Results

Using the Cavell et al. (2009) *Mentor Alliance Scale* (α = 0.86) as a determinant of Mentor Relationship Quality (MRQ) and mentor alliance from the perspective of the mentee at week 11; a predictive model using logistic regression procedures was performed to help understand the association between MRQ and substance use at the end of the Campus Connections program was performed. The model controlled for various confounding variables, such as baseline substance use prior to Campus Connections program start. The outcome variable of youth substance use was defined by self-report from the youth, asking the youth if they have used a variety of substances (alcohol, marijuana and tobacco) within the past 30 days. The composite substance use score was derived from Elliot, Huizinga & Ageton’s (1985) *Self-reported Delinquency scale* (α = 0.89). Preliminary analyses shows a significant relationship between an adolescent mentee having a better relationship quality with their paired mentor and a lower probability of having abused a substance within the past 30 days. Indications show adolescents in the Campus Connections program that have a better relationship quality may be up 85% less likely to participate in substance use when they have a higher quality relationship and alliance with their paired mentor.

This study is consistent with previous studies that positive mentorship for adolescents is related to better outcomes. Results from this study go beyond by understanding the impact of adolescent mentorship and indicating the importance of mentor-mentee relationship quality within a mentor-based program. Additionally, these results help to provide reason promote and encourage better bonding between mentee’s and their paired mentors. Although having a mentor is beneficial, having a strong alliance and relationship quality with a mentor appears to be more beneficial.

Adolescent mentorship programs may use this research to identify mentor-mentee dyads that have lower alliance and relationship quality and create interventions to promote more positive bonding. Thus, promoting better program outcomes and helping adolescents avoid high substance abuse to concentrate on better life outcomes.

References:

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