



MentorHub & BBBSATL WORKING TOGETHER

MentorHub is an app designed to help mentors help mentees. Based on the idea of supportive accountability, MentorHub allows you to track a mentee's progress in our integrated mentor app and program dashboard as they engage with evidence-based learning, wellness, and mental health apps. This is all done automatically, so all mentees have to do is install and use the apps. Even better, messaging is built into the app so you can communicate directly with mentees about what's bothering them based on what you're seeing.

We'll provide you with basic training in providing supportive accountability, so that if a stumbling block occurs, you're equipped to help your mentee past it. MentorHub also includes a Mood Ring - an assessment based on empirical research showing that the best informants about challenges in a mentees' life are themselves. Our intuitive Mood Ring allows mentees to indicate how much a particular challenge is bothering them that week by sliding from left to right.

Ultimately, we hope this will work really well for you! The enormous potential of apps to bridge gaps in educational and mental health services has been hampered by low engagement, improper use, and high rates of non-completion. In fact, as many as three-quarters of users don't complete the recommended number of app or online sessions once they start. But, when blended with coaches and mentors who are trained to provide supportive accountability, apps and other technology-delivered interventions can produce results that rival face-to-face interventions. Compared to self-guided apps, educational and wellness apps that incorporate supportive accountability are twice as effective according to a recent meta-analysis of sixty-six randomized control trials of apps.

