



Who We Are What We Do Why it Matters

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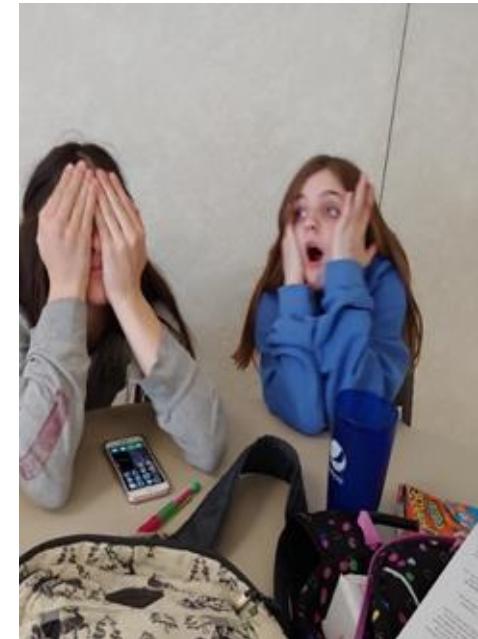
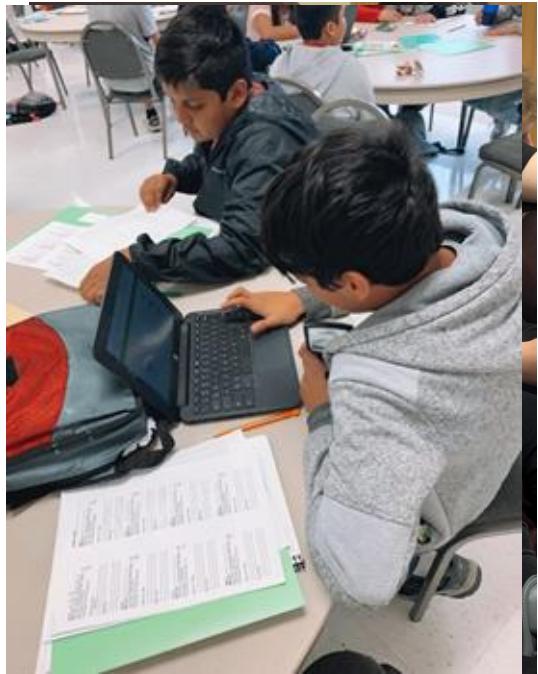
WHO is Mentors & Meals ("M&Ms") ?

- 501(c)3 nonprofit after school program
- Mission: Enhance academic achievement in middle schoolers through mentoring.
- Founded in 2011 (15 years in WC)



WHY : (Would you go back to 6th-8th grade ?)

MENTORS
& MEALS



Developmental Years, High(er) Academic/Social Pressure, Hormones. Drama...

Why Mentors AND Meals?



- **Middle School Students**
needing academic, social interaction
- **Snacks and Meals**
It's hard to concentrate when
hungry- available daily
- **Encouraging**
after-school support (FREE!)
- **Safety** for our youth:
The most "at-risk" time of day for
drugs, alcohol, sexual activity?

3 – 6 pm *

* America After 3 pm, Afterschool Alliance, 2021



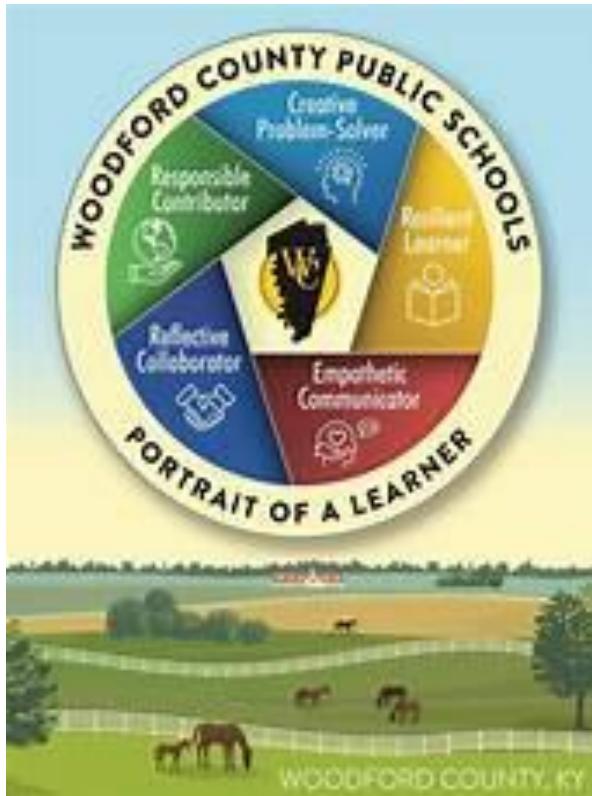
What We Do at M&Ms:



- **3:15** Students released from school
- **3:45** Arrive by bus to 160 Lex Street
Matched with Mentor
(**2** students: **1** mentor ratio)
Receive **Snack** and **Tutoring**
- **4:45** Group Activity:
 - *Gym Time
 - *Book Club w/Reading Therapy Dogs
 - *Guest Speakers
- **5:00** Hot Meal
- **5:15-5:30** Parent Pick-Up



Portrait of a Learner Alignment



- **Creative Problem Solver:** Homework, Study Skills
- **Resilient Learner:** Consistent Encouragement, “C or better”
- **Empathetic Communicators:** Mentor-Student relationships
- **Reflective Collaborator:** Group activities & teamwork
- **Responsible Contributor:** Service & Accountability

Research Shows...



Students who meet regularly with high school, college and adult mentors are:

- **52% less likely** to skip a day of school.
- **46% less likely** than their peers to start using illegal drugs.
- **76%** at-risk young adults who had mentors aspire to **enroll in and graduate from college or trade school.**



Does the Mentors & Meals Program Work? 3 year Evaluation



Treated (236 obs) vs Control (2,601 obs)

VARIABLES	(1) Language Arts	(2) Math	(3) Science	(4) Social Studies
tenure1	6.079*** (1.940) <i>0.00175</i>	-1.135 (2.069)	2.897 (2.147)	-0.0688 (1.688)
tenure2	2.294 (1.902) <i>0.228</i>	-2.254 (2.125)	0.573 (2.505)	1.276 (1.571)
tenure3	3.845* (2.238) <i>0.0859</i>	5.074 (3.503)	-3.702 (3.625)	4.741*** (1.729) <i>0.00615</i>
grade7	0.114 (0.497) <i>0.818</i>	-1.263*** (0.472)	0.972** (0.491)	-2.346*** (0.431)
grade8	-2.333*** (0.478) <i>1.14e-06</i>	0.328 (0.525)	0.130 (0.487)	-0.683 (0.470)
Observations	2,731	2,693	2,741	2,742
R-squared	0.026	0.010	0.029	0.017

(Robust standard errors in parentheses) *P value in italics* *** p<0.01, ** p<0.05, * p<0.1

Does the Mentors & Meals Program Work? Three-year Evaluation Results



- **236** “treated” students enrolled in the M&Ms program were compared to a control group of **2,601** “untreated” students in the same school, same years, but not enrolled in the M&Ms program.
- Statistically significant improvements in **Language Arts** and **Social Studies** grades.
- Improvement in **Science** grades. Trend toward **significant improvement** in Math grades (just under 95% Confidence level)

(Supporting data on effectiveness of M&Ms program available on request)

Other Long Term Impacts



- Students have **success in Middle School** (and beyond)
- Students **become volunteer** mentors in High School
- **Leaders** and collaborators in the community
- Strengthens local **workforce**
- Students **LIVE, STAY, and WORK** in Woodford County

SANDY'S STORY



From 6th grade Student - High School Mentor - Midway U Intern - Interim M&M Assistant Program Director to Government job and Woodford County Homeowner



Sandy Pecina Philpot- Customer Service Representative, Social Security Office, Frankfort

Other Impacts: Volunteerism and Service (2011-2025)



Middle School Students Served

1,278

Volunteer Mentors/Meal Prep

1,628

Number of Meals Served

31,769

Total Hours Mentoring/Meal Prep

64,061

Total Number of Snacks Consumed... **Countless!**



How Can You Help?



Refer students who could benefit from extra mentoring or meals

Encourage High School Volunteers to sign up for service hours or internships

Continue to Partner with us to support student success.



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We appreciate all you do for middle schoolers in
Woodford County!
Questions about Mentors & Meals?