



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Reach and Rise Mentoring A One-to-One Mentoring Program

FREQUENTLY ASKED QUESTIONS

WHY WAS REACH AND RISE CREATED?

- This free program was established to serve the needs of young people not being met by existing mental health services.
- To offer over-stressed families a resource to help meet their children's needs.
- To provide youth with positive, growth-inducing relationships with adults through the mentoring process.
- To make a difference in a child's life.

WHAT TYPE OF YOUTH DOES THE PROGRAM SERVE?

- Boys and girls ages 6-17, residing in Essex & Hudson Counties.
- Young people experiencing problems such as: low self-esteem, poor academic progress, peer difficulties, family conflict and/or poor decision making.
- Youth from a wide range of ethnic diversity and socio-economic backgrounds.
- Youth encompassing a variety of family backgrounds: intact families, single-parent families, blended families, foster homes and/or grandparent or other relative-headed families.

HOW ARE YOUNG PEOPLE REFERRED TO THE PROGRAM?

- From school district counselors, teachers and principals.
- From community agencies such as: social welfare and counseling agencies.
- From YMCA Programs
- From the YMCA community, friends, family, and/or self-referrals.

All referrals to Reach and Rise go through an application process and an initial telephone and/or face-to face screening with the Program Director. This process helps determine whether or not each child is appropriate for the program. Those children assessed to have mental health problems not appropriate for our program will be referred elsewhere. The types of issues not likely to be handled by our mentors include: acute depression, homicidal or suicidal behavior, drug/alcohol dependence and violent behavior.



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WHO ARE REACH AND RISE MENTORS?

- Volunteers from the local community who wish to make a positive impact on the self-esteem of young people.
- Men and women ages 21+
- Adults from varied cultural, educational and professional backgrounds.
- Mentors are actively recruited within the YMCA membership, community agencies, local corporations and universities

WHAT IS EXPECTED OF REACH AND RISE MENTORS?

- Mentors fill out a volunteer application and are screened by the Program Director
- Mentors commit to spending 1-3 hours once a week with a child for one year.
- Mentors will complete 15+ hours of paraprofessional counseling training before being assigned to a young person (over the course of 4-5 weeks).
- During training, mentors will pass a fingerprint security screening and thorough reference check.
- Mentors must have valid auto liability insurance and driver's license.

HOW ARE MENTORS SUPPORTED ONCE THEY'VE COMPLETED THE TRAINING AND HAVE BEEN "MATCHED" WITH A CHILD?

The Reach and Rise program is committed to on-going training and support for all volunteer mentors, and the Program Coordinator is actively involved in goal-setting and on-going planning with all mentors for their mentees. Mentors are expected to attend the monthly mentor support group meeting, which is lead by the Program Coordinator. This continuing support is considered vital because it provides structure for the mentors as well as on-going training and development of counseling skills. Individual telephone support is also provided on a regular basis. When needed, the Program Director can serve as a liaison between the mentor and the young person's family to work through any issues that may arise in the mentoring relationship.