

Medical Students as Effective Mentors to Teenagers with Adverse Childhood Experiences (ACEs)

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Background and Purpose



- Adverse Childhood Experiences (ACEs) can lead to life complications
- Adolescents at EEA are those who have not had success in traditional school setting
- Long-term mentorship program between EEA and MCW-CW
- First year of more official mentorship and tutoring program

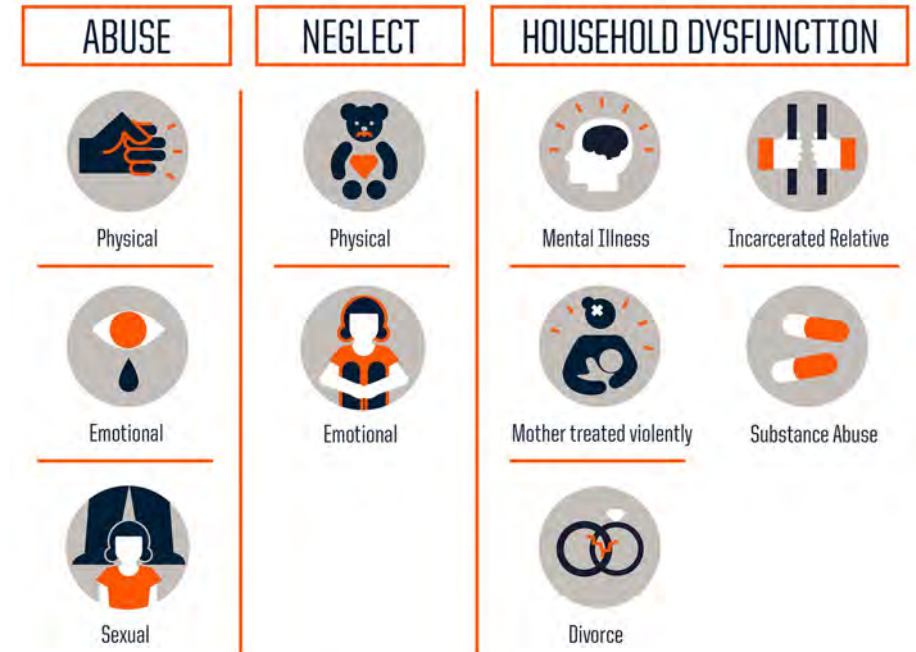


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Methods

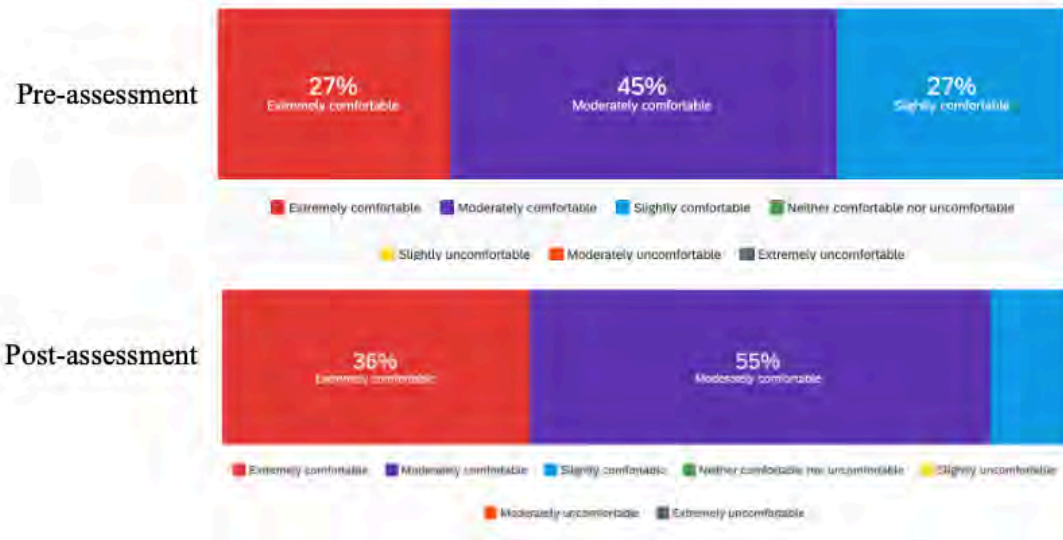
- Two groups of med school mentors/tutors
 - Meet one-on-one monthly or weekly
 - Leader in Me mentorship program
 - Academic tutoring program
- Matched with teen(s)
- Pre and post surveys for mentors

Adverse Childhood Experiences

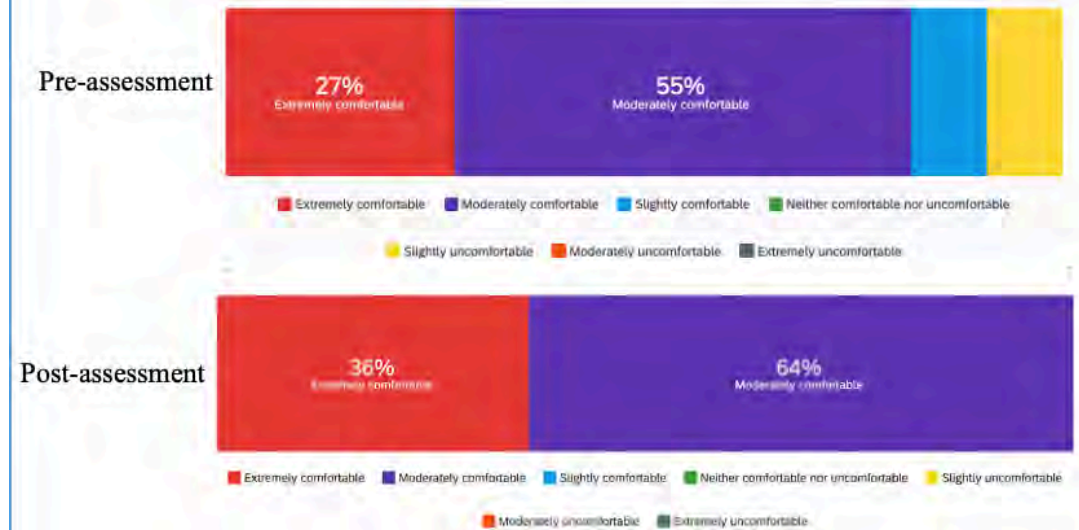


Results

How comfortable do you feel with developing interpersonal relationships with those who are different from you (ie. different in age, family background, socioeconomic status)?



How comfortable interacting with teenagers?



Some thoughts from medical students

“I feel like I was able to serve as an empathetic listener for my mentee and helped develop a good relationship to continue our mentorship into next school year”

“I really enjoyed seeing a student gain some confidence by the end of a session”

“It made me so excited to help her and nourish that tiny spark that wanted better for herself”

“I love being able to just listen to a kid's experiences and having them express their true feelings”

Conclusions



References

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