

Therapeutic Mentoring

–Tier 2–

Overview: Therapeutic Mentoring develops mentor competencies in mental health theory and practice to promote high quality, strengths-based, culturally responsive mentoring.

Modality	Intended Audience	Staffing Requirements	Additional Materials Needed
Structured, strength-based support services that can be offered across numerous one-to-one sessions	Mentees under 21	Mentors or paraprofessionals who work directly with youth up to the age of 21. This training is not suited for clinicians; however, clinical supervision is needed	Relevant worksheets and informational sheets for mentors, students, and families. <i>*The National Center for School Mental Health will provide training manuals to all trainees.</i>

Target Outcomes

- Promote social-emotional skill development in children and adolescents
- Increase training, coaching, and skills for paraprofessionals who support the emotional well-being and growth of mentees
- Increase age-appropriate behaviors, interpersonal communication, problem-solving skills, and conflict resolution skills in mentees

Training Requirements and Important Considerations

Type of Training:

- **One-day live, virtual training (7 hours) + 6 weekly 1- hour follow up sessions**
OR
- **12 weekly, 1-hour virtual training sessions**

Continuing Education Units: Maryland CEUs are not offered for this training; however, a Certificate of Attendance is available

Expectations for full participation and certificate of attendance: To be considered trained, the expectation is that trainees complete the full training, demonstrate engagement (e.g., on-time, stay for the full session, camera on, participation in role-plays, practice activities). **If you miss key components of the training, you may not receive a certificate of attendance and need to reregister and complete the full training if spots are available.**

Important Considerations:

- Training is not suited for licensed clinicians. While formal licensure is not required, each mentor or paraprofessional who works directly with mentees needs to have a clinical supervisor for ongoing support.
- Mentors need to complete the full 6- or 12-week training, have relevant experience with youth, and ideally have a background in mental health or education to effectively facilitate the program.

Ongoing Engagement and Expectations

POC/Supervisor Expectations:

- **Attend Kick-off Meeting:** Meet with the EBP team to discuss the training and implementation plan at the beginning of the grant period. We recommend inviting trainees to this meeting.
- **Attend M&D Meeting:** Meet with the Evaluation and EBP team to discuss metrics and deliverables for the grant including reach and target demographics, service offerings, and outcome expectations. Please see the Outcome Measure Menu included in the RFA documents for sample tools/measures to be used with each EBP.
- **Maintain regular communication** with coordinator(s) from the National Center for School Mental Health to ensure progress toward training and implementation goals including review of a monthly newsletter containing training and evaluation updates for your organization, and action items.
- **Provide administrative and supervisory support** to staff, including, but not limited to:
 - Share important dates (e.g. training dates, implementation support call dates), registration links, training evaluation completion reminders, and other important information with staff.
 - Ensure that providers in your organization attend the selected EBPs for which they are registered. If staff register for training and do not show up, there is not a guarantee they can train at a future date, which may impact implementation plans outlined in your grant application.
 - Please provide ongoing communication with your organization's providers about training attendance and expectations. Consider providing funding for staff time to attend training and implementation calls as appropriate.
 - Ensure staff completion of all training, evaluation, and implementation tasks.

Providers/Trainees Expectations:

- **Commit to attending the training once registered**
- **Complete the post-training evaluation** survey for each selected EBP
- **Attend quarterly implementation support** meetings offered over the year for each EBP you are implementing

*For more information on this evidence-based practice, please visit the [Therapeutic Mentoring](#) website. For questions pertaining to the RFA or to expectations and requirements, please contact: Lorianne Moss, the CHRC Program Manager at Lorianne.moss@maryland.gov.