



The Technical Assistance and Training Program for Mentoring System Involved Youth welcomes you to our monthly *E-Newsletter*.

We hope the information provided will be useful to you and we encourage you to share this newsletter with other staff and agencies that are also mentoring system involved youth. If you find a particular Web site, research article, or helpful fact, we encourage you to send them to us and we will disseminate to all.

***Quote of the Month:***

You cannot do a kindness too soon, for you never know how soon it will be too late.  
~ Ralph Waldo Emerson



## **Mentoring Children with Emotional Disturbances**

### ***Potential Mental Health Issues Affecting System Involved Youth***

Developmental "Insults" That May Have a Lifelong Effect

- Severe illness.
- Major injuries.
- Forced separations from caregivers.
- Caregiver or sibling bereavements.
- Multiple placements.
- Physical, sexual, or emotional abuse.
- Witnessing violence in the home or in the community.

Long-Term Trauma Effects on Development

- *Emotional effects:* persistent emotional numbness; emotional flooding; attachment issues, especially for foster care youth.
- *Cognitive and moral effects:* powerlessness, hopelessness, despair; attention-concentration learning problems.
- *Behavioral effects:* irritability, impulsivity, hyper arousal, hyper vigilance; depression; aggression.
- *Depression:* can be associated with dangerous behavior as well as substance abuse in an effort to mitigate feelings of depression.

*Healthy relationships via mentoring can model corrective developmental and attachment stages that have been missed.*

### ***How Mentoring Can Support and Youth with Underlying Mental Health Issues***

Mentors must be...

- Emotionally balanced.
- Non judgmental.
- Capable of: unconditional, hopeful, positive regard; self-regulation; mutual regulation; creating shared narratives.
- Youth-focused; do not have prescriptive goals for the mentee— allow them to choose their own goals with mentor's influence and support.

Mentors must...

- Have frequent communication with mentees and build a positive rapport with their families, if possible.
- Focus on long-term positive youth assets (such as the 40 youth assets from the Search Institute - <http://www.search-institute.org/assets/>) rather than short-term goals.
- When appropriate, encourage youth to challenge their own negative perceptions of society, caring adults, trusting relationships, or career possibilities.
- Continue the match for at least one year.

Mentors must receive supports...

- Adequate base of information on stages and underpinnings to healthy development, mentoring, and the population served.
- Many hours of sufficient training on: values; listening, reflection and other counseling skills; and crisis identification and management.
- Extensive, available, and accessible resources for mentees.
- Monitoring by professionally trained staff.

*Remember that not all system involved youth are appropriate for mentoring.*

*It may be particularly difficult to develop relationships with mentors for those with antisocial disorders. These youth need more intensive therapeutic care and may not benefit from a mentoring relationship.*

### Resources and Sources

Ells, S. (2003). The Girls' Assets Program: Providing therapeutic mentoring. *Corrections Today*, 20–22.

Granello, P. & Hanna, F. (2003). Incarcerated and court-involved adolescents: Counseling an at-risk population. *Journal of Counseling and Development*, 81, 11–18.

Jekielek, S., Moore, K., and Hair, E. (2002). "Mentoring Programs and Youth Development: A Synthesis." *Child Trends*. Edna McConnell Clark Foundation. From

[http://www.childtrends.org/what\\_works/clarkwww/mentor/mentorrpt.pdf](http://www.childtrends.org/what_works/clarkwww/mentor/mentorrpt.pdf). Rhodes, J., Haight, W., and Briggs, E. (2000). The influence of mentoring on the peer relationships of foster youth in relative and non-relative care. *Journal of Research on Adolescence*, 9(2), 185–201.



### Audio Recording—Making the Child Welfare System Work for Older Children

At the child public policy forum on June 14, 2007, in Washington, D.C., Chapin Hall Senior Researcher Britany Orlebeke presented data on the likelihood that older children in foster care will be reunited with families, adopted, or leave the system another way. Other panelists discussed youth perspectives on placements and permanency, preparing youth for adulthood regardless of their permanency goals, and the benefits of post-adoption services for children and families. Approximately 50,000 children are adopted from public agencies in the United States each year, many of whom were placed in foster care as infants. But the likelihood of adoption decreases for children entering the foster care system at older ages. Children placed in foster care around the age of 8 or 9 see only a 10 percent chance of adoption; the rate falls to less than 1 percent for teens. The majority of older children placed in foster care are subsequently reunified with a parent or relative. But for older children who are not returned to their parents, likely outcomes include aging out of foster care, running away, and entering the juvenile justice

system. Panelists discussed how best to serve the permanency needs of older youth, focusing on where adoption fits as a permanency goal, youth perspectives on placements and permanency, the availability of post-adoption services, and concurrent planning for children in their pre-teen years.

To listen to the audio recording, please click

<http://www.about.chapinhall.org/conferences/urban/jun2007/presentations.html>.

### **New Reentry Research**

The Urban Institute has released a new research brief, "Returning Home: Exploring the Challenges and Successes of Recently Released Texas Prisoners." The brief presents highlights from a longitudinal study of individuals leaving prison and returning to the Houston area. Based on interviews with 352 men and women both before and up to a year after their release, this brief examines the role of in-prison and post-prison programs in the reentry process. Findings indicate that those who participate in job training, educational programs, and substance abuse treatment while incarcerated have better reentry outcomes and are less likely to return to prison. In addition, those on post-release supervision have greater access to community-based treatment. For the entire brief, please see

<http://www.urban.org/publications/311471.html>.

### **Report Provides Data on Youth Depression and Substance Abuse**

The U.S. Department of Health and Human Service's Substance Abuse and Mental Health Services Administration has released "Depression and the Initiation of Alcohol and Other Drug Use among Youths Aged 12 to 17." The 3-page report draws on data from the National Survey on Drug Use & Health to provide information on the prevalence of major depressive episodes and the initiation of alcohol or illicit drug use among youth. The report indicates that among youth aged 12 to 17 who were at risk for alcohol or illicit drug initiation; those who had experienced a major depressive episode were more likely to have initiated such substance abuse. To access the report and related resources, click

<http://oas.samhsa.gov/2k7/newUserDepression/newUserDepression.cfm>.



**Date:** July 15, 2007

**Location:** Philadelphia, PA

**Title:** Keeping the Relationship Alive: Creating and Supporting Successful Mentor Matches

**Sponsor:** LEARNS/Corporation for National Community Service

**Description:** This one day pre-conference will focus on creating successful mentor/mentee matches. Participants will leave with an understanding of the characteristics and needs of youth in disadvantaged circumstances; considerations for making successful mentor/mentee matches; strategies for match retention; techniques for ongoing mentor/mentee support and monitoring; and approaches for dealing effectively with common challenges.

**Web site:** <http://www.volunteeringandservice.org/>

**Date:** July 23–25, 2007

**Location:** Arlington, VA

**Title:** NIJ Conference 2007

**Sponsor:** The National Institute of Justice

**Description:** The conference brings together criminal justice scholars, policymakers, and practitioners at the local, state, and federal levels to share the latest information on research findings and technological advances. OJJDP coordinated with NIJ to organize several juvenile justice research panels for this year's conference, including latest findings on girls' delinquent behavior; disproportionate minority contact; and an evaluation of a reentry program for job placement. Several other panels at this year's NIJ conference will address youth issues. Topics include technologies for keeping schools safe, effects of transferring juveniles to adult courts, gang control efforts, and approaches to preventing teen-dating violence.

**Web site:** [www.ojp.usdoj.gov/nij/events/nij\\_conference/welcome.html](http://www.ojp.usdoj.gov/nij/events/nij_conference/welcome.html)

**Date:** August 20–23, 2007

**Location:** Detroit, Michigan

**Title:** Promoting Unity in Each Community

**Sponsor:** Community Capacity Development Office (CCDO) of the Department of Justice

**Description:** The conference will showcase the work of CCDO and the initiatives it supports, such as the Weed and Seed initiative; Strategy Development; Community Coordination and Partnerships. Topics to be addressed include building community capacity; grant writing; evaluation; strategic planning; partnership development; sustainability; and creating local community-wide efforts. There will be a one-day pre-conference training (requiring advance registration) on prisoner reentry, focusing on what is known (research) and what works (best practices) in reentry and including sessions on reentry barriers, civic engagement, emotional intelligence, and building relationships between offenders and others.

**Web site:** [www.ccdconferences.org](http://www.ccdconferences.org)

**Date:** September 18–19, 2007

**Location:** Portland, OR

**Title:** CNCS/LEARNS Institute for Youth- and Education-Focused Volunteer Programs

**Sponsor:** Corporation for National Community Service

**Description:** This event will build skills and professional networks among those who develop programs and/or supervise members and volunteers to meet the needs of children and youth. It is intended for staff of mentoring, tutoring, literacy, and out-of-school time programs as well as program and school partners. Goals of the event are to learn how to recruit, develop, train, and support members and volunteers; recognize, select, and/or develop mentor and tutor programs that are research-based and responsive to local needs; collaborate effectively within your community to build capacity; and how to measure mentor and tutor program outcomes.

**Web site:** [www.regonline.com/learns-or](http://www.regonline.com/learns-or)



**Title:** Compassion Capital Fund Communities Empowering Youth Program

**Funder:** Administration for Children and Families (ACF) of the U.S. Department of Health and Human Services

**Description:** ACF will award funds to build the organizational capacity of experienced organizations, their collaborating faith-based and/or community partners, and the resulting community collaborations to better meet the needs of America's disadvantaged youth. The applicant will assist its collaborating faith-based and/or community partners through training, technical assistance, and financial assistance. The applicant will provide training and technical assistance in four CEY critical areas: (1) leadership development, (2) organizational development, (3) program development, and (4) community engagement. Ultimately, CEY monies are to be used by the lead organization and its collaborating faith-based and/or community partners to increase the overall effectiveness of their community collaboration while increasing the organizational sustainability and capacity of the individual collaboration members. Capacity-building activities are designed to increase the collaboration's and the individual organizations' sustainability and effectiveness and to enhance their ability to provide social services to better serve those most in need.

**Award:** \$250,000 (30 awards)

**Eligibility:** Public and state-controlled institutions of higher education; Indian/Native American tribal governments; non profits; private institutions of higher education; for-profit organizations; small businesses; others.

**Deadline:** July 10, 2007

**For more information:** <http://www.acf.hhs.gov/grants/open/HHS-2007-ACF-OCS-IC-0141.html>.