



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Reach & Rise® **A Mentoring Program of the YMCA**

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PROGRAM INFORMATION

WHAT IS REACH & RISE®? WHY WAS THIS PROGRAM CREATED?

- Reach & Rise is a free, one-to-one youth mentoring program that was established to provide young people in our community with positive adult relationships.
- Each adult is matched with a young person whom they meet once a week, for 1-3 hours. Each match lasts at least one year.
- Mentors are meant to serve as role models, friends, and confidants. They're another source of support for your child. They are not meant to take the role of a parent, babysitter, or financier.

HOW ARE MENTORS SCREENED BEFORE BEING MATCHED WITH MY CHILD?

- Mentors fill out a volunteer application and are screened by the Clinical Director.
- Mentors complete 15 + hours of training before being matched with your child.
- Before being matched with your child, mentors have passed a fingerprint security screening and thorough reference check.

ONCE MY CHILD IS MATCHED WITH A MENTOR, WHAT CAN I EXPECT?

- The mentor should meet with your child every week, for 1-3 hours.
- Meetings will take place onsite at the Rose E. Schneider Family YMCA or the Butler YMCA.
- Some typical times to meet might be weekdays after school (e.g. 4:30 - 6:30 p.m.) or during a weekend day. Meetings should take place for a span of 1-3 hours.
- Your child should meet with her mentor one-to-one; this means siblings and/or friends should not come to the meeting.
- You should expect consistency from the mentor (e.g. he/she should be on for meetings as planned). If for some reason they are unable to make a meeting, the mentor should call in advance and let you and your child know, and set up a new time to meet.

WHAT ARE SOME ACTIVITIES THAT MENTORS DO WITH THEIR MENTEES?

- Your child and her mentor should decide together what activity they will do each week. They might find something they both enjoy, and do that activity several times throughout the course of the year. Or, they might try something new each time they meet.
- Here are some sample activities that your child do with his or her mentor:
 - Play a game or work on a puzzle
 - Learn to play the guitar together
 - Play sports or swim
 - Work out at the Y fitness center
 - Take a walk and talk
 - Do art projects together
 - Take a fitness class together
 - Meet with other mentors and mentees for a Reach & Rise® organized event
- Many mentors try to introduce their mentees to new activities to help them grow and learn about themselves and their community.

SHOULD MY CHILD SPEND TIME AT A MENTOR'S HOUSE?

- All meetings will take place at the YMCA
- Your child should not leave the YMCA with his/her/their mentor
- The mentor should not bring their family members and/or significant others along to meetings with your child.
- If at any time throughout the relationship, you are uncomfortable with the type of activities your child is doing with their mentor, you should call the Program Director right away to discuss it.

HOW CAN I SUPPORT MY CHILD'S RELATIONSHIP WITH THEIR MENTOR?

It is very important to choose a regular meeting day and time with your child's mentor as soon as possible. This will help establish the consistency and structure that children need. It will also ease any scheduling difficulties that could prevent the mentor from meeting with your child weekly. Please remember that the relationship between the mentor and your child will be most effective if they are allowed confidentiality. Mentors are trained to discuss situations with you in which the safety and well-being of your child may be jeopardized. Aside from this, your child should be allowed privacy within his/her/their relationship to talk about whatever is on their mind. However, we value your reactions to the mentor. After the first meeting, please call the Clinical Director to talk about your feelings. If you have any questions, or concerns, or are feeling uncomfortable for any reason, it is important to call and discuss it immediately. Children will be more willing to participate fully in the new relationship if they know their parents are comfortable with it.