



Mentors and Mentees enjoying the hip-hop dance lessons at Mentor's Day at Chelsea Piers, 2009



The Mentoring Partnership of New York

# The Heart of Mentoring

Information and Insights for the Mentoring Community

March 2009

Volume 1, Issue 4

*"It is easier to build strong children than to repair broken men."*

-Frederick Douglass

We would like to offer the **FREE** use of our conference room when available during the hours of 9-5 p.m.

Please inquire about availability 3 weeks in advance. **Contact:** siragorri@mentoring.org

## In this issue:

Strength-Based Communication	1
Free Resources	1
National Volunteer Week Foundations	2
Register Your Mentoring Program	2
Mentoring Institute Calendar	2

## Strength-Based Communication: Shoring up a Mentee's Sense of Self

Charlie Appelstein is a social worker with a mission - to improve the self esteem of every child he comes in contact with. His method is simple; always say please and thank you when addressing young people, use humor as much as possible and avoid negative feedback. Charlie dislikes the use of pejorative labels, to him a *lazy kid is good at preventing additional hurts or failures*, a *close-mouthed child is loyal to her family and friends* and a *manipulative child is one who is good at getting his needs met*. He translates labels like *resistant* into *cautious* and *defiant* as *good at standing up for oneself*.

Strengths-based practice is always **affirming** and **solution focused**. Many inner city mentees are the products of negative reinforcement or "flaw-fixing". Discipline and teaching using these methods only reinforces a poor self image and can leave a child believing that outward behavior equals character as in the thought "if you act bad you are bad". Strengths-based practice believes that illustrating consequences is more developmentally corrective than guilt, for off track behavior, and it discourages the use of punitive actions.

Because the human brain continues to develop throughout adolescence and into early adulthood there is significant potential for correcting pre-existing thought patterns. When you focus on solutions you can point out a child's **inherent strengths** thus showing her possibilities and **giving hope**. Celebrating every small step trains a young persons mind to accept accomplishments and helps **minimize past mistakes**. Another way to correct thinking is to reverse the child's perspective as in "Given all you have to deal with, how come you did this well?"

The process of helping kids get back on track may require mentors to change the way they think and communicate. Trying to make every encounter with mentees **developmentally pro-active** takes effort and forethought. As adults, we sustain ourselves through the strength we draw from our beliefs; let's pass it on and help challenged young people to find their own strengths. Charlie says **"When you talk about the future in positive terms you make any desired outcome more possible. And when it's more possible, it becomes more probable"**.

To learn more go to [www.charleia.com](http://www.charleia.com)

## FREE RESOURCES

We all know funding and resources are very tight right now. Luckily we have come across some great **FREE** resources that can help you enhance your fundraising, volunteer pool, and administrative support.

**Youth I.N.C (Improving Nonprofits for Children)** is a non-profit organization that seeks to improve the operations and develop the capacity of nonprofits serving youth. To do so, Youth, I.N.C. trains the affiliated nonprofit organizations to design, fund, and manage fundraising events while securing donors and building their board of directors. **For more information contact, Fabiola Dieudonne 212-250-8298 or [fdieudonne@youthinc-usa.org](mailto:fdieudonne@youthinc-usa.org)**

*Running a one day event and need extra volunteers?* **One Brick** is a national volunteer organization with over 30,000 volunteers across the country. One Brick organizes over 100 volunteer events a month, delivering more than 50,000 hours of volunteer impact directly to the more than 600 nonprofits they serve, entirely free of cost to the nonprofit. **For more information go to [www.onebrick.org](http://www.onebrick.org) or [questions@onebrick.org](mailto:questions@onebrick.org)**

**AARP Foundation: The Senior Community Service Employment Program (SCSEP)** is a work-training program for older workers. The purpose of the SCSEP is for a participant to provide community service while they actively pursue unsubsidized employment off of the program. We are lucky enough to have a participant in our office 18 hours a week. **For more information contact 1-888-OUR-AARP [www.aarpworksearch.org](http://www.aarpworksearch.org)**

**Funding Opportunities/  
Foundations**

**Achelis and Bodman Foundations**

212-644-0322 main@achelis-bodman-fnds.org

**New York Life Foundation**

212-576-7341 NYLFoundation@newyorlife.com

**The TJX Foundation**

508-390-3199 tjx\_foundation@tjx.com

**State Street Foundation**

917-790-4172 Hlevine@statestreet.com

**National Volunteer Week**

**April 19-25th**

Make sure to post your volunteer opportunities during the month of April. We suggest the following web sites:

volunteermatch.org

craigslist.org

idealist.org

nyc.gov

networkforgood.org

volunteernyc.org

volunteer-referral.org

**Please let us know if you are in need of Mentors.** Our mentor inquires **TRIPLE** during this week.



**Jean Lahage Cohen,**  
Executive Director

**Bruce Beckwith,** Director  
of Services

**Sara Iragorri,** Project and  
Operations Coordinator

**Muriel Kerr,** Administrative  
Assistant

122 E 42nd Street, Suite 1520

New York, NY 10168

212-953-0945

siragorri@mentoring.org

[www.mentoring.org/ny](http://www.mentoring.org/ny)

Register or Update Your Mentoring Program

Enrolling your program and updating your program with the National Youth Mentoring Network (NYMN) at **Mentoring.org** helps you recruit more mentors and greatly increases visibility for your organization. Thousands of prospective volunteers visit **Mentoring.org** each month to access the NYMN and find mentoring opportunities in their community.

Don't miss out on this FREE advertisement for your program!

Contact Kim Jessup at Mentor for questions 703-224-2200

Check to see if your  
Info is up to date!

**Friday Afternoon Series; Helping professionals in the mentoring community to expand their knowledge and increase supervision skills.**

**April 10, 2009 2:00-4:00PM** – Mentoring Youth with Special Needs - Four mentoring programs share what they have learned about working with: children of incarcerated parents, immigrant populations, youth in foster care and young people living with chronic illness and disabilities.

**Developing a Mentoring Program Utilizing the Elements of Effective Practice:** this comprehensive session will provide the necessary tools and information to launch and sustain an effective youth mentoring program.

Tuesday April 21st, 9:00-4:00 p.m.

Friday May 15th, 9:00-4:00 p.m.

Tuesday June 16th, 9:00-4:00 p.m.

For these and other workshops, register at [www.mentoring.org/newyork](http://www.mentoring.org/newyork) **“Mentoring Institute”**