

2015 Collaborative Mentoring Webinar Series Planning Team



Good to Know...

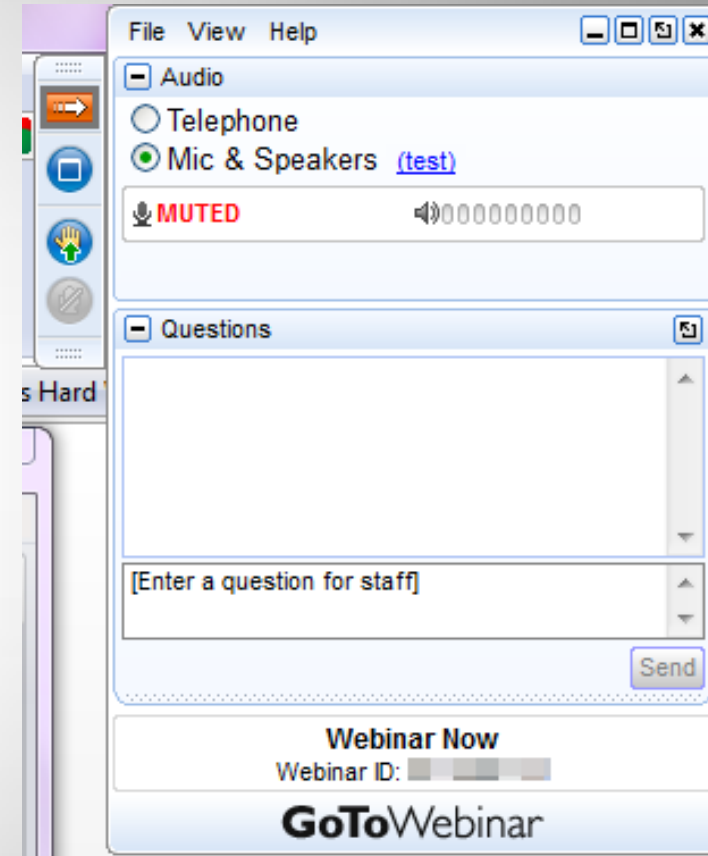
After the webinar, all attendees receive:

- Instructions for how to access PDF of presentation slides and webinar recording
- Link to the Collaborative Mentoring Webinar Series webpage, where all slides, recordings, and resources are posted.

Please help us out by answering survey questions at the end of the webinar.

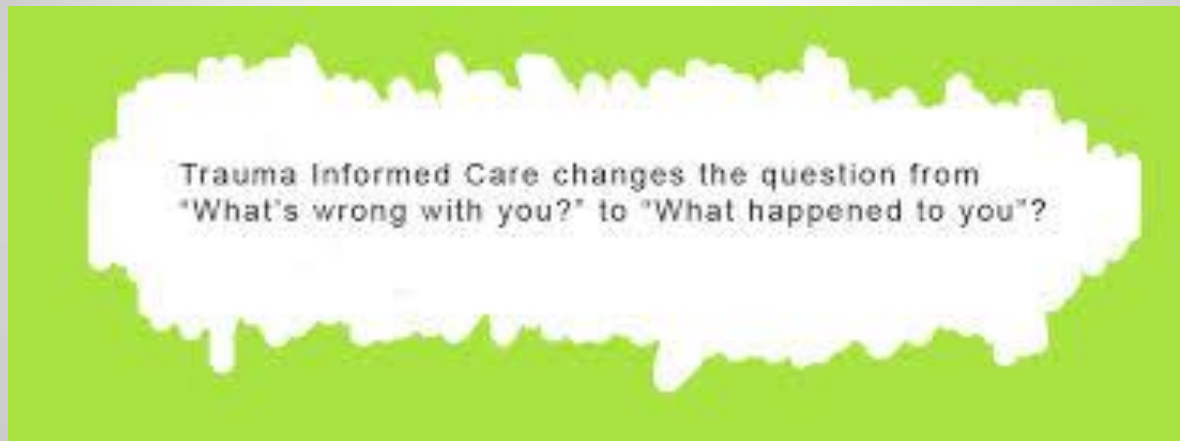
Participate in Today's Webinar

- All attendees muted for best sound
- Type questions and comments in the question box
- Respond to polls
- Who is with us today?



Today's Webinar

- Laurie Vargas, San Francisco Unified School District's Mentoring for Success



**Q & A throughout the presentation
(use the Q & A panel)**

Laurie Vargas



Laurie Vargas has her Masters in Counselor Education and has worked with San Francisco Unified School District for over 9 years. Within her role in SFUSD, she is a Wellness Counselor providing direct services to students and families and is a District Coordinator for SFUSD's Mentoring For Success Program. Laurie has presented on numerous topics including Child Abuse & Mandated Reporting, Facilitating Support Groups in Schools, and Understanding Trauma.

Mentoring For Success

- San Francisco Unified School District's mentoring program
- Currently in 40 schools
- Supporting over 500 youth through one-on-one matches and a unique group mentoring model in 4 high schools
- 2.5 School Social Workers support the 40 Site Coordinators
- Understanding how Trauma affects students is a district-wide initiative



Daren - 12 year old Mentee

- Biracial: African American & White
- Living in public housing, Single Parent Household
- Mom works at night, medically fragile grandmother in home, Dad Incarcerated, 1 older sister, 1 younger brother
- Intelligent, loves science & hands on learning
- Loves sports, dancing Hip Hop; hangs out with neighborhood peers, doesn't identify any as a best friend
- Teachers have reported that he can be disruptive in class - chatty, wanders, doesn't complete homework; attends school everyday

What is trauma?

School Violence
Community Violence
Trauma Associated With Immigration
Domestic Violence
Traumatic Loss
Accidents/Disasters
Child Abuse

TRAUMA

What happens?

- Brain and body goes into “fight, flight, or freeze”
- Trauma affects relationships



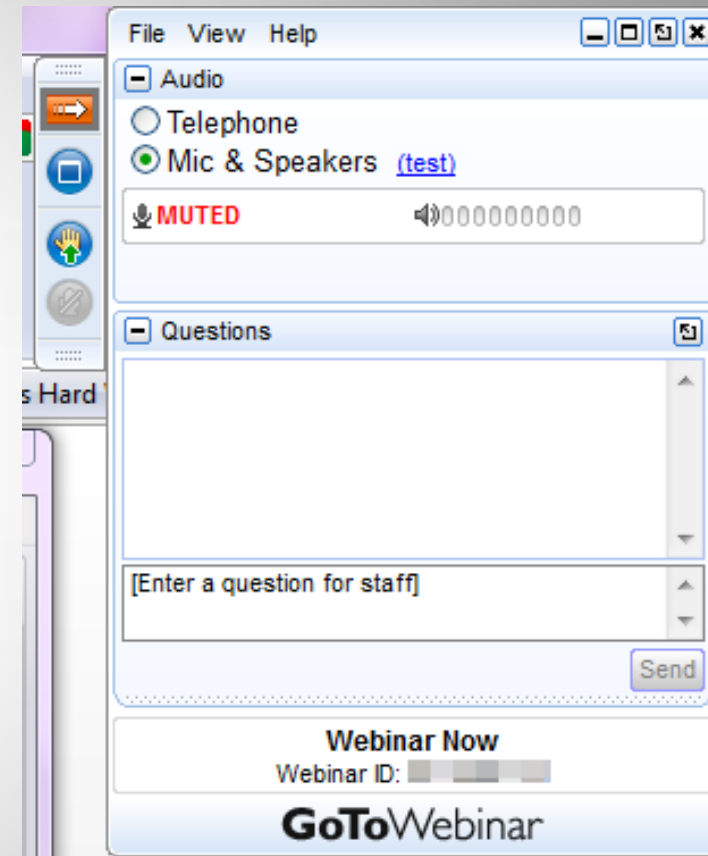
Trauma Informed Care

VS.

Trauma Informed Lens

Q&A

Type your questions in the question box:



Melissa - 45 year old Mentor

- Caucasian, gainfully employed
- Lives in the same town, but not the same neighborhood
- Has been Daren's mentor for 6 months; started out strong, played football, watched movies, try new foods; connected on a good level
- In the last 2 months, Daren has started to pull away
- No show for mentor
- Quiet when they are together

Strategies for Building Strong Mentoring Relationships

- Provide authentic empathy and attunement
 - “No-matter-what” caring
- Don’t take mentee’s behavior personally
 - Avoid blaming
 - Reframe current situations as relational/contextual factors vs. personal failure
- Convey hope and empowerment
- Be a strong advocate for your mentee

J. Dorado & L. Dolce (2012), UCSF HEARTS, Child & Adolescent Services, UCSF/SFGH

Understanding How Working with Youth Affects Mentors

Awareness

- Of one's limits, resources, emotions

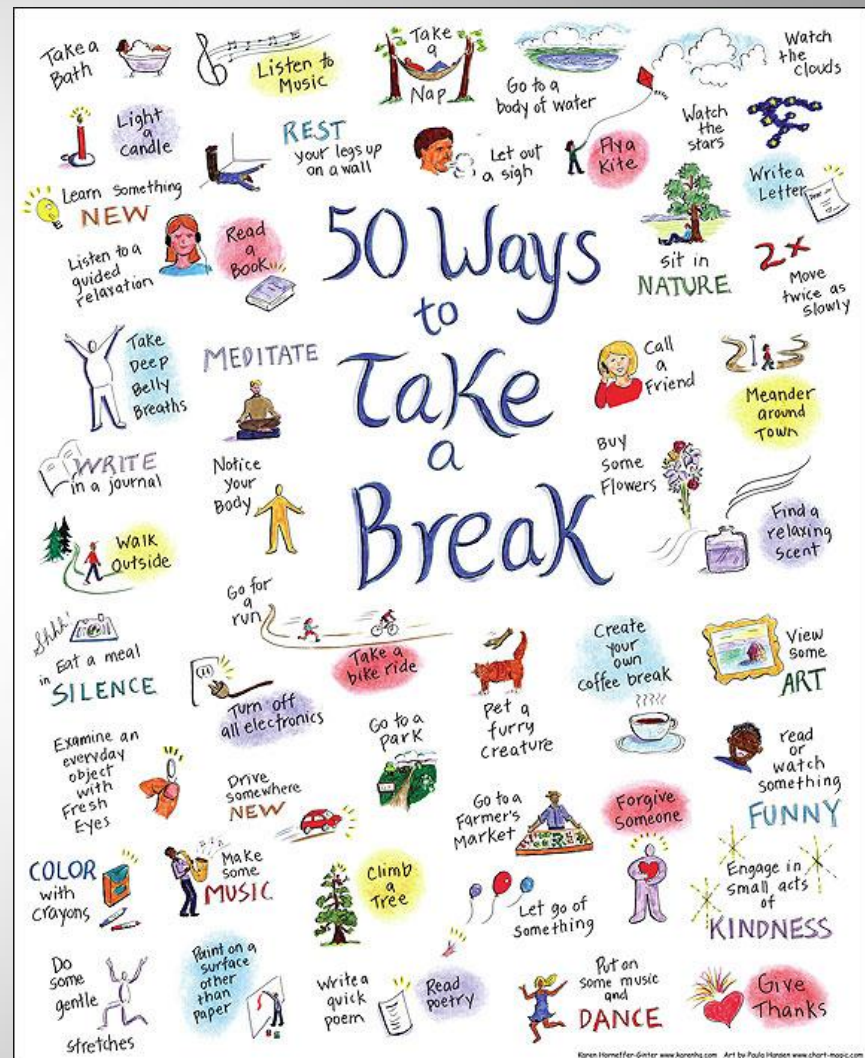
Balance

- Among personal and professional activities

Connection

- To one's inner self, to others, and to something "larger" (e.g. spiritual)

Gusman & Swakes, National Center for PTSD



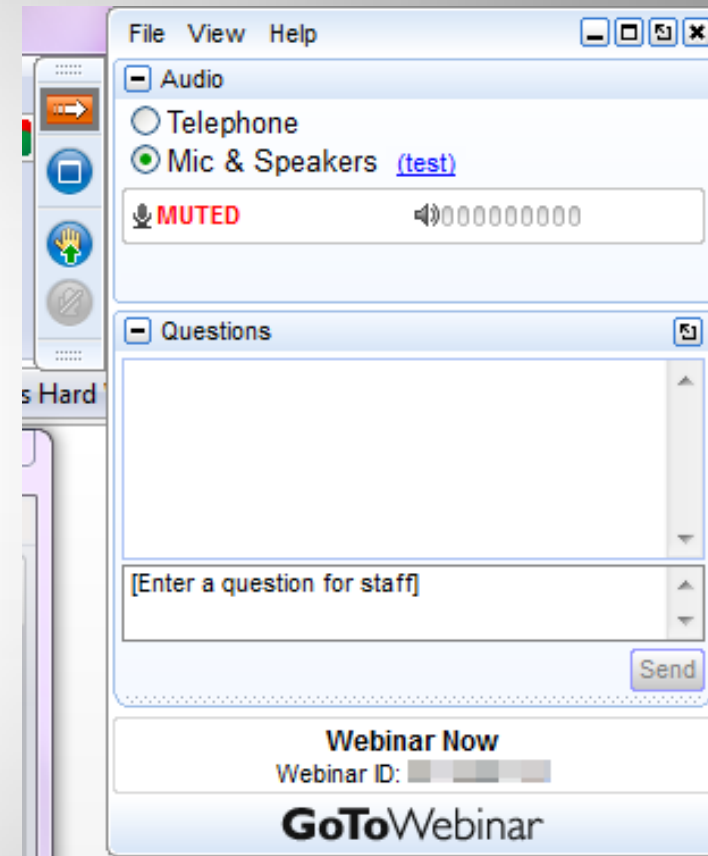
Additional Resources

- Greater Good Science Center
greatergood.berkeley.edu/education
- <http://www.nctsn.org/>
- <http://www.massadvocates.org/trauma-learning.php>
- Special Needs Inclusion Project <http://www.snipsf.org>
- Real Life Heroes: Practitioners' Manual and Real Life Heroes: A Life Story Book for Children, (Richard Kagan)
- Reaching and Teaching Children Who Hurt: Strategies for Your Classroom (Susan Craig)
- Dr. Nadine Burke Harris: How childhood trauma affects health across a lifetime, TEDTalk,
<https://www.youtube.com/watch?v=95ovIJ3dsNk>

Additional resources will be posted to the MENTOR website.

Q&A

Type your questions in the question box:



Remember...

After the webinar:

- Please help us out by answering survey questions at the end of the webinar.
- Everyone will get an email with information on how to download the slides, recording, and resources on the CMWS webpage on the MENTOR website:

http://www.mentoring.org/program_resources/training_opportunities/collaborative_mentoring_webinar_series/

Stay Connected

- Email us at collaborativewebinarseries@mentoring.org
- Tweet with hashtag #MentoringWebinar
- Visit our webpage on the MENTOR website for past and upcoming webinars:

The screenshot shows a web browser window with the URL www.mentoring.org/program_resources/training_opportunities/collaborative_mentoring_webinar_series. The page features the MENTOR logo (National Mentoring Partnership) and the tagline "Expanding the World of Quality Mentoring". Navigation links include "VRS Login", "Register a Program", and "Contact Us". A "DONATE" button and social media icons for Facebook, YouTube, Twitter, Email, and LinkedIn are present. A search bar is also visible. The main navigation menu includes "HOME", "ABOUT MENTOR", "START A PROGRAM", "PROGRAM RESOURCES", "GET INVOLVED", "NEWS & RESEARCH", and "SUMMIT 2015". The breadcrumb trail reads: > Home > Program Resources > Training Opportunities > Collaborative Mentoring Webinar Series. The page title is "Collaborative Mentoring Webinar Series". The main content area states: "MENTOR: The National Mentoring Partnership is proud to facilitate the Collaborative Mentoring Webinar Series (CMWS) in partnership with the CMWS planning team comprised of the Maryland Mentoring Resource Center, the Indiana Mentoring Partnership, Kansas Mentors, the Mentoring Center of Central Ohio, the Mentoring Partnership of Minnesota, Oregon Mentors, and the Mentoring Partnership of Southwestern Pennsylvania. Through ongoing planning and evaluation of the latest developments in the field, the team delivers a webinar each month focused on strengthening mentoring practice, sharing new resources, and helping the field put research into practice." The "Collaborating Partners" section lists: MENTOR (National Mentoring Partnership), mentoring partnership, Big Brothers Big Sisters of the Greater Chesapeake (Mentoring Maryland's Future), and Indiana.

Join Us Next Month!



Peer Mentoring: A Discussion With Experienced Practitioners Thursday, April 16, 2015 1 - 2:15 pm Eastern



Collaborative Mentoring Webinar Series