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## Kenneth Young Center Child & Adolescent Services

- Individual Therapy
- Family Therapy
- Parent Training
- Psychiatric Services
- SASS Crisis Services
- Individual Care Grant Support
- Case Management
- Mentoring
- Parent Mentoring
- Group Therapy
- Parenting Groups
- Prevention Services

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For more information about these services, contact Child and Adolescent Services at 847.524.8800



## *Kenneth Young Center*



*Feeling Good  
Doing Better  
Finding Solutions*

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1001 Rohlwing Rd  
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Web: [www.kennethyoung.org](http://www.kennethyoung.org)

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## *Mentoring: Behavioral Support Services*

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**Skill building and positive  
adult connections for  
children and their parents.**

## ***What is Mentoring?***

**M**entoring can mean different things to different people. At Kenneth Young Center, mentors work on therapeutic goals with children and adolescents. Children come to Kenneth Young Center to deal with problems they are having and to make positive changes in their lives. Mentoring is just one way to help them accomplish this goal.

A treatment plan will be completed at your initial visit to outline the goals of the program. Mentoring supports the role of parents while providing additional support to the child and an opportunity to learn and practice new skills. The relationship that a child establishes with the worker gives the child a model of how to develop and maintain relationships in his/her life. Having someone to confide in, and share ideas with, can help them deal with other stressors in their life.

## ***What will the mentors do?***

**M**entors play many different roles. However, all of our mentors are trained to help foster a sense of resiliency in the child they are working with. Resiliency means thriving in the face of adversity. Mentors help children build skills and use strengths to overcome any hardships they are facing.

Additionally, mentors are role models. They may also be seen as confidants, recreational supervisors, and advocates. A mentor is not seen as the child's therapist—they do not act as a babysitter or chauffeur, and they do not take on the role of parent.

The actual outings with mentors varies case by case; however, goals of these outings often include, improving self esteem, practicing appropriate behavior management skills, and engaging youth in appropriate social skills. Activities could include bowling, playing miniature golf, going to the library to work on homework, or finding other opportunities to practice new skills in a social setting.

## ***How does a child get mentoring services?***

**T**ypically, youth are referred to mentoring through their worker at Kenneth Young Center, other times it may be a referral from the school. All children receiving mentoring first undergo a comprehensive mental health assessment to identify areas that the child needs help with most. All children receiving mentoring must be receiving other services at Kenneth Young Center as well.

To access mentoring services for a child, speak to that child's therapist or contact Tricia Jonker at the number below.

It can take up to a few weeks for a child to be matched with a mentor. Children are match based on gender preferences and personality fit. Once matched with a mentor, mentoring lasts until the goals identified have been met.

### ***Questions about mentoring?***

*Call Tricia Jonker at  
847.524.8800 x125*

