



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	School aged 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 materials 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: Two-day virtual training during regular business hours (6 hours each day)

Continuing Education Units: Participants can receive 12 CEUs for attending this training.

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.**

Supervisor Overview: Supervisors can join a one-hour overview session to learn the history of Therapeutic Mentoring and how to best utilize mentors within your program. This is an optional session for supervisors only. CEUs are not 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.
- Medicaid consultation is available through the NCSMH to discuss billing for Therapeutic Mentoring
- It is recommended to add clients to a caseload gradually, planning with the treatment provider the estimated number of hours of services needed a week by the mentor, and then scaling up as appropriate, caseloads vary but 8-10 mentees could be a target for a full time Therapeutic Mentor

Ongoing Engagement and Expectations

POC/Supervisor Expectations:

- **Attend a Virtual Planning Meeting:** Meet with the National Center for School Mental Health and the Maryland Community Health Resource Commission to discuss metrics and deliverables including reach and target demographics, service offerings, and outcome expectations as well as the training and implementation plan for your organization.
- **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 training email 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 Evidenced Based Practices (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 complete 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 immediately following the training
- **Attend each round of implementation support** meetings offered over the year for each EBP you are implementing and complete implementation surveys prior to each meeting
- **Implement intervention** components as specified in the training and tailored to local community as needed

*For more information or questions pertaining to the priority EBP training logistics and expectations, please contact the National Center for School Mental Health at BlueprintEBP@som.umaryland.edu. For grant-related requirements or fiscal questions, please contact Megan Brown, the Consortium Director at megan.brown@maryland.gov. For evaluation or metrics and deliverables questions, please contact the National Center for School Mental Health at BlueprintEval@som.umaryland.edu.