

TRUE Friends Mentoring Program / FACT SHEET



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TRUE Friends = Together Building Resiliency, Understanding, and Empowerment

TRUE Friends Mentoring:

This program targets children who have at least one parent or primary caregiver currently incarcerated within the criminal justice system. Mentors and youth work together for one year in a one-on-one relationship complimented by group activities and parent/caregiver services.

Goal Statement:

TRUE Friends work to create positive change in the lives of youth who have at least one incarcerated parent. Positive change is achieved through understanding, empowerment, and enhancing resiliency. TRUE Friends is an activity based program.

Target Youth:

In TRUE Friends, we work with youth from the Eugene/Springfield areas between the ages of 7-17 who are experiencing a unique loss in their lives due to the current incarceration of at least one parent or primary caregiver. Youth are referred by a variety of sources, including local social service programs, schools, and the Department of Youth Services and families. Youth referrals are made on an on-going basis throughout the year.

Mentors:

The mentors are men and women over the ages of 20. Mentors come from a variety of backgrounds, lifestyles, and interests. All mentors must complete a written application, two trainings, and pass a criminal background screening. They want to work with the youth to explore new interests, set goals, and help develop the self discipline needed to achieve those goals. They also just want to be a friend.

Mentor Responsibilities:

To Start:

- ◆ Total commitment averages 10-15 hours per month
- ◆ Agree to be in a relationship with your youth for one year
- ◆ Attend the 2-part training series

Once Matched with a Youth:

- ◆ Check in with your youth regularly
- ◆ Meet with your youth according to your Case Plan (listed below)
- ◆ Communicate with your youth when there are scheduling conflicts or other issues affecting your ability to meet with them
- ◆ Be as flexible as possible when arranging your meeting schedule
- ◆ Attend a full day retreat in January
- ◆ Attend the Community Gathering of Mentors and Youth once a month (Feb.—June) (1.5 hrs.)
- ◆ Attend one mentor support meeting per month
- ◆ Submit a monthly activity summary to the Program Manager
- ◆ Contact the Program Manager at least once a month via phone or e-mail to update them on how your relationship is going

Activities:

CPY provides and programs a wide variety of opportunities and activities for free or discounted. Mentors are provided with information through monthly newsletters, the website, and regular contact with the Program Manager. Additionally, CPY can also reimburse up to \$30 a month for activity related expenses when reported on the monthly summary and accompanied by a receipt.



Objective:

TRUE Friends is a multi-systemic mentoring program aimed at breaking the cycle of incarceration and strengthening family ties, even in the face of huge obstacles. The objectives are to improve each child's academic performance, self efficiency, and their relationships with adults and family members by integrating individual mentoring with family/caregiver support services and access to community resources in addition to reducing their prevalence towards delinquent behavior.

TRUE Friends Mentoring Case Plan:

Pro-Social development

- Mentors are responsible to teach their youth about the use of local libraries and help them obtain library cards and access other support services
- TRUE Friends is an activity-based program. Mentors and youth should spend some of their time together engaging in pro-social and cultural activities in the local community and surrounding area
- Throughout the year, CPY offers activities for TRUE Friends participants. The Mentors & Youth are expected to participate in these activities. Participation in other special CPY events is always encouraged
- Encourage families to attend the monthly family dinners

For More Information about TRUE Friends please contact:

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