



## **Information Sheet for Parents or Guardians**

### **Mentoring in the Hood (MiTH) – Group Mentoring**

#### ***Program Description***

Mentoring in the Hood (MiTH) is a group based program that involves engaging young people in need of additional support and guidance with screened and trained adult volunteer mentors in a fun and friendly environment. An initial activity is chosen that will engage the participants and keep them interested, as well as create a platform for their new friendships to develop. These activities usually include team sports such as basketball, football or indoor games, but can also include art or gardening projects to assist the young people to explore new interests.

Activities are usually based around the skillset of the volunteers and what they are able to instruct at a group level. The group can be made up of three-five volunteer mentors and up to fifteen young people, and the program is overseen by a TRY Mentoring Program Coordinator. Though the activity may be the initial draw-card, the focus of the MiTH program is on the mentoring relationship between the volunteers and young people, and the long-term friendship and positive impact that can develop as a result.

#### ***Eligibility***

Young people who may have a specific need for additional adult role modelling and support are referred to the program by the family and a professional worker involved with the family (psychologist, school wellbeing team, case worker etc). These young people may be experiencing difficulty making friends, have limited recreational opportunities, be disengaging from school, have limited social skills and/or have low self-esteem which is impacting on their behaviour.

Once an application form has been completed, TRY Mentoring Program Coordinators will arrange a school visit to meet your child and determine their interests and needs. This will also ensure your child is suitable for the program.



### **Volunteers**

To become a Group Mentor, a volunteer is required to undergo a robust screening and selection process (this includes an in-depth interview, obtaining a Police Check and Working with Children's Check, along with providing three references). Training is provided, which may also be tailored to the needs of the particular young people to whom the Group Mentors will be matched. We expect volunteers to show ability to relate to young people and demonstrate an interest in their welfare.

### **Match Support**

The group is formally reviewed at regular periods throughout. To ensure happy, productive relationships are forming between the participants, communication with TRY Mentoring staff is essential. Face-to-face supervision is conducted with the volunteers and young people during the initial sessions of the program. Then as the group becomes more cohesive the supervision will become less regular (via face-to-face, telephone or email) depending on the needs of each individual young person.

We encourage you to keep in regular contact with the TRY Program Coordinator to discuss any concerns and updates about your child's involvement.

### **Costs**

Volunteer mentors give freely of themselves and their time; they also cover any transport costs to and from group meetings. There is no cost associated with the MITH program for your child.

### **Transport**

As the parent/guardian, it is your responsibility to arrange transport for your child to and from group meetings.

### **Goals of the MITH program**

The main aim of the program is to build fun friendships with mentors. From these established friendships mentors will work to develop R.E.A.L Attributes in young people:

- R. Resilience
- E. Engagement
- A. Assertiveness
- L. Leadership

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***Graduation Celebration***

At the end of the 12 month program we will invite family members to attend a 'graduation' celebration to acknowledge the achievements of the participants and participants will all receive a certificate.

***Frankston MiTH details***

In mid-May 2018 a new MiTH group is being organised at Frankston South Community Centre on Mondays during the school term.

For more information please contact TRY Group Program coordinator Rachel DeSumma 0429 801 166

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