Program History

- CYS-Project Together originated with the County of Orange HCA in the mid 1980’s
- Mental Health Services Act-Proposition 63 funds the mentor program
- MHA-Project Together was awarded the mentor contract from HCA on November 1, 2007
- Children, Transitional Age Youth and Parents are served

Program Goals

- Establish a successful mentor-mentee match, meeting weekly for 6 months or longer
- Empower children, TAY and parents to achieve their fullest potential
- Develop a trusting and caring mentor-mentee relationship
- Help clients reach goals established by the therapist: self-esteem, improve family and social relations, improve participation in school and overall treatment prognosis
- Support clients as they practice their therapeutic goals in a real world setting
Target Population & Languages Available

- MHA-Project Together targets children ages 8-15 years old, transitional age youth (TAY) ages 16-25, and their parents, currently being served by the County of Orange Health Care Agency Children and Youth Behavioral Health Services and CYBHS contracted programs.

- Services are currently provided in:
  - English
  - Spanish
  - Vietnamese

MHA-Project Together Location

- MHA-Project Together administrative offices are located at 790 W. Town and Country Rd. Orange Ca, 92868
- Mentors serve clients within Orange County
- Outings with clients are held throughout Orange County

Admission Criteria

- Children: 8-15 years old
- TAY: 16-25 years old
- Must be receiving services through CYBHS or CYBHS contracted programs
- Parents of clients currently in treatment are eligible for services
- Must be referred by treating therapist
- Client must have a mental health diagnosis
- Must be receiving services through CYBHS or CYBHS contracted programs
Referral Process

- Therapists may request a mentor for their client at any time during the course of treatment.
- Therapists complete specific forms for each of the targeted populations, Children, TAY and Parents.
- MHA-PT staff contacts the referring therapist to gather more detailed information about the client to help with the matching process.
- Considerable time spent on finding the most compatible mentor based on language, interests and other key factors.

Client Demographics – Gender
FY 13/14

- Male: 48%
- Female: 52%
N=181

Client Demographics – Ethnicity
FY 13/14

- Hispanic: 68%
- Caucasian: 20%
- Other: 4%
- Asian/Pacific Islander: 4%
- Alt. American: 4%
N=181
Service Gaps

MHA Project Together provides clients opportunities to practice new behaviors learned in treatment.

In addition, mentors address clients' needs such as:

- Personal growth/Self-sufficiency
- Trust
- Cooperation
- Self-esteem/Self-worth
- Loneliness
- Social skills
- Life skills
- Assertion

Outcome Measures

Therapist Pre/Post-Match Client Assessment Forms

Therapist assesses specific areas of the client's status and functioning at pre and post match.

Children and Youth Resilience Survey

Administered by Therapist and completed by client at pre and post match.
Outcome Measures

- Children and Youth Resilience Survey - FY 13/14

  ![Graph showing Social vs Personal Resilience Pre-Match vs Last Follow Up.](image)

  *p < 0.0001

  N = 54

Outcome Measures

- Clinician and Mentor Rating of Progress and Readiness
  - Therapist and mentor each complete form to indicate the level of progress the client made during the match

Outcome Measures

- Clinician and Mentor Rating of Progress and Readiness for Change
  - Maintaining or Making Changes: 51%
  - Preparing for Change: 22%
Outcome Measures

Social/Behavioral Ratings at Discharge

- Has Good Friend: 100%
- Attends School Regularly: 100%
- Maintains Hygiene: 86%
- Resists Stealing/Getting into Trouble: 71%
- Resists Alcohol/Drugs: 100%

% Maintaining / Improving Functioning Since Match

Program Challenges

- Filling mentor requests on a timely basis with an appropriate mentor
- Volunteer recruitment
- Male
- Bilingual

For More Information

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