

Logic Model for GirlPOWER!*

What needs does the program address?

Needs

- EARLY ADOLESCENT URBAN, MINORITY GIRLS**
- Low self-esteem
 - Depression
 - Victimization
 - Health risk behaviors: Diet/nutrition, exercise, substance use, violence, risky sexual behavior, self-harm
 - Academic underachievement
- PREVENTION PROGRAMS FOR GIRLS**
- Lack of effectiveness
 - Lack of gender-specific strategies and content

What goes into the program?

Program Inputs

- FINANCIAL**
- NIMH Grant Funding
 - BBBS Subcontract
- PERSONNEL**
- 2.20 FTE BBBS Staff
 - Services of community agencies (workshop presentations)
 - 10 BBBS female volunteer mentors
 - Consultation: UIC Research Team
- MATERIALS**
- Program manual
 - Supplies (participant handouts and notebooks, disposable cameras, picture puzzles, refreshments, workshop props)
- FACILITIES**
- Space for workshops and goal-setting and progress sessions

What goes on in the program?

Program Activities

- SUPPORTS**
- Staff training and supervision
 - Mentor training
 - Bi-monthly supervision of mentors and parent/youth check-ins
- DIRECT SERVICES**
- Bi-monthly workshop series for mentors/youth: focused on relationship and team building, promotion of healthy self-esteem, prevention of risk behaviors/ promotion of healthy behaviors (11 workshops total)
 - Goal-setting and progress sessions for individual matches
 - Between-session structured activities for matches during workshop series (Power Builders)
 - Continued one-on-one interactions between mentors and youth following workshop series to 1-year mark (includes Power Builders)
 - Group reunion session
- EVALUATION**
- Built-in program evaluation activities

What happens as a result of the program?

Program Outputs

- FIDELITY**
- Implementation of training sessions for staff and mentors
 - Implementation of workshops & reunion
 - Quality of implementation of training sessions, workshops, supervision/check-ins, goal-setting, and progress sessions
 - Mentor/staff satisfaction with training
 - Mentor/parent/youth satisfaction with workshops, supervision/ check-ins, goal-setting sessions, program materials
 - Youth/mentor/parent satisfaction with mentoring relationship
- DOSAGE**
- Avg. # of workshop sessions attended by mentors and youth
 - Parent attendance at orientation & talent show/graduation
 - Avg. # of supervision contacts/check-ins for mentors/parents/youth
 - Avg. # of goal-setting and progress sessions completed
 - Avg. hours of weekly one-on-one mentor/youth interactions
 - Avg. # of Power Builders completed
 - % of evaluation materials completed by staff/mentors/youth/parents
 - % of relationships sustained one year

What are the benefits of participating in the program?

Program Outcomes

- INITIAL**
- ↑ social support from non-parental adult (mentor): emotional, companionship, instrumental, informational
 - ↑ health-related knowledge/attitudes
 - ↑ gender and racial identity
- INTERMEDIATE**
- ↑ self-esteem/self-efficacy beliefs
 - ↑ social competence
 - ↑ skills for avoiding risky behaviors/engaging in positive health behaviors
 - ↑ quality of relationships with parents, peers, and other adults
- LONG TERM**
- ↓ risky health behaviors: substance use, violence-related, unsafe sexual behavior, self-harm, etc.
 - ↑ positive health behaviors: exercise, diet/nutrition, etc.
 - ↓ mental health problems: internalizing (e.g., depression) and externalizing (e.g., conduct disorder)
 - ↑ positive mental health: happiness, life satisfaction
 - ↑ social, educational, occupational functioning at later stages of development

* This program was developed through collaboration between Big Brothers Big Sisters of Metropolitan Chicago (BBBS) and the Girls Mentoring Project at University of Illinois at Chicago (UIC), David DuBois, Ph.D., Director. FTE = full-time equivalent.