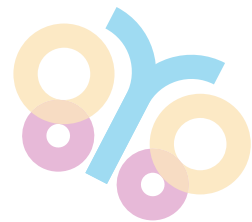





# Mentoring Program Overview





Our mentoring program is dedicated to supporting young individuals aged 5 to 21 who have experienced the impact of trauma. We provide personalised guidance, support and positive role models to help them overcome challenges, build resilience, and successfully integrate into the community. Participants include children and young people in out-of-home care (OOHC), the general community, and participants of the National Disability Insurance Scheme (NDIS).

## About the program

We connect young people with trained adult mentors who offer consistent support, guidance and encouragement. Our objectives include enhancing emotional wellbeing, improving educational and vocational outcomes, and promoting social integration.

## Program objectives

- **Emotional support:**  
Provide a stable and supportive relationship to help those being mentored navigate personal challenges.
- **Educational advancement:**  
Encourage academic achievement and assist with educational planning.
- **Vocational guidance:**  
Support career exploration and development of job related skills.
- **Social integration:**  
Promote participation in community activities and the development of social networks.
- **Life skills development:**  
Provide those being mentored with essential skills for independent living.

## Who we support

Our program serves children and young people in various OOHC settings across Adelaide, including foster care, kinship care, and residential care as we recognise the instability and trauma often experienced by individuals in this demographic. We also extend our services to children and young people in the general community and those participating in NDIS who may benefit from additional support.





## Program structure

### **Mentor recruitment and selection**

Identifying suitable mentors through a rigorous screening process.

### **Training and development**

Providing mentors with the necessary skills and knowledge to effectively support their mentees.

### **Mentee referral and matching**

Pairing mentees with mentors based on compatibility and specific needs.

### **Mentoring activities**

Organising regular meetings and activities to build strong mentor-mentee relationships.

### **Support and supervision**

Offering ongoing assistance to mentors and mentees to ensure productive engagements.

### **Evaluation and feedback**

Continuously assessing the program's effectiveness and making improvements based on feedback.



## Cultural considerations

We emphasise inclusivity by providing mentors with cultural awareness training and sensitivity, ensuring respectful and effective support for those being mentored from diverse backgrounds, ensuring our practices are both respectful and aligned with community needs and expectations.

## What we want to achieve

We understand how trauma can affect individuals, families and communities, and our approach supports holistic wellbeing and resilience. Our structured mentoring program provides invaluable support to young people, addressing their unique challenges and promoting positive development. Through consistent support and personalised care, we strive to transform lives and contribute to a stronger, more compassionate society as we empower those being mentored to realise their full potential and transition successfully into adulthood.



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