

Hope Restored uses mentoring to promote the successful transition from a sober living environment to employment, continued learning opportunities, and independent living. The mentoring program uses adult volunteers to commit to supporting, guiding, and being a friend to a recovery mentee for a period of at least one year. By becoming part of the social network of adults and community members who seek to empower sober living.

Role of the Mentor

* Take the lead in supporting a woman in recovery through an ongoing, one-to-one relationship
* Serve as a positive role model and friend
* Build the relationship by planning and participating in activities together Strive for mutual respect
* Build self-esteem and motivation
* Help set goals and work toward accomplishing them

Time Commitment

* Make a one-year commitment
* Attend at least 1 group meeting and 1 one-on-one meeting a month (meetings are between 1-2 hours)
* Communicate with the mentee weekly , via phone , email or face to face
* Attend an initial training session.
* Attend optional mentor/mentee group events, mentor support groups, and program recognition events Participation Requirements
* Be at least 21 years old
* Be interested in working with ladies in recovery
* Be willing to adhere to all program policies and procedures
* Be willing to complete the application and screening process
* Be dependable and consistent in meeting the time commitments
* Attend mentor training sessions as prescribed
* Be willing to communicate regularly with program staff, submit activity information, and take constructive feedback regarding mentoring activities
* Have access to an automobile; have auto insurance and a good driving record

MENTOR JOB DESCRIPTION

Desirable Qualities

* Willing listener
* Encouraging and supportive
* Patient and flexible
* Tolerant and respectful of individual differences

Benefits to Mentor

* Personal fulfillment through contribution to community and individual
* Satisfaction in helping someone mature, progress, and achieve goals
* Deeper understanding of Recovery roadblocks.
* Improved interpersonal skills
* Develops management skills
* Training sessions and group activities
* Participation in a mentor support group
* Mileage and expenses are tax deductible
* Personal ongoing support, supervision to help the match succeed
* Mentee/mentor group activities, complimentary tickets to community events, participant recognition events

Application and Screening Process

* Written application
* Driving record check
* Criminal history check: state, child abuse and neglect registry, sexual offender registry
* Personal interview
* Provide three personal references
* Attend initial mentor training