

Breakthrough Mentoring

Breakthrough mentoring is individual, activity based, high quality mentoring. Many young people go through times when they need support from outside the school, college or family. If their emotional difficulties are not severe enough to warrant medical intervention, a safe place and a safe person to talk to can make the difference. InfoBuzz can allocate a mentor to provide regular, focused support for an agreed period of time.



TARGETTED

Target Group	Age 9 – 18 Any gender Identified as having unmet needs for structured activity, emotional support, and/or positive adult role-model
Group Size	Individual
Outcomes	<ul style="list-style-type: none"> • Increased emotional resilience • Participation in structured activity • Opportunities to form their own support networks and engage in new interests. • Improved social skills
Format	Each young person is individually matched to a mentor, taking into account their interests, personality and circumstances. The process of planning the programme of activities is unique to each placement, with the young person's input being at the centre of any plans. Every 'Breakthrough' mentor is trained, supported and supervised by InfoBuzz.

Key Skills	These can be identified and agreed on at the start or during the mentoring to cover particular areas if required.
Duration/time	Average 9 months of weekly sessions
Evaluation Method	<p>'Strengths and Difficulties' questionnaire</p> <p>Interviews with young people</p> <p>Photographs</p> <p>Feedback from other key adults in young people's lives.</p>