

## Family & Youth Initiatives

# New Roots Mentoring

Do you know a student who is struggling with challenges such as loneliness, bullying, self-doubt, or low self-esteem? If so, then New Roots Mentoring is for you.



### What We Offer:

The New Roots Mentoring program allows dedicated adults to encourage and positively influence youth of all backgrounds and ages by promoting mental and emotional resiliency.

Mentors provide mental and emotional support to students by being a consistent presence in their lives. They reinforce self-esteem and positive influence by showing them that they are valued, heard, and understood.

Mentoring occurs in one-on-one, group, or classroom settings.

By modeling effective adult communication and pro-social behavior, mentors may help youths express and regulate emotions, choose adaptive coping strategies for managing environmental stressors, and have a decreased likelihood of initiating drug or alcohol use.

## Discussion Topics:

- Decision Making
- Leadership Skills
- Character Building
- Resiliency
- Relationship Skills
- Healthy Communication
- Stress Management
- Avoiding At-Risk Behaviors
- Social and Emotional Intelligence

## Curriculum/Certification:

- Discovery
- SPARK
- GoodLife
- Youth Mental Health First Aid
- Preventing Child Sexual Abuse

## Why Mentoring Matters:

According to the Society for Prevention Research, mentored youths reported significantly fewer behavioral problems and fewer symptoms of depression and social anxiety than did non-mentored youth. They also reported stronger coping skills and emotional support from parents. Mentoring is an innovative, evidence-based practice and uniquely is both a prevention and intervention strategy that can support young people of all demographics and backgrounds.

## Graciously sponsored by:

CLARK COUNTY DEPARTMENT OF  
JOB & FAMILY SERVICES



Contact Us:

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