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Andrew Mendez and his mentee Mark created a scarecrow and entered it into the Oberlin Scarecrow Festival Competition. Due to their hard work and creative thinking, they won 1<sup>st</sup> place in the traditional scarecrow competition. Their prize included two \$35.00 Gift Certificates and a \$ 10 donation to Catholic Charities in Mark's name!

Way to go guys!!



Mentor Ryan Meadows teaches his mentees how to fish as a sport and as a way to relieve stress. On a recent trip to Cascade Park, Ryan and his mentee Dylan caught a 30 lb carp! WOW!!!



This year the Mentor Annual Picnic was held at the Pipe Yard Baseball Field in Lorain and our very own mentee Gabe was chosen to throw out the first pitch of the game! Way to go Gabe!!!

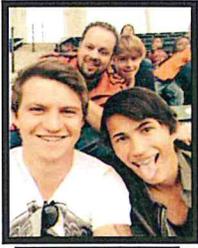
**Mentors on Staff:**

- Louis Balzer
- Courtney Burns
- Jerome Fisher
- Volinda Grissom
- George Harris
- Kevin Jackson
- Mary Jacobs
- Erica Lasion
- Ryan Meadows
- Andrew Mendez
- Seth Riley
- Patrick Weaver
- Rebecca Zayas

Congratulations to Bonita Shumpert!.....We are excited to announce that Bonita Shumpert has been named as the new Program Director for our Youth Prevention Services Department! Bonita is a licensed Social Worker with a back ground in child and family mental health therapy. Bonita has been employed with Catholic Charities for 9 years and has worked in several capacities within the agency. The various positions include Mentor for the Teen Mentor Program (2 years), Employment Mentor (2 years) and as a Social Worker for the collaboration program with the Juvenile Court "Success For Youth" (9 years). She has also been instrumental in developing the curriculum used for a variety of different programs at Catholic Charities. Bonita has an evident passion for youth in the community and she is excited to bring her knowledge, skills and leadership to the mentoring team.



It is with great excitement and expectation that the Teen Mentor Program at Catholic Charities has begun planning for their annual Christmas Party! This year however we would like to do something a little different and have a parent board of volunteers to help us plan this festive event! The parent board along with the mentors would be involved in planning all the activities, the crafts, and decorations for the Christmas party! We will meet a few times a month until the Christmas Party to discuss ideas / suggestions and assign tasks. So if you would like to be involved or enjoy arts and crafts or you have a "designer's eye" then join us on the parent board! Please contact Bonita Shumpert for more information at (440) 366-1106 x 20!



THERAPUTIC MENTORING

TRUANCY MENTORING

EMPLOYMENT MENTORING



CATHOLIC CHARITIES  
Diocese of Cleveland

## Youth Prevention Services

# Mentoring the next generation

**Question:** What type of programming does the Catholic Charities Youth Prevention Services Offer?

**Answer:** We offer Teen Mentoring, Truancy Mentoring and Employment Mentoring Services!

**Question:** So what exactly is mentoring?

**Answer:** Mentoring was developed with the philosophy that through a strong foundation of caring and stable relations with positive adults, youth are able to develop strong values, personal skills, increase self esteem, and have clarity in future goals.

Mentoring relationships have been credited with improving youth behavior and academic performance. It is also effective in preventing at-risk youth from becoming involved in delinquency and helping those already involved in delinquent activity to change their lives for the better.

In our various mentoring programs Youth are given the opportunity to experience a mentoring relationship with a positive and caring adult role model while participating in a variety of recreational and educational activities in the community. Mentors are asked to spend 2-4 hours per week with mentees individually or in a group working on identified goal(s) in their service plan.

Depending upon the program, mentors will also focus on school work, school participation, employment and volunteer opportunities.

**Question:** What criteria do I have to meet in order to sign my child up for services?

**Answer:** Each program has a different criteria requirement. For more information, contact Bonita Shumpert at (440) 366-1106 x 20

Recently a few of the Teen Mentors and Mentees volunteered their time at the local Habitat For Humanity and the manager shared this statement with us....

“They were a blessing to have here. They were respectful, kind and very helpful. Our doors will be open for them always”



### Upcoming Mentoring Events

Harvest Party

Thanksgiving Meal

Annual Christmas Party

Wildlife Presentation by the

Lorain County Metro parks



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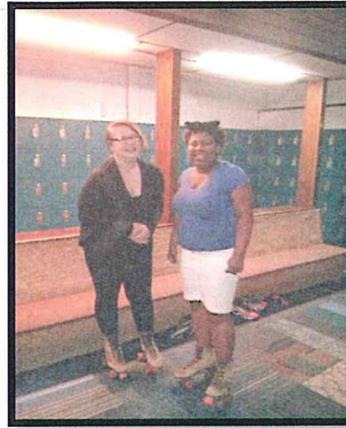
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Mary and her mentee Morgan went to the "Red Wagon Farm" in Columbia Station for some fun and fresh air!



Kevin and his mentee Lamont took a trip to the Pet Store where they were able to hold lizards and snakes!



Mentor Volinda took her mentees Stephanie and Deja out for a girl's night at the local skating rink!



Mentors Louis and Ryan took their mentees Caleb and Jasir on a culinary journey and taught them how to make Pepper Steak!



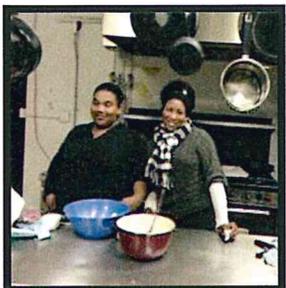
### Teen Mentor Annual Christmas Party

Thank you to everyone who came out and supported the annual Teen Mentor Christmas Party! We had an excellent time playing games, singing Christmas tunes and having a family style dinner! Everyone from the Parent Board Members to the D.J. (Julian Huntley – who donated his time) to the mentors and mentees worked extremely hard to make this party a "Frozen" success!



### Teen Mentor Wildlife Night

The Teen Mentor Program teamed up with the Local Metro Park and had a "wildlife night". Mary Ewers from the metro park used live animals and hands on natural artifacts to teach about the variety of wild animals and habitats that are found in Ohio.



### What's Next For The Teen Mentors?

Get Ready for the Teen Mentor Cook Book! This Spring the Mentors will be teaming up with the local food pantries to do volunteer work and to write their own recipe books using the top ten food items that are chosen at the choice food pantries!

### WE WANT TO HEAR FROM YOU!

Do you know of a fun activity, a community event or a project that would be a great opportunity for the Teen Mentors to be involved in? If so, we want to hear from you!

Would you like to volunteer your time to teach the teen mentees a skill or craft? If so, we want to hear from you!

Would you like to be involved with our Teen Mentor Parent Board and help plan outings and events for the Teen Mentor Program? If so.....we want to hear from you!!! Contact Bonita Shumpert, at (440)366-1106x20 with your thoughts and ideas today!



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### MENTORING AND SELF-ESTEEM

Self-esteem is generally defined as an individual's overall evaluation of his or her self. Studies indicate that low self-esteem in adolescence is associated with a range of negative outcomes, including poorer mental and physical health, decreased economic prospects, and increased levels of criminal behavior (e.g., Trzesniewski et al., 2006). Relationships, and particularly the emotional support and social approval derived from relationships, appear to play a key role in the development of self-esteem (Harter, 1990). Theories in psychology propose that self-esteem derives from close attachment relationships, in which children receive empathy, care, and praise from idealized others (e.g., Kohut, 1977). Although this process often takes place in the context of relationships with parents or primary caretakers, this process can also occur with others, including peers, teachers, therapists, or mentors. In fact, the nature of mentoring relationships, emphasizing a close, caring, and supportive relationship between an adolescent and a non-parental adult, may be particularly well-suited to developing adolescents' self-esteem. By connecting youth with a stable and supportive relationship with a caring non-parental adult, mentoring programs can provide a context in which adolescents can develop self-esteem and confidence in their abilities. These are important youth assets that are associated with positive psychological, behavioral, and academic outcomes.

**Mentoring Relationships and Adolescent Self-Esteem**  
By Sarah E. O. Schwartz, M.A., M.Ed., Sarah R. Lowe, M.A., and Jean E. Rhodes, Ph.D.

As part of our commitment to quality programming at Catholic Charities, each month we contact several of the mentees parent/guardians to check on their child's progress in the program and to gain their point of view concerning services. Here is what a few of the parents had to say about mentoring:

*"My son looks forward to mentoring every Saturday. He gets ready early and is waiting at the door when his mentor Seth arrives".*

*"I love this program! My son has made so many positive changes with Patrick as his mentor. It's almost like Patrick had a magic wand that helped my son become the person that he truly wanted to be".*

*"George is an outstanding mentor who goes above and beyond the call of duty. I could not ask for more out of him or the program"!*

#### Mentors on Staff:

\*Louis Balzer \* Courtney Burns \*Marcus Evans \*Jerome Fisher \*Volinda Grissom \* George Harris \*Kevin Jackson  
\*Mary Jacobs \*Erica Lasion \*Ryan Meadows \*Andrew Mendez \*Seth Riley \*James Rufo \*Patrick Weaver