



MENTORING PROGRAM

INTERCHANGE OUTER EAST

Supporting Young People aged 10-25 Years

Mentoring programs have played a role in community groups and services for many years. Mentoring traditionally aims to support younger people to build skills and improve wellbeing through the support, input and assistance of another person, who have a range of skills, knowledge and experience. Essentially, it is the ability and capacity to match young people with older people who can create a positive relationship that brings value to both sides of the match.

Interchange Outer East (IOE) is a registered NDIS provider with over 35 years experience in supporting children and young adults with disability and their families. We offer a broad range of programs and services that facilitate opportunities and choice for both people with disabilities as well as their families. Mentoring has the potential to increase well-being by providing young people with an adult in their lives that is not a family member, that can support them to:

Build Relationships

Build Skills

Have New Experiences

Discuss Daily Life

**GOALS
FOCUSED**

Interpersonal
Communication
Academic and extracurricular
Executive functioning

Community engagement
Meeting new people
Trying new activities

**OUTCOME
BASED**

For young people, relationships are everything. They need to feel liked, to receive attention and to live within limits and boundaries. But above all, young people need to feel valued and respected. A mentor relationship has the capacity and ability to provide this support.

IOE MENTORING PROGRAM

Interchange Outer East has a long history of engaging people from a community to get involved in their programs and services to support children and young people with disabilities. Programs such as the host program, specialised care, recreation volunteers and flexible care have been integral parts of this history.

As a result, IOE has developed skills and aptitude in recruitment, matching, supporting and developing people from the community to work effectively with people with disabilities and their families.

PROGRAM FUNDAMENTALS

- Careful 1:1 matching of a young person with a disability (mentee) to a young person from their community (mentor).
- A commitment of 8 to 20 hours per month over a one year period is made by both the family, the mentee and the chosen mentor.
- A set of goals is identified for the match which is progressed through the year. Goals will be discussed with input from the mentees family and allied health professionals.
- The purpose of this program is to build on individualised goals for mentees and to provide a service that can build on previously identified goals by mental health professionals.
- Periodic review of each mentoring relationship undertaken by the program coordinator with input from all parties; the mentee, their family, the mentor and other support staff.

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Your local registered NDIS service provider

Mentoring Program - Examples of Support

1. Alister and Joe

Alister is an 11 year old boy attending mainstream school. He has an intellectual disability and has been playing in the local all-abilities football competition for two years. Some of his friends from school play for the local footy club and Alister would love to join them! There are some barriers to Alister achieving this goal that relate to communication, sensory processing and social stresses. Joe has been matched with Alister through the Mentoring Program to help Alister through his first season. Joe is 19 and loves being a part of his local footy club so he knows how beneficial it can be for physical and mental health as well as social and community connectedness.

The two young men spend one afternoon a week together as well as Saturday mornings. Prior to the start of club training, Alister and Joe spend their time kicking the footy, hanging out and chatting. They talk about what to expect at the club, what will happen at training and on game day. Joe also arranges for Alister to meet the coaches which gives them a chance to talk about any extra support Alister might need at the club. Later in the year, Joe attends training with Alister and is soon taking him to games and watching Alister engage with his team mates. Joe is there to support Alister throughout the season and, together with the support of the club and Alister's family, the hope is that Alister will have the confidence to be a part of the footy club independently next season!

This match is active for five hours per week for 12 months, using Core funding from Alister's NDIS plan as follows:

2hrs (weekday) per week x 50 weeks = \$5,681

3hrs (Saturday) per week x 50 weeks = \$11,721

Coordination/planning/review 1hr per week x 50 weeks = \$2,840.50

Two hour review meetings x three = \$340.86

TOTAL CORE FUNDING PER YEAR: \$20,242.50

2. Indi and Michelle

Indi is a 16 year old girl attending mainstream school. She has always been a great student, receiving multiple awards for achievement in academics. Indi has a diagnosis of ASD and anxiety, but has always had a small group of supportive friends at school. However, Indi is about to enter her VCE studies in year 11 and is feeling very overwhelmed at school, leading to school refusal. Michelle is 25 and has recently finished her university degree in biology. She knows the stress that academics can have on young people and is passionate about supporting young people to be successful.

Indi and Michelle spend two weekdays together after school. While working on homework tasks, Michelle chats with Indi about the stress of school, ways to deal with stress and how to do homework more efficiently. Every second Sunday, Michelle and Indi also take a yoga and meditation class together. The skills that Indi learns from Michelle will give her the tools to succeed with dealing with her anxieties and performing her best in her academics.

This match is active on a rotating fortnight schedule; four hours one week and seven hours the next. Using core funding from Indi's NDIS plan as follows:

Week 1: 4hrs (weekday) per week x 25 weeks = \$5,681

Week 2: 4hrs (weekday) per week + 2hrs (Sunday) x 25 weeks = \$10,761.50

Two-hour review meetings x three = \$2,840.50

Coordination/planning/review 1hr per week x 50 weeks = \$340.86

TOTAL CORE FUNDING PER YEAR: \$19,623.86

REGISTRATION AND ENQUIRIES

To kickstart the matching process, complete the online form:

www.bit.ly/IOEMentoring

or for more information, contact Michaela or Daniel on

9758 5522 or ioe@ioe.org.au