



Mentoring Program Application Pack

Mentoring Program

Application Pack

Thank you for your interest in becoming a Mentor with Youth Focus. Please take the time to read through this application pack before completing the application form.

The role of a Mentor is to support a young person (mentee) by being a positive role model and assisting them to develop and enhance skills in a range of areas such as:

- Self-esteem;
- Trust;
- Communication;
- Relationships;
- Goal setting;
- Conflict resolution;
- Problem solving; and
- Life skills.

Engaging in the Youth Focus Mentoring Program is for a maximum of 12 months whereby Mentors are required to meet with mentees a for a minimum of two hours per fortnight.

Checklist

- I have read and agree to the contents of this Application Pack.
- I have completed the Application Form included within this pack.
- I have provided references as part of this application pack.



Youth Focus: who are we?

The Youth Focus mission is to equip young people who experience mental health challenges to lead meaningful lives. It does this through the delivery of free and accessible professional counselling services to thousands of young people and their families each year.

In addition to its core service offering of face-to-face counselling, Youth Focus engages with communities to educate and build awareness about youth mental health issues and suicide prevention. As part of this engagement, the organisation delivers group-based therapy, Mentoring, vocational support, outreach programs and education programs in schools, workplaces and communities across WA. Youth Focus operates from eight metropolitan and regional offices and is the lead agency for four headspace centres.

What do we do?

Youth Counselling

Each year, Youth Focus supports more than 4,500 young people aged 12 to 25 with face-to-face and online counselling. Clinicians work exclusively with the young person, or where appropriate, in collaboration with their family.

Youth Focus provides a friendly, confidential and professional service for young people who are in need of counselling and support. Our clinicians are trained professionals with the skills necessary to assist young people in identifying coping strategies to deal with issues associated with suicide, depression and self-harm.

Youth counselling appointments are free of charge and available at our offices or on an outreach basis – where clinicians meet with clients at their school or another location such as youth centres.

Clinicians will assist young people experiencing feelings such as:

- Feeling unhappy, moody or irritable a lot of the time;
- Feeling empty or numb;
- Losing interest and pleasure in activities that were once enjoyed;
- Change in appetite, eating habits or weight;
- Change in sleeping habit;
- Tiredness, lack of energy and motivation, difficulty concentrating;
- Feeling bad, worthless or guilty or being overly critical of oneself;
- Negative or 'down on yourself' thoughts;
- Thoughts of death or suicide;
- Periods of intense fear or anxiety; unwanted thoughts and fears;
- Uncontrollable and unrealistic worry about everyday situations; and
- Deliberate acts of self-harm or injury as a way of coping with difficult or painful feelings.

Mentoring with Youth Focus

The Mentoring Program supports young people 12 to 25 years who are already engaged in counselling with Youth Focus.

The Mentoring Program at Youth Focus has been shown to be effective in supporting young people to meet their full potential and can encourage the development of resiliency. Additionally, the Mentoring Program has demonstrated numerous benefits to Mentors in their own professional and personal development.

Mentors are carefully assessed and chosen to provide positive role modelling while assisting the young person to develop new and enhance existing skills. Engaging in the Mentoring Program is for a maximum of 12 months whereby Mentors are required to meet with mentees for a minimum of two hours per fortnight.

Eligibility

- Be at least 21 years of age;
- Must not be currently employed, contracted, or on student placement with Youth Focus.
- Must have access to a safe, roadworthy vehicle to transport young people for mentoring sessions.
- Must not be a user of illicit substances or involved in any illegal activities.

Mentoring Program processes

Matching

The matching process is conducted in consultation with the young persons' Counsellor, and the young person. The process considers:

- The needs and goals of the young person.
- The Mentor's experience, traits and skills; and
- Geographic and availability considerations.

Initial match meeting

The initial mentoring match meeting is held so that all individuals can introduce themselves and plan for the first mentoring session. This usually includes the young person, their Counsellor, the Mentor and the Mentoring Program Officer.

Maintaining

Mentoring Sessions

Each mentoring journey is unique to the young person and the Mentor. Activities are based on the young person's mentoring goals, their interests and preferences.

The timing of mentoring sessions will likely vary fortnight to fortnight around changing schedules. Activities should be chosen to encourage safe conversation between the young person and Mentor to build a strong relationship, as opposed to taking them on excursions. For example:

- Having a picnic in the park
- Going for a "coffee"
- Bowling
- Bike riding
- Catching public transport together
- Engaging in activities with other young people.

Interactions between the Mentor and young person will be documented using the Mentor Debrief Form and sent to the Mentor Program Officer to be stored on the young person's file.

Checking in

Periodic reviews will occur throughout engagement in the Mentoring Program, coordinated by the Mentoring Program Officer. These reviews provide an opportunity for the Mentor and young person to reflect on the program, identify progress, address issues, review goals and plan for the next steps. The young person will also complete periodic Mentoring Program evaluation.

Exiting

Engaging in the Mentoring Program is for a maximum of 12 months, although a young people can choose to exit whenever is suitable for them. Often, when they have achieved their goals. In some instances, a young person's needs and circumstances have changed and the Program no longer suitable.

When preparing to exit the program the young person (if they choose to), Mentor, Mentoring Program Officer and Counsellor will connect to review and reflect on the engagement, including closing the relationship, identifying feedback and celebrating progress.

Mentoring Program Accountability

Youth Focus is part of the Australian Youth Mentoring Network (AYMN), and currently collaborate with other youth Mentoring organisations on the WA Youth Mentoring Network including:

- Department of Communities;
- Ed Connect;
- Raise Mentoring;
- Wadjuk Northside;
- The Smith Family;
- Leading Youth Forward;
- Ngala Midwest Gascoyne; and,
- Murdoch University.

The AYMN mission is to foster the growth and development of high-quality Mentoring programs for young people in Australia by providing a national base of collaboration, support, guidance and expertise.

As a member of AYMN, Youth Focus's Mentoring Program has been developed in line with, and continues to meet, the standards of Australian Mentoring Benchmarks.



Mentor Application Form

About You

Tell us about yourself; what are your hobbies, passions, and interests?

What do you do for work or study or what do you hope to do in the future?

Do you have disability/ medical conditions that may limit your ability to participate in certain activities? If yes, please provide details of what you will need for us to accommodate your needs.

How far (minutes) are you prepared to travel from your home address to meet a young person?

Tell us about your experience working with young people (aged 12 to 25), if any.

Applicant Signature

Signed



Mentor Application Form

Please provide both professional and personal references below. The Mentor Program Officer will conduct reference checks via their preferred method of contact prior to engagement with young people.

Professional Referee Details

Name

Phone

Relationship to Applicant

Email

Communication Preference

Text Only ☐

Email Only ☐

Phone Call Only ☐

ALL ☐

Personal Referee Details

Name

Phone

Relationship to Applicant

Email

Communication Preference

Text Only ☐

Email Only ☐

Phone Call Only ☐

ALL ☐



Thank you

Please return this form to:
Mentor Program Officer
Email: Mentoring@youthfocus.com.au
Phone: (08) 9266 4333