

Peer Mentoring

Oregon Foster Parents Association

Peer Mentoring

Person who has specific life experience (mentor) sharing with another person (mentee) who is new to this experience.

Mentoring is not only for those beginning their journey as a foster family. As foster families, we open our homes to diverse groups of youth, those with various behavioral issues and each child's trauma is never the same.

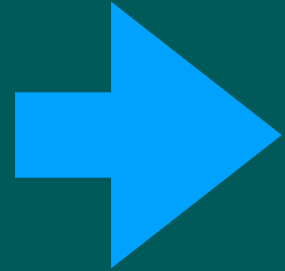
The most seasoned foster families continue to learn and have new experiences.

Statistics

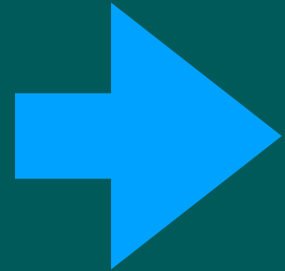
For CEO's in formal mentoring programs (Harvard Business Review 2015):

- 84% said mentors had helped them avoid costly mistakes
- 84% become proficient in their roles faster
- 69% were making better decisions
- Research also shows Millennials intending to stay with their organization for more than five years are twice as likely to have a mentor (68%) than not (32%) Participants are 40% more likely to achieve their goals if they write them down. This increases to 70% if the goals are shared with someone to keep them accountable, such as a mentor.
- 89% of those mentored, go on to mentor themselves contributing to a culture of learning and mentoring

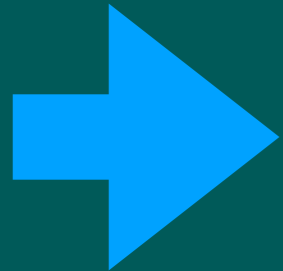
Benefits of having mentors



Increase the retention rate of foster, relative and adoptive families.



Help aid in the prevention of placement disruptions of children and youth in care.



Encourage foster, relative and adoptive families to advocate for themselves and the children in a manner that is positive.

What makes a good Mentor

- Life Experience
- Excellent communication skills
- Positive thinking and willingness to portray this to others
- Makes themselves available and able to listen without judgement
- Honesty and share commitment to respecting privacy of others
- Compassionate and genuine
- Positive role model for other foster, relative or adoptive families
- Ability to locate resources available to support others

Confidentiality

Confidentiality is critical and establishes good rapport with those we are assisting.

ONLY ONE EXCEPTION.....

Mandatory Reporting

We are mandatory reporters.

If you are concerned or need to report, being a peer and having a mentor relationship does not remove you from this obligation.

Provide Emotional Support

We all have had our moments when we need support. Fostering can feel isolating and many times we do not feel we have a voice to what is happening around us.

**Mentoring can help change the feelings of being alone
Our hope is mentoring will empower foster parents.**

Acquaint families with available resources

Familiarize yourself with DHS Policies, Procedures, Rules

Have access to available resources in your community

Network with others that can help find resources that can better support families

Help families understand how to best work with the children in their homes and how to maneuver through the Foster care system

Since every youth and situation is different, we will use our similar experiences to help other families learn ways to manage behaviors and issues that come up, and find ways to maneuver through the system to get the needs of the youth met.

Goals of Mentoring

Ensure we are leaving the family better than when we arrived.

Leave the family with a better understanding of the foster care system and how to navigate it.

Provide local resources to meet the current needs of the youth and family

Equip the family with self care options to manage stressful situations

Oregon Foster Parent Mentoring Team

We have created a Peer mentoring team to help support and empower our foster families.
If you are interested in participating in this new and exciting program, please contact us.

Questions?

Roxanne Lovelace
Oregon Foster Parent Association
Peer Wellness and Support Chair

roxannelovelace@oregonfosterfamilysupportnetwork.com

Website- www.oregonfosterfamilypeersupportnetwork.com

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