

Therapeutic Mentoring

Service Population

Appropriate for all youth regardless of whether they are in foster care, live with their biological parents, or reside in a group home. Applicable for youth between the ages of 6 and 21.

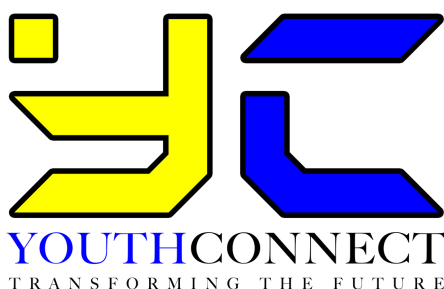
Focus Points & Session Info

Examples of what character building traits and skills the Therapeutic Mentoring Program teaches youth:

- Conflict Resolution
- Self-Esteem & Confidence
- Communication
- Self-Control
- Coping Skills
- Responsibility & Dependability
- Organization & Time Management
- Honesty & Integrity
- Respect for others and self
- Relationship Building

Sessions are structured in individual or small group settings in the community for an average of five hours per week.

For additional information about this program or to make a referral, please contact our team and we would be happy to assist you.



Program Description

Therapeutic Mentoring is designed for youth whose conditions and abilities to manage stressors and feelings enable them to utilize supports and learn new skills for improved functioning in the community. It is designed to support age-appropriate social functioning or to ameliorate deficits in relations to the youth's overall level of functioning.

Prior to initiation of therapeutic mentoring services, a supervision plan is accomplished in concern with the family and the youth when possible. This plan is essential in helping ensure the youth's success in navigating diverse social situations, learning new skills and making function progress - all while the therapeutic mentor offers supervision and support. The therapeutic mentor delivers a number of services including teaching alternative strategies while providing anticipatory guidance, enhancing conflict resolution skills, facilitating skill building, and practice in the community, and developing youth's critical thinking skills.

The reciprocal nature of the mentoring relationship affords opportunities for both the therapeutic mentor and the youth to develop healthy interpersonal skills. Youth tend to exhibit a higher likelihood of confiding in their mentor on matters of difficulty than with their family or even their peers. Successful program completion and lasting results is extremely dependent on the utilization of trained individual that possess the inherent desire to help others and the willingness to remain committed to their essential role in the learning process.

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