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REACH & RISE®

Frequently Asked Questions

This is for you to keep; you do not need to submit it with your application.

WHY WAS THE MENTORING PROGRAM CREATED?

- Reach & Rise mentoring 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 mentoring.
- To make a difference in a child's life.

WHAT TYPE OF YOUTH DOES THE PROGRAM SERVE?

- Youth ages 6-17.
- Young people experiencing challenges with low self-esteem, poor academic progress, peer difficulties, family conflict and/or poor decision making, for example.
- 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 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 & 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.

WHO ARE THE MENTORS?

- Volunteers from the local community who wish to make a positive impact on young people.
- Adults ages 23+
- Adults from varied cultural, educational and professional backgrounds.
- Mentors are often recruited within the YMCA membership, community agencies, local corporations and universities.

WHAT IS EXPECTED OF MENTORS?

- Mentors fill out a volunteer application and speak with the Program Director for an initial screening.
- Mentors commit to spending 1-3 hours once a week with a youth for one year.
- Mentors will complete 15+ hours of paraprofessional counseling training before being assigned to a young person (usually over the course of 4-5 weeks).

- Mentors will need to a fingerprint security screening and reference checked before being matched.
- Mentors must have a clean driving record if they plan to drive their mentee.
- **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 YOUTH?

- **Reach & Rise®** is committed to on-going training and support for all volunteer mentors, and the Program Director is actively involved in goal-setting and on-going planning with all mentors for their mentees.
- Mentors are invited and encouraged to attend ongoing mentor support group meetings, which are led by the Program Director. This continuing support is considered vital because it provides structure for the mentors as well as on-going training and development of mentoring skills. Individual telephone support is provided on a monthly or as needed basis. **The Program Director can serve as a liaison between the mentor and the mentee's family to work through any issues that may arise in the mentoring relationship.**

SHOULD I BECOME A VOLUNTEER?

These questions are things to consider and help you decide if being a mentor is right for you. This form is for you to keep; you do not need to submit it with your application.

- Do you genuinely like children?
- Do you like child-centered or adolescent-type activities?
- Are you flexible? Can you tolerate disappointments?
- Do you get frustrated easily? Can you be patience when things are unpredictable?
- Can you be non-judgmental? Do you believe there is a right or wrong way to do most things?
- Can you be friends with a child and his/her family who are different from you socially?
- **Are you dependable? Can you be counted on to do what you've said you will do?**
- Do you have friends who meet your own adult social needs? Or are you hoping a child will be a companion for you?
- Do you have a sense of humor?
- **Is becoming a Mentor something you've given some thought to about how it will impact your life over the next year & discussed it with others?**



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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REACH & RISE® Mentor Application

Thank you for your interest in becoming a mentor with the YMCA's Reach & Rise mentoring program. It is a great way to make a difference in a young person's life. This application is designed to provide information to help us match you with the most appropriate child and your answers will be kept confidential. **For security & safety purposes, all mentor applicants will need to have fingerprints done and cleared before being matched with a youth.** If you have any questions, please contact the Program Director.

Please mail, fax, or email your completed application and a copy of your driver's license and current auto insurance to:

Jamie Covell, Director | Dubuque Community YMCA/YWCA
35 North Booth, Dubuque, IA 52001
(P) 563.556.3371 (F) 563.556.2728 (E) jcovell@dubuquey.org

Mentor Information:

Name: _____ Date: _____

Gender: M F Age: _____ DOB: _____

Address: _____ City: _____ Zip Code: _____

Home #: _____ Work #: _____

Cell #: _____ Email: _____

Best Way to be Contacted: Home # Cell # Work # Text Email

Best Times to be Contacted: _____

Occupation: _____ How'd You Hear About Us? _____

Please Answer the Following Questions:

Do you have any felony convictions? YES NO

Have you ever abused or molested a child? YES NO

Do you have a clean driving record? YES NO If no, explain: _____

If you have a car, can you provide proof of liability car insurance? YES NO

Why do you want to become a Mentor? _____

Would you be a positive role model to a child? What qualities do you have that will help mentor a child?

Why do you think children "act out" or get in trouble? _____

Do you have any experience working with, volunteering, or spending time with youth? If yes, explain:

Please describe any **other** volunteer experiences you have: _____

Do you have any academic pursuits/experience that is related to working with youth? If yes, explain:

Who was a mentor for you as a child? What qualities did they have that helped you? _____

Please describe your relationships with your family (e.g. parent(s)/guardian(s), siblings, etc.) both **past & present**. Include how you were disciplined as a youth and by whom. _____

Please describe your relationship with a best friend and/or significant other? _____

Please describe past and current patterns of drug and alcohol use: _____

What are some of your interests & hobbies (things you would like to do with your mentee)? _____

Do you have a preference as to the age, gender or ethnicity of the youth you'd work with?

References:

The YMCA checks references for all volunteers and the **Reach & Rise®** Mentoring Program requires 2 Personal References & 2 Professional References. The following information is required of all applicants.

PERSONAL REFERENCES

NAME	PHONE	E-MAIL	RELATIONSHIP TO YOU?	HOW LONG HAVE YOU KNOWN THIS PERSON?

PROFESSIONAL REFERENCES

NAME	PHONE	E-MAIL	RELATIONSHIP TO YOU?	HOW LONG HAVE YOU KNOWN THIS PERSON?

You just finished the first step toward applying to be a mentor & we look forward to getting to know you! Your application will be reviewed by the Program Director and you will be contacted regarding an interview, training group dates, & additional steps needed to complete the application process. YMCA reserves the right to terminate a volunteer applicant or volunteer at any time if needed.

Mentor Applicant Signature

Date

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