

# RAINBOW LABS

LEVERAGING THE POWER OF LGBTQ+ VOLUNTEERS AS MENTORS FOR LGBTQ+ YOUTH

## ★ HEALTHY LIVING ★ CONFERENCE

Championing the mental health of LGBTQ+ youth through transformative mentoring relationships

According to the The Trevor Project's 2022 National Survey on LGBTQ Youth Mental Health, **LGBTQ+ youth who had at least one accepting adult were 40% less likely** to report a suicide attempt in the past year compared to those who did not have a supportive adult in their life.

## GRANT GOALS

### BUILD POSITIVE MENTOR/MENTEE RELATIONSHIPS

In post-program surveys from our Spring 2024 programming, \_\_% of mentees and \_\_% of mentors reported having a positive relationship with their mentor/mentee.

### INCREASE MENTOR OUTREACH

From November 2023-May 2024, we recruited \_\_ mentors from within the LGBTQ+ community across Los Angeles County.

### INCREASE ORGANIZATIONAL EFFICACY IN VOLUNTEER PROGRAMMING

Our volunteer management contractor, new volunteer manager, and program staff collaborated to generate a new Volunteer Management Plan!



With the support from the City of Hope Healthy Living Grant, we have been able to dedicate staff focus to **reimagining our mentor training process.**



This has paved the way for generative, important discussions about **culturally responsive** and **trauma-informed mentoring practices.**

## TRAUMA informed MENTORING

The Healthy Living Grant has also allowed us to direct more focus and planning toward lasting forms of **volunteer appreciation, celebration, and community-building.**

## VOLUNTEER CULTURE



## APPRECIATION