



Domus Mentoring Program

When one person mentors, two lives are changed.

What is mentoring? It is a structured relationship over a prolonged period of time between two people, where an older, caring, more experienced individual provides love, support, and guidance to the younger person as he/she goes through life.

Research shows mentoring:

- ✓ Improves academic performance
- ✓ Improves attendance
- ✓ Improves attitudes towards schoolwork
- ✓ Improves communication skills
- ✓ Improves peer/family relationships
- ✓ Improves self-esteem
- ✓ Reduces depressive symptoms



Because mentoring is about building a long-term, close, and caring relationship with a struggling **boy or girl**, the steps to becoming a mentor are thoughtful and intentional. Below helps explain the process.

*The mentor commitment is a school year, though we hope the relationship continues beyond one year. **Mentors meet with their mentee at least 1 hour a week for 30 weeks.***

- *Elementary and middle school youth mentoring is site-based and meets once a week for an hour between 10a and 5p at a Domus operated site.*
- *The mentor year begins in early October and closes in late May, although new mentors may begin as late as March as long as they commit to mentor the following school year. Additional instructions are provided to those who wish to meet with the mentee over the summer.*
- *Male mentors mentor only boys. Female generally mentor girls.*
- *Personal characteristics are a willing heart, a non-judgmental attitude, active listening skills (it's not about you), and a commitment to the mentee on par with other personal and professional obligations.*



Becoming a Mentor

The first step is to schedule an orientation and interview appointment with Julia Wade, Director of Volunteers. You will complete an intake profile, three background check forms and be fingerprinted. **WARNING:** The questions cover a wide range of topics including some that are personal. For the first visit, a driver’s license or other picture identification and a social security number are required. Mentors must also attend a Domus led 5 hour mentor training. Trainings are scheduled twice a year in September and February/March.

The Program

Each child Domus serves is assigned an advocate. The advocate helps match the mentor, is the liaison with the mentee and the connection to the family. They guide and support the mentor/mentee relationship. The Director of Volunteers is also a resource and will provide educational materials and networking opportunities on an ongoing basis.

Mentor/Mentee Matching

Post the training, the Domus team meets to review applications for the first round of matching. Once matched, the advocate schedules a meeting with the mentor applicant to discuss the mentee and his/her goals as they relate to behavioral, social or emotional issues. At this point the mentor can elect not to continue, but once the agreement is signed, the mentor is committed to the Domus Mentoring Program. Weekly email updates to the advocate are expected and a monthly phone call or in-person meeting with the advocate strongly suggested. From the orientation to the introduction to the mentee may take as long as **three months**.



The Commitment (approximate)

1 hour	Domus orientation
5 hours	Mentor training (2 sessions)
1 hour	Initial meeting with the advocate
1 hour	Introductory meeting with the advocate and the student
30 hours (1 hour once a week for 30 weeks)	Meeting with your mentee between October 1 and May 31
4 hours	Meeting with your mentee over the summer
4 hours	Mentor trainings, program participation and networking activities

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