

# **Healing-Centered Mentoring™**

Mentoring can be used as a strategy to reduce mental health stigma and support a wide range of meaningful outcomes for young people. Additionally, technology is quietly transforming mental health services and has the potential to revolutionize youth mentoring. Youth Mentoring Collaborative (YMC) intends to train mentoring practitioners to support clinical services or deliver light-touch mental health interventions through a Healing-Centered Mentoring™ (HCM) framework.

## **Why Healing-Centered Mentoring™?**

Healing-Centered Mentoring™ (HCM) is a framework that will build the capacity of mentoring organizations to increase the number of youth receiving evidence-based mental health services through mentoring, simultaneously reducing the burden on existing systems of care, and reducing the barriers to mental health services, particularly for BIPOC youth.



The demand for child mental health services, including those provided by psychologists, counselors, and social workers, has long exceeded the supply; this trend is expected to continue or worsen unless substantial structural changes are made in how mental health services are provided (Society for Community Research and Action, 2021).

## **Cohort Participants will:**

- Participate in virtual and in-person learning sessions from April - October 2023
- Receive coaching support to implement HCM in your program
- \$2500 stipend
- Support with developing a self-care regimen
- Working knowledge ROSA platform
- Access to a group of peers and supportive relationships

## **What Healing-Centered Mentoring™ IS**


- A framework through which to emphasize emotional health and well-being crucial to positive youth development
- A skills training program for mentoring practitioners to deliver light-touch mental health services
- An approach that leverages youth strengths
- Based on Dialectical Behavior Therapy (DBT)

## **What Healing-Centered Mentoring™ IS NOT**

- Clinical therapy or mental health counseling
- "Trauma-informed" mentoring
- A deficit-based approach to language, youth development, or healing

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