

The Importance of Mentorship

Presented by. Jasmine Johnikin BSN, RN
Founder/CEO of As I Am Mentoring Inc.



Session Goals:

- ❑ Discuss the importance of mentorship.
- ❑ Use an evidence based approach on the effectiveness of mentoring.
- ❑ Discuss the impact mentorship can have on mental health.
- ❑ Provide a youth voice component to emphasize the effectiveness of mentoring.

Housekeeping Rules

1. Engage
2. Participation
3. Have fun



ICE-BREAKER



Story Time

Jasmine Johnikin is a Froedtert & the Medical College of Wisconsin Community Outreach nurse. She is passionate about community health, mentoring, and the well-being of others. She is a Cardinal Stritch University alumna where she obtained her Bachelor of Science in nursing degree. It has always been her passion to serve the community, as well as being a teen mentor. Jasmine is the founder/CEO of As I Am Mentoring Inc. which she officially launched in 2022. Jasmine is a firm believer that the youth will make a great impact on society and she is determined to help young people find their purpose in life. She has had 8 years of mentoring experience and it is her goal to create a safe space for youth to thrive and discover their purpose.



As I Am Mentoring Inc.



Mission & Vision

Mission:

As I Am Mentoring Inc. creates a safe space for youth to thrive and discover their purpose.

Vision:

Motivate youth to be their best self by promoting self-worth, character development, and gain a true understanding of who they are.

Iron sharpens iron.



Program Structure

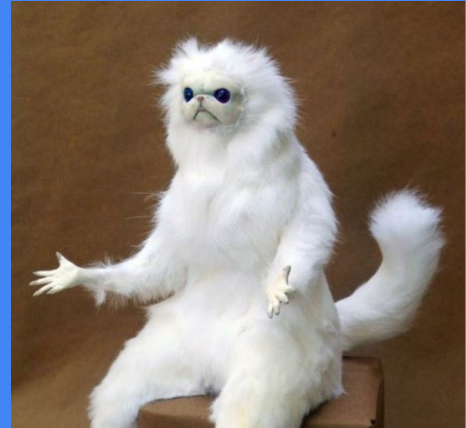
- ❑ Group mentoring program
- ❑ Serving teens 13-17 years of age
- ❑ Co-ed program
- ❑ Level 1 program
- ❑ Program focus: Purpose and identity
- ❑ **Motto:** “On Our Way to Becoming...” allows our teens to fill in the blank of who they hope to become as they discover their purpose throughout the program.



Importance of Knowing Your Purpose

- ❑ Shapes your morals and values
- ❑ Gain confidence
- ❑ Forces you to be honest with yourself
- ❑ Creates self-awareness
- ❑ Significant role in determining how we understand and experience the world, as well as shaping the types of opportunities and challenges we face.

What is A Mentor?



What is a Mentor?

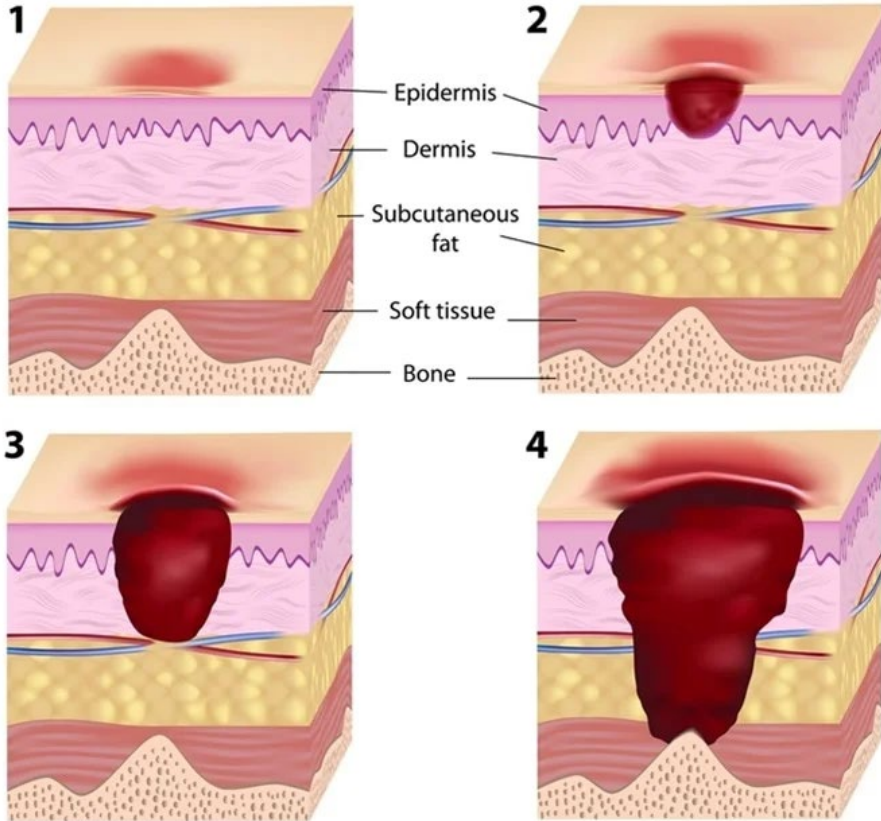
What a Mentor IS:

- Role model
- Big brother/sister
- Motivator/encourager
- Guide
- Source of wisdom
- Resource

What a Mentor is NOT:

- A savior/God
- A parent
- Crisis hotline
- Instant fixer
- Therapist/psychiatrist
- A bank account
- Perfect

Stages of Pressure Sores



Stages of Wound Healing

Common Wounds We See

Abuse – Sexual,
physical, verbal,
substance, etc.

Mental health
issues

Relationship
problems

Low self-esteem

Identity crisis

Grief

Comparison

Peer pressure

**“Suicide is a leading cause of death
among young people in the United
States.”**



Youth Mental Health Concerns

- Depression
- Anxiety
- Suicidal thoughts
- Anger
- Trauma
- Isolation



Youth Mental Health Statistics

- **Over 25%** of high school students reported declines in their mental health due to the pandemic. (2021)
- **Two-thirds** of all high school students felt like they were unable to cope with sources of stress in their lives. (2021)
 - LGBTQ+
 - Minority youth
- Please note: These issues were already trending upward before the pandemic but have drastically increased.

Mentoring & Mental Health

1. Supporting isolation
2. Reducing levels of anxiety
3. Increasing self-confidence
4. Safe space
5. Hope for the future
6. Provides a unique alternative to therapy



Benefits of Mentoring

Young people who have a mentor are:

- ❑ 55% more likely to enroll in college
- ❑ 52% less likely than their peers to skip a day of school
- ❑ 78% more likely to volunteer regularly in their communities
- ❑ 90% more interested in becoming a mentor
- ❑ 46% less likely than their peers to use illegal drugs
- ❑ Improvements in youth perceptions of parental relationships

Milwaukee Mentor, 2023



Role of the Mentor

- ❑ Provide support
 - ❑ Through the good, bad and ugly
- ❑ Empowerment
- ❑ Consistency
- ❑ Stability
- ❑ Accountability





Mentor First Aid Tool Kit:

Tools needed to be a great mentor:

- Active listening
- Safe space → Judgement free zone
- Engagement
- Transparency
- Creativity
- Pure intentions
- AGAPE - Unconditional love

Youth Voice:

Carter V. & Faith J.



Issues Teens are Facing

- Depression
- Bullying
- Sexual activity
- Drug use
- Academic problems
- Peer pressure



Another big one I feel is trust and acceptance. Trust is the foundation of any relationship.

Why Teens Need Mentors



- ❑ Teens need mentors because it's another role model and adult figure to have apart of our lives.
 - ❑ Social, emotional & developmental benefits
- ❑ Helping guide your teen in their character formation
- ❑ Mentors can put us teens on to new skills and strategies
- ❑ Help us recognize our strengths and successes

Personal Impact of Mentoring



How Can Adults Support/Advocate for Youth

- Active listening
- Amplify youth voices
- More mentors (especially males)
- Be present
- Reduce stigma
- Highlight the positive attributes of youth



Importance of Mentorship

- ❑ Mentors support growth
- ❑ Networking opportunities
- ❑ Maintain accountability
- ❑ Help push their mentee to the next level

S.B.A.R

OUR
FOUNDATION

S

Speak It

B

Believe It

A

Achieve It

R

Receive It

We will Speak our goals and make them our reality. Believe in our gifts and talents. Achieve our goals and strive for success. Recieve from our hard work and diligence we have put forward.

Call to Action



In this moment of your life, do you feel as though you have stepped into your purpose?

1. Consider what your passions are and how they align with where you are now.
2. Be intentional about how you pursue your purpose and block all distractions.
3. Once you discover your purpose, go after it with everything in you and
DON'T STOP!

Questions?



Ways to Connect:

Business:

LinkedIn: As I Am Mentoring Inc.

Website: aiamentoring.com

Social Media:

- Instagram: [@AsIAmMentoringInc](https://www.instagram.com/AsIAmMentoringInc).
- Facebook: As I Am Mentoring Inc.

Personal:

LinkedIn: Jasmine Johnikin

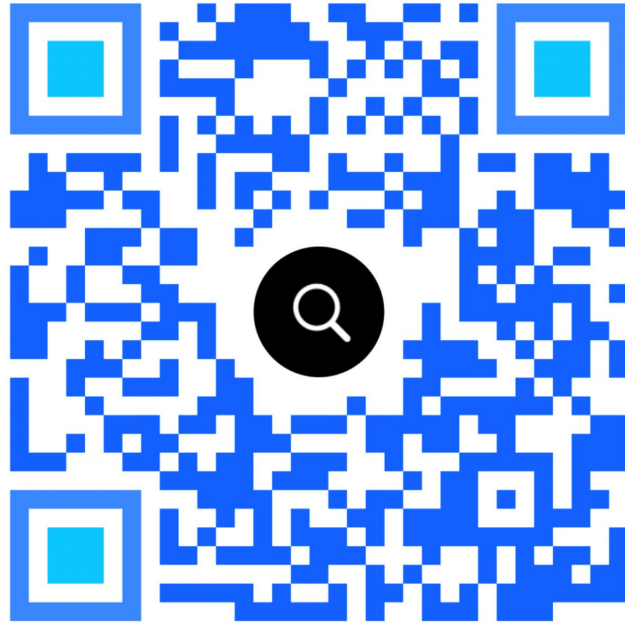
Email: j.jasmine38@gmail.com

Social Media:

- **Instagram**
 - Nursejas_rn



Survey



Importance of Mentorship

Sources

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<https://www.nimh.nih.gov/news/science-news/2023/youth-suicide-rates-increased-during-the-covid-19-pandemic>