

MENTORING

What is mentoring? Mentoring is a relationship between an adult and a youth where the adult volunteers his or her time to provide the youth with support, guidance and friendship. The adult mentor is not being paid for his/her time, but rather, the key emphasis is the relationship and sharing experience. This one-on-one relationship helps to develop the mentee's (youth) sense of importance, self-efficacy and confidence. Mentoring can be the key to a youth's future. Mentoring has been shown to improve placement stability, increase school attendance, reduce delinquent behavior and improve self-esteem.

Why should youth be referred to mentoring? Youth in out of home care can derive great benefit from a strong positive mentoring relationship. This will support stability for the youth and greater opportunities for success and permanent connections. Mentoring can lead to a more successful transition out of the system and a lifelong connection.

The agencies listed below are partnered with the Department of Children and Family Services in providing mentoring services to youth and young adults in Los Angeles County. For further information youth, caregivers, or social workers/Probation Officers may contact Jennifer Hottenroth, DCFS Mentoring Section, at (213) 351-5775, or Suzy Moraes, Probation Mentoring Coordinator, at (213) 351-0222.

- **Mentoring Partnership for Los Angeles County Youth** (mPLAY) provides mentors for DCFS youth in out of home care. *Contact mPLAY at (310) 203-0500 or www.childrenunitingnations.org;*
- **Alliance for Children's Rights** helps guide 16-24 year olds through the difficult transition from foster care to independence by educating them about their legal rights and empowering them with skill building workshops and access to resources. The Allies Mentoring Program is designed to further support these youth by providing them with caring, consistent, adult role-models who will help empower them to make good decisions and set attainable life goals. *Contact Vinnie Daverso (213) 368-6010 Ext. 144. and*
- **Bridges to the Future** is a DCFS program that provides mentors from the Los Angeles Bar Association for transitioning youth who are seniors in high school. *Contact Connie Rex at (626) 938-1827.*