance Use:**
- at least 46% less likely than the controls to initiate drug use. BBBS minorities were up to 73% less likely than similar minorities to initiate drug use.
- 27% less likely to initiate alcohol use (with a stronger effect for minority females – 54%)

**Reduced Antisocial Behavior:**
-32% less likely to hit someone

**Improved Youth Academics:**
- 52% fewer days of school skipped (with higher effects for females – 84%)
- 37% fewer classes skipped
- gains in grade point averages
- Increased confidence in academic efficacy

**Improved Relationships With Family & Positive Peers:**
- Increased levels of trust in parent(s)/guardian(s)
- Increased emotional support from peers
- Increased trust in the mentor
- Increased involvement with pro-social peers and in pro-social activities

**Distal Outcomes**
Outcomes impacted by the program months/years following program completion that have been demonstrated through research.

**Reduced rates of teenage pregnancy**

**Volunteer Training**
**Screen Youth**

**Screen Volunteer**

**Volunteer Training**

**Carefully Match Youth & Volunteer**

**Consistent Interaction Between the Mentor & Youth**

**Affiliate Planned Social Activities**

**Social & Cultural Enrichment**

**Regular Case Manager Supervision**

**Risk Factors:**
- Academic failure or poor school performance
- Lack of commitment to school
- Early/persistent anti-social behavior
- Rebelliousness
- Friends who engage in problem behaviors/Negative peer influences
- Favorable attitudes towards problem behaviors /substance use
- Early initiation of problem behaviors
- Family conflict

**Protective Factors:**
- Exposure to community/cultural norms that do not favor antisocial behaviors and substance use
- Involvement in and recognition for pro-social activities
- Promotion of healthy beliefs and clear standards
- Goal setting/Positive future orientation
- Positive parent-child affect and parental trust
- Improved relations with pro-social peers
- Positive orientation to school and increased scholastic confidence and competency
- Communication/interpersonal skills
- Decision-making and critical thinking skills
- Coping/self-management skills

**Improve Skills/Attitudes:**
- Less favorable attitudes towards anti-social behavior/substance use
- Increased healthy coping & stress/self-management skills
- Increased decision making/critical thinking skills
- Increased communication/interpersonal skills
- Increased peer pressure resistance skills
- Increased goal setting

**Improved Academic Skills:**
- Increased optimism in academic competency
- Increased educational expectations
- Increased positive orientation to school

**Improved Relationship Skills With Family & Positive Peers:**
- Increased levels of trust in parent(s)/guardian(s)
- Increased emotional support from peers
- Increased trust in the mentor
- Increased involvement with pro-social peers and in pro-social activities