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

**Quote of the Month:**

I am only one, but still I am one. I cannot do everything, but still I can do something.  
I will not refuse to do something I can do.

~ Helen Keller

**In This Issue:**

- MSİY Reminders
- Mentoring During the Holidays
- Useful Resources
- Upcoming Conferences and Events
- Grant Opportunities



**MSİY Reminders**

- **Evaluation Surveys**  
Please remember to get your survey to PIRE!
  - **Upcoming Teleconference**  
Save the Date! The next MSİY Teleconference will be December 9<sup>th</sup> at 1:00 pm EST (10:00 am PST). We will be sending out an e-mail with additional details soon.
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*Periodically the TATP Team will share information we believe will be helpful to everyone. This information may focus on building skills, sharing research updates, or identify issues and best practices. Enjoy. We invite you contact us if you'd like to speak further on any of these topics.*

## Mentoring During the Holidays

The Holidays are here! The Holidays are here! For many of us, this time of the year is an exciting and joyful period. Full of food, presents, family traditions, and spending time with loved ones. But for system involved youth, the holidays can be particularly challenging, evoking anxiety, feelings of loss, disappointment, and grief. Adding to the usual holiday stress, many youth also face painful memories, family separation, difficult family dynamics, or at the worst, violence. The season becomes one of sadness and grief, feelings that often last well after the New Year.

Staff need to be especially alert to the signs of stress in system involved youth during this season. Signs of stress vary by developmental stages, but common signs include:

- Sleeping too much or too little
- Complaining or exhibiting physical symptoms—head/stomachaches, rash or asthma flare ups
- Regression in behaviors or habits—bed-wetting, thumb sucking, nail-biting, etc.
- Strong emotions or emotional swings—crying or laughing, being agitated or edgy, worrying, lack of energy
- Antisocial behavior (withdrawal/isolation, aggression), or excessive attachment (clingy/needy) in younger children
- Signs of addictive behavior, such as overeating, use of alcohol or other drugs<sup>1</sup>

Care is needed to identify and help both youth and mentors deal with stress. Mentoring relationships can become deeper when adults effectively help youth respond to their stress. Program leaders should also be on the lookout for signs of stress in mentors and staff.

### Tips for Preparing Mentors to Work with Youth Who are Stressed

- Train mentors to recognize signs of stress in their mentee and how to respond (when to talk, act, or refer).
- Encourage mentors to report any concerns of youth stress to agency staff so staff can provide additional support to the youth and mentor.
- Remind mentors that youth often regress at times of stress. Encourage mentors to celebrate every little success and not take personal responsibility for regression.
- Encourage mentors to check in more frequently (by phone or in person) with their mentee if stress is a concern. If the mentor will be out of town during the holidays, encourage him or her to communicate via phone, letters, or e-mail with the youth.
- Be on the lookout for signs of mentor stress; support mentors' efforts through recognition and appreciation.
- Encourage mentors to monitor their own stress levels and find positive ways of dealing with stress (exercise, talk, readjust expectations, etc.).

### Tips for Working with Mentees/ Protégés who May be Stressed

- Help youth learn to recognize when they are becoming stressed and to identify personal strategies for responding to stress (exercise/ active play, talking, writing or drawing, etc.).

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<sup>1</sup> Adapted from: <http://www.preparerespondrecover.com/childrensneeds/>, [http://kidshealth.org/teen/your\\_mind/emotions/stress.html](http://kidshealth.org/teen/your_mind/emotions/stress.html), and <http://www.webmd.com/parenting/signs-of-teen-stress>

- Acknowledge the youth's experience of stress and help him/her realize stress is a normal part of life.
- Encourage youth to ask for help from trusted adults (family, mentor, or staff) when feeling overly stressed. Make sure staff are aware of where to refer youth having trouble coping with stress (e.g., community mental health agencies).
- Help youth to believe in and recognize their ability to handle the situation in a positive way. Recognize and praise youth when they use positive strategies, regardless of the outcome.

### **Tips to Support Mentor Interactions with Mentees/Protégés During the Holiday Season**

- Schedule one or two group activities in addition to weekly individual check-ins. Activities can include both community service opportunities, to focus youth on helping others rather than on themselves, and fun recreational activities to build relationships and, if necessary, refocus youths' attention.
- Encourage matches to use journaling as a way to focus on the future, and to share their writing in their next meeting or first meeting after the holidays.
- Encourage all agency staff to show active interest when interacting with mentors and mentees, and with their fellow staff. Being treated with respect and concern goes a long way in building relationships.
- Commit to respond immediately when a mentor or mentee requests help. Identify mental health professionals and agencies that youth who are having trouble coping with stress can be referred to.
- Be sure to recognize the dates of various cultural holidays (Thanksgiving, Christmas, Hanukkah, Kwanzaa, Diwali, Ramadan, etc.). This demonstrates cultural competence and helps youth focus on learning about others rather than concentrating on themselves.

Most importantly, be patient and encourage patience. Look for and celebrate every bright spot.

### **Web Site Resources:**

- Dealing with Holiday Stress:  
<http://www.hope-for-tomorrow.com/training/current/Dealing%20with%20Holiday%20Stress.doc>
- Helping Young People in Foster Care Through the Holidays:  
[http://michigan.gov/documents/dhs/DHS-Fosterclub-Holidays\\_181211\\_7.pdf](http://michigan.gov/documents/dhs/DHS-Fosterclub-Holidays_181211_7.pdf)
- Managing Holiday Stress and the Blues (teen focus):  
<http://www.health.ri.gov/family/ofyss/teens/tips/DisplayTip4.php>
- Holiday Stress in Foster Children:  
[http://fosterparenting.suite101.com/article.cfm/holiday\\_stress\\_in\\_foster\\_children](http://fosterparenting.suite101.com/article.cfm/holiday_stress_in_foster_children)
- National Child Trauma Stress Network (includes responses for range of trauma)  
[http://www.ncetsnet.org/ncets/nav.do?pid=hom\\_main](http://www.ncetsnet.org/ncets/nav.do?pid=hom_main)

### **Web Sites with Journal Ideas**

- General Journal Writing prompts:  
[http://english.unitecnology.ac.nz/resources/units/creative\\_writing/prompts.html](http://english.unitecnology.ac.nz/resources/units/creative_writing/prompts.html)
- Friendship Journals (younger children):  
<http://www.youthonline.ca/friendship/bljournal.shtml>
- Writing exercises (lesson plans for teachers with writing prompts):  
<http://www.nald.ca/fulltext/blackyth/page2.htm> ("Daily Writing" & "Self Esteem/Respect" are most applicable)

Do you have additional ideas? Please share your best practices and suggestions with the group via the MSY listserv by sending an email to 'msiy @ mailman . edc . org'.



### ***Finding Resources to Support Mentoring Programs and Services for Youth***

This brief highlights three strategies that leaders and stakeholders can use to finance and sustain mentoring programs and services for youth. These strategies include building partnerships with businesses and foundations, conducting community fundraising to generate revenue, and maximizing public revenue. In addition, the brief provides information on 25 federal funding sources that can be used to finance and sustain these programs. This publication is available at: <http://www.financeproject.org/publications/FindingResources-MentoringPrograms.pdf>.

### ***Preparing Emancipated Youth for Positive Contact with Their Birth Families***

In research conducted by Casey Family Programs, 87.9 percent of surveyed youth had elected to contact their birth families after leaving foster care. Casey practitioners and researchers Catherine Roller White, Mary Wolf, Kirk O'Brien, and Peter Pecora have published an article to discuss preparing youth for contact with birth families. The article also discusses benefits that may come from birth family contact. These include engagement with identity, history, and culture. Included in the fall 2008 issue of *Focus*, the article is titled, "Contact with Birth Families After Emancipation: Results from Two Alumni Studies and Implications for Practice." To read the article, download the newsletter located at [http://www.fft.org/publications/focus\\_archives/2008\\_fall.pdf](http://www.fft.org/publications/focus_archives/2008_fall.pdf).

### ***Co-occurrence of Substance Use Behaviors in Youth***

The Office of Juvenile Justice and Delinquency Prevention (OJJDP) has published *Co-occurrence of Substance Use Behaviors in Youth*. The bulletin draws on data from the National Longitudinal Study of Youth to analyze the prevalence and overlap of substance-related behaviors among youth. The central finding of this analysis is that given one substance-related behavior, other substance-related behaviors become more likely. The report is available at <http://www.ojjdp.ncjrs.gov/publications/PubAbstract.asp?pubi=241031>.

### ***Foster Care Awareness Campaign***

Casey Family Programs, along with its partners, recently launched a new awareness campaign that is currently being piloted in the Austin, Texas area. The campaign's slogan, "You don't have to raise a foster child to raise them up," helps to highlight the many ways to get involved in the life of a child in foster care. To learn more, visit [www.raisemeup.org](http://www.raisemeup.org).

### ***Journal Draws on OJJDP Research to Address Juvenile Justice***

The fall 2008 issue of *The Future of Children*, published by Princeton University's Woodrow Wilson School of Public Affairs and the Brookings Institution, draws on research initiated or funded by the OJJDP to address the theme "juvenile justice." Topics addressed include disproportionate minority contact, female offenders, mental disorders, and substance abuse. The Juvenile Justice issue of *The Future of Children* is available at [http://www.futureofchildren.org/pubs-in fo2825/pubs-info\\_show.htm?doc\\_id=708717](http://www.futureofchildren.org/pubs-in fo2825/pubs-info_show.htm?doc_id=708717).

## Conferences and Events

**Date:** February 9–12, 2009

**Location:** National Harbor, Maryland

**Title:** CADCA's National Leadership Forum XIX

**Sponsor:** Community Anti-Drug Coalitions of America (CADCA)

**Description:** The theme of CADCA's 19th Annual National Leadership Forum is "Charting the Course: Stronger Partnerships for Healthier Communities," with workshops covering everything from underage drinking and prescription drug abuse prevention to how to involve returning veterans in community coalitions. CADCA's National Leadership Forum is the nation's largest training conference for community coalition leaders and substance abuse professionals. For the 2009 Forum, CADCA has prepared more than 100 results-driven sessions and 11 tracks. New this year is a special track devoted entirely to underage drinking prevention. CADCA's Forum will also include several courses on how coalitions can enhance recovery and treatment services in their community.

**Web site:** <http://www.cadca.org/events/forum/forum19/default.asp>

**Date:** February 11–14, 2009

**Location:** Burlingame, California

**Title:** Beyond School Hours XII National Conference

**Sponsor:** Foundations, Inc.

**Description:** Foundations' Beyond School Hours conferences bring afterschool educators together to share ideas about quality programming for children and youth. Topics include the latest professional development, funding, and programming strategies as well as research, curriculum, evaluation, and program improvement.

**Web site:** <http://www.foundationsinc.org/events/conference/beyond12/default.asp>

## Grant Opportunities

### **Foundation Giving Priorities Remain Consistent During Economic Slowdowns, Researcher Says**

Despite concerns among nonprofits that the economic downturn may cause foundation funding priorities to shift, grant-making priorities are remarkably consistent over the long term, according to Steven Lawrence, senior director of research at the Foundation Center. In a new research advisory, Lawrence noted that grant-making priorities in most areas—including health, the arts, and international affairs—do not shift suddenly in the face of reduced resources. Yet, foundations do respond to pressing demands outside of their core focus areas during times of exceptional need. To read the research advisory, go to

[http://foundationcenter.org/gainknowledge/research/econ\\_outlook2.html](http://foundationcenter.org/gainknowledge/research/econ_outlook2.html).

### **Seventy Percent of Americans Plan to Give During the Holidays, Survey Finds**

A survey conducted in late September revealed that almost seven out of 10 adults plan to donate the same amount online as they did in the 2007 holiday season. The survey questions focused exclusively on online-giving habits of people who use the Internet. Eighty-three percent

of people who say their financial situation has remained the same in the past year plan to give the same amount or more this holiday season. Forty-six percent of those who said their financial situation had become substantially worse over the past 12 months still plan to donate online in November and December.

Among the other findings:

- Fifteen percent said that an e-mail message from a family member or friend would make them more likely to donate online to a particular charity, and only 10 percent said that they would turn to a charity watchdog group to decide which organization to support.
- Forty-six percent of those who are 18 to 24 years old and half of those 25 to 34 plan to donate online, with 13 percent of the younger group planning to donate more this holiday season than last.
- More than half of people 55 to 64 plan to donate online this holiday, which researchers say proves that online commerce is not just for young people.

To read more about the findings, go to

<http://philanthropy.com/news/updates/index.php?id=6084>.

*These are just a few grant opportunities that may be applicable to you or partner organizations.*

**Title:** Nonprofit Partner Award

**Funder:** Committee to Encourage Corporate Philanthropy

**Description:** One nonprofit organization will be honored for its partnership with a corporation. Nominations must be submitted by corporations. Additional information is available on the committee's Web site.

**Award:** \$25,000

**Eligibility:** Organizations classified as tax-exempt under Section 501(c)(3) of the Internal Revenue Code that have annual operating budgets of at least \$500,000.

**Deadline:** December 4, 2008

**For more information:** <http://www.corporatephilanthropy.org/excellenceawards>

**Title:** 2009 Cause Marketing Halo Awards

**Funder:** Cause Marketing Forum

**Description:** The 2009 Cause Marketing Halo Awards honors outstanding partnerships between businesses and nonprofit organizations. Entries are sought in the following categories: best transactional campaign, best joint-message promotion, best print creative, best event, best health campaign, best environmental or wildlife campaign, best social-service or education campaign, and best integration of national and local campaigns. Additional information is available on the forum's Web site.

**Eligibility:** Nonprofit organizations or companies that conducted cause-marketing campaigns in the United States in 2008.

**Deadline:** February 2, 2009

**For more information:** <http://www.causemarketingforum.com>

**Title:** Goldman Sachs Foundation Grants

**Funder:** Goldman Sachs Foundation

**Description:** The foundation's grant-making interests include advancing high academic achievement at secondary schools, nurturing the abilities of promising youths, and developing future entrepreneurs and global leaders. Additional information is available on the foundation's Web site.

**Eligibility:** Organizations that are classified as tax-exempt under Section 501(c)(3) of the

Internal Revenue Code.

**Deadline:** There are no fixed deadlines. The Foundation makes grants throughout the year.

**For more information:** <http://www.gs.com/foundation>

**Title:** Chicago International Connections Fund

**Funder:** John D. and Catherine T. MacArthur Foundation

**Description:** Grants will support nonprofit groups in the Chicago area that wish to work with organizations and individuals outside the United States. Additional information is available on the foundation's Web site.

**Award:** up to \$50,000 each

**Eligibility:** Organizations in the Chicago metropolitan area that are classified as tax-exempt under Section 501(c)(3) of the Internal Revenue Code and are not private foundations.

Applicants must have received, within the past three years, a grant from the MacArthur foundation, the MacArthur Funds at the Driehaus and Prince foundations, or the Local Initiatives Support Corporation's New Communities Program.

**Deadline:** February 1, 2009

**For more information:**

[http://www.macfound.org/site/c.lkLXJ8MQKrH/b.3949359/k.3FF6/International\\_Connections\\_Fund.htm](http://www.macfound.org/site/c.lkLXJ8MQKrH/b.3949359/k.3FF6/International_Connections_Fund.htm)