



CENTER FOR
SUPPORTIVE
SCHOOLS

ACHIEVEMENT MENTORING PROGRAM

(also known as Behavioral Monitoring & Reinforcement Program)

Providing Students with a School-Based, Caring Adult to Support, Encourage, and Advocate for Their Success

SUMMARY

The *Achievement Mentoring Program* [also known as *Behavioral Monitoring & Reinforcement Program (BMRP)* and formerly called *Prevention Intervention*] is a school-based prevention and intervention program for grades 4 through 11 that has been proven to reduce problem behaviors, improve academics, and reduce drug and alcohol use. *Achievement Mentoring* contributes to a school environment that allows students to realize that their actions can bring about desired consequences and reinforces this belief by eliciting participation from teachers, parents, and other significant adults in the student's life.

This program has been recognized by the National Dropout Prevention Center as a Model Program demonstrating Strong Evidence of Effectiveness, its highest effectiveness rating; noted as a Blueprints Promising Program by the Center for the Study and Prevention of Violence; and evaluated as positive by the Office of Juvenile Justice and Delinquency Prevention.

PROGRAM DESIGN

Achievement Mentoring targets students in grades 4 through 11 who are deemed to be “at-risk,” whether through school failure, poor attendance, and/or behavior problems. At each participating site, the program is led by a Program Coordinator and can easily be integrated into a regular school setting or offered as an afterschool program. Ideally, the program intervention lasts for two years and requires caring, supportive, and consistent staff.

- Professionally trained staff (teacher, social worker, counselor, nurse, psychologist, or youth worker) meet with students during weekly, 40-minute small group sessions (middle school participants only) and/or weekly, 20-minute individual sessions (both middle and high school participants).
- Each mentor participates in a weekly, 5-minute interview with a student's teacher and a weekly, 10-minute check in with the Program Coordinator.
- Students receive weekly “report cards” that offer feedback from a teacher on such items as attendance, classroom behavior, and academic achievements.
- Staff also stay in contact with each student's caregivers and provide ongoing positive feedback and encouragement as earned.
- Points can be awarded weekly that allow students to secure a full-day field trip away from school near the completion of the school year.

Achievement Mentoring has been replicated in several states, including Arkansas, Maine, Maryland, New Jersey, New York, and Pennsylvania, as well as internationally, in Ireland.

KEY OUTCOMES

- Improved grades
- Increased school attendance
- Decreased discipline referrals
- Decreased dropout rates

FOR MORE INFORMATION

For more information about the Achievement Mentoring program, please contact Dr. Sherry Barr, Vice President, at 609.252.9300 x 117, or sbarr@supportiveschools.org.