

## BACKGROUND

### HEARTH's Mission:

To provide supportive services and housing to empower mothers with children experiencing homelessness, who are survivors of domestic violence, to become independent, economically self-sufficient, and adequately housed.

### Significance:

- HEARTH staff stated a need identified by residents to develop a sense of engagement and community between past and present participants.
- Occupational Therapists** are experts in community engagement and increasing quality of life, which lead to an increase in self-efficacy. Improvements in these areas positively correlate to daily participation in meaningful activities.

### Objectives:

- Foster meaningful skill development required for a successful transition to permanent housing to fulfill residents' important roles and responsibilities.
- Extend the sense of community between prior and current HEARTH residents to facilitate formal and informal support systems.

### Rationale:

- Mentees** - Mentorships foster a sense of belonging, acknowledgement, validation from peers, and extend community.<sup>1</sup>
- Mentors** - Mentorships facilitate feelings of "giving back" and further role competence as leaders, professional development, and conflict management.<sup>2</sup>
- One of the most effective ways to enhance self-efficacy is through increased meaningful activities.<sup>3</sup>

## METHODS

### Foundational Concept:

- Maslow's Hierarchy of Needs**<sup>4</sup> demonstrates the foundational needs of HEARTH residents, which are met by the HEARTH staff.
- This creates the opportunity for exploration of self-efficacy skills highlighted in the top portion of Maslow's Hierarchy.



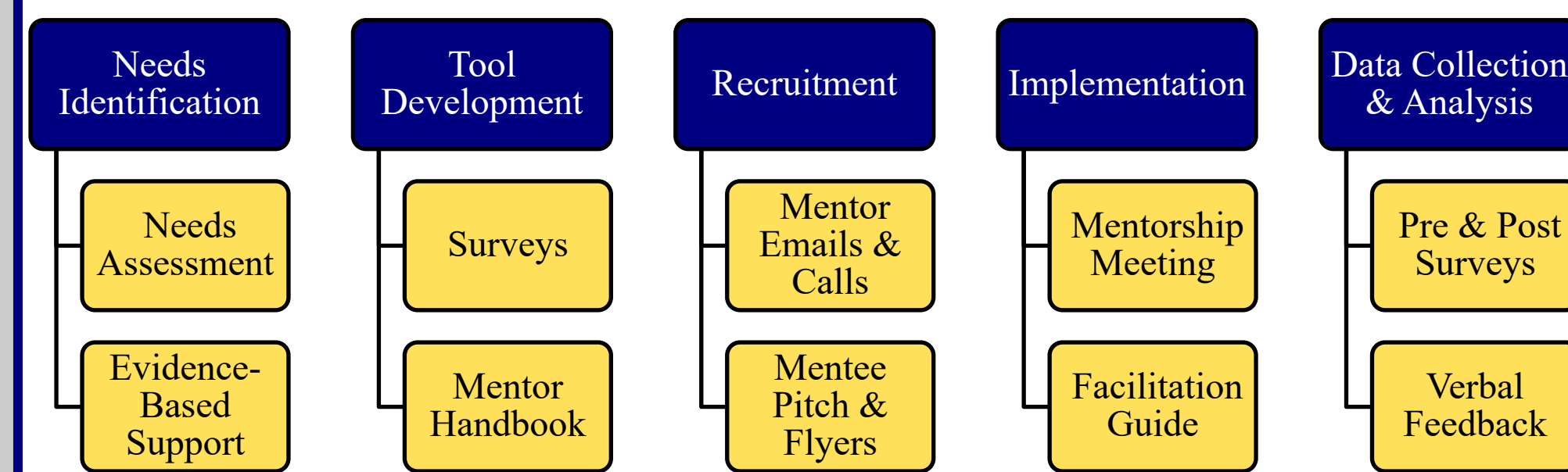
### Outcome Measures:

- Mentee surveys** – Pre and post self-report questionnaires measuring self-efficacy and sense of community.
- Mentor surveys** – Pre and post self-report questionnaire measuring effectiveness of the mentorship handbook.

### Participants:

- Residents** – Individuals currently participating in HEARTH's transitional housing program, who expressed interest in becoming a mentee.
- Mentors** – Former residents that have graduated from HEARTH in good standing, who expressed interest in giving back to the HEARTH community.

## PROCESS



## RESULTS

### Mentee Quotes:

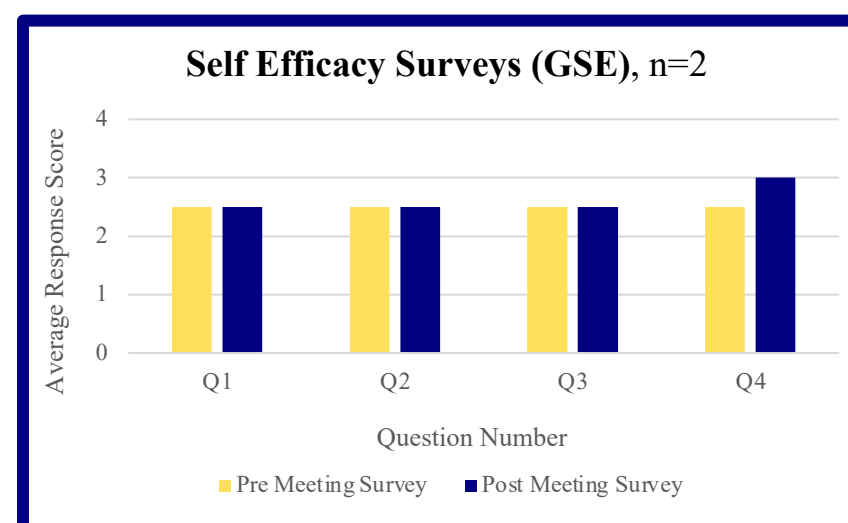
"I enjoyed the open honesty provided about oneself in recovery, and the sharing of strength, resilience, and hope. Hearing another story in recovery helps."

"I liked how she shared her own stories and was able to relate to us as well as she was very friendly and didn't pressure us to talk, but I enjoyed the session."

### Mentor Quotes:

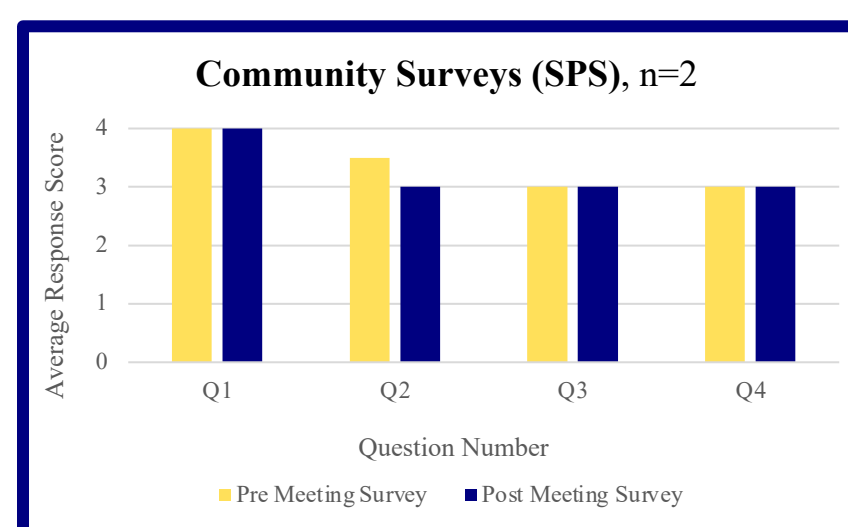
"I really enjoyed my time getting to know the moms! I felt like I really needed something like this, I have been wanting to give back. I wouldn't be the woman I am today without HEARTH; I truly believe in this place."

Pre and post surveys **measured the impact of participating in mentorship**. Likert scales were used to quantify responses. There were 2 moms that attended the session and completed both surveys.



Survey questions were drawn from the **General Self-Efficacy Scale (GSE)**<sup>5</sup>.

- Q1: It is easy for me to stick to my plan and accomplish my goals.
- Q2: I am confident that I could deal with unexpected events well.
- Q3: I can remain calm when facing difficulties because of my coping skills.
- Q4: If I am in trouble, I can usually think of a solution.



Survey questions were drawn from the **Social Provisions Scale (SPS)**<sup>6</sup>.

- Q1: I have clear goals and aims for my life...
- Q2: I have someone to talk to about decisions in my life...
- Q3: There are people I feel comfortable talking to about my problems...
- Q4: I have people close to me that make me feel good...

## DISCUSSION

### Limitations:

- Small sample size due to current resident census
- Varied distribution of progress in HEARTH programming amongst mothers
- Fluctuation in day-to-day self-perceptions of participants

### Summary and Implications:

- Perceptions pertaining to self-efficacy, such as goal planning, dealing with unexpected events and utilizing coping skills in face of adversity were maintained.
- Perceptions of problem solving increased.
- Little to no quantitative change was found in perceptions pertaining to sense of community; Qualitative data is more promising.
- Verbal feedback collected points to positive experiences for both mentors and mentees.
- Emphasis on qualitative data may provide a better picture of the benefits of peer mentorship in this population.

### Sustainability:

- Met with HEARTH staff to review and provide guidelines for program initiation
- Creation of supplemental materials proven to be helpful through mentor feedback
- Transfer of digital content to HEARTH's preferred platform

### Future Directions:

- Expand upon topics included in Mentorship Support Chat series (faith, entrepreneurship)
- Establish one-on-one mentor pairs between residents and mentors

## ACKNOWLEDGEMENTS

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