

## Program Fact Sheet

### RSN Skill Building Programs



**Who does Reintegration Support Network (RSN) provide services to?** RSN provides individual (1-to-1 mentoring) and group skill building (Dimensions of Wellness groups) to **Any Youth, age 13–20, impacted by substance use, mental health and/or justice involvement.**

#### **How does RSN define its program:**

Both our group curriculum (Dimensions of Wellness) and individual skill building (1:1 mentoring) model are guided by the Substance Abuse Mental Health Services Administration (SAMHSA) 8 dimensions of Wellness: Emotional, Environmental, Financial, Intellectual, Occupational, Physical, Social, and Spiritual.



#### **What makes your skill building program different from other mentoring programs?**

Our program motto is “Youth First,” so we avoid any strategy or practice that could make them feel more threatened or burdened or undermine their personal power and self-determination. Therefore, if at any time the potential participant declines services, we will honor their decision, leaving the door open for future engagement and finding ways to support them in their wellbeing journey.

#### **What makes an RSN mentor “specially trained”?**

All RSN mentors are certified Youth Mental Health First Aiders, NC Certified Peer Support Specialists and/or CCAR Recovery Coaches. In addition, mentors are required to complete 12 hours of youth-focused training annually.

#### **How do I make a referral for Individual Skill Building?**

**Visit Our Website @ <https://www.rsnn.org/youth-engagement/>** to read more about services and to complete our referral form.

#### **I made a referral – now what?**

Our Program Manager, Jen Galvin, receives all referrals and will follow up with you within **48 hours**.

#### **How long before a participant gets a mentor?**

Our intention is to have participants matched within a month. The “behind-the-scenes” match process involves a lot of communication, paperwork, planning and logistics to ensure positive outcomes for all parties. If an appropriate mentor is not available, we continue to check in with the referrer to assess interest in remaining on a waitlist.



# Individual Skill Building

## When/where does the individual skill building take place?

Mentors & participants work together to establish a meeting and communication schedule. Meetings can happen at a participant's home, or out in the community at places such as the public library, a local park, arcades, museums, recovery conventions, or even Duke Gardens!

## What happens during interactions with a mentor?

Our specially trained mentors help participant's in goal recognition, setting, planning, and achievement in any, or all of the 8 Dimensions of Wellness. After getting to know one another, our Mentors assist participants in establishing goals and the steps needed to reach them. Midway through the program, participants are encouraged to create a Self Care Plan, including community connections and resources, that will carry on once the program is completed.

## How long does mentoring last?

Our Individual Skill Building program is designed to last 26 weeks. In the final month, the participant and their mentor assess their progress, and either extend their mentoring relationship for continued support, or prepare for closure of services.

# Informal Skill Building

## What is Informal Mentoring?

Informal mentoring is an opportunity to partner our specially trained mentors with your participants in a more intentional but less structured way.

## Why is it important?

Informal Mentoring is mutually beneficial! RSN mentors have an opportunity to learn more about community organizations and how they serve the community. Organizations will have access to RSN mentors who can offer support to the young people receiving their services.

## What does Informal Mentoring look like?

RSN mentors spend time with participants individually or in small groups. Mentors can share their interests or skill sets (music, yoga, art, etc.) or build rapport with participants and work towards skill-building goals. Mentors can be another skilled adult to support programming. Mentors can also do small group activities pulled from our Life Skills curriculum.

# MEET THE TEAM



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