

Program Description

Goal: To assist youth and their mentor in progressing through a program involving the Six Domains: Physical, Mental, Emotional, Spiritual, Financial and Professional with a view to “youth having at least one consistent, caring adult in their life”.

The Six Domains:

- **Physical** – the ability to understand and practice good habits in the areas of rest, nutrition, and exercise.

Objectives:

- Short Term:
 - To learn more about the benefits of proper sleep
 - To learn the importance of healthy nutrition
 - To learn the importance of exercise in a healthy lifestyle
- Mid-Term:
 - To improve sleeping habits
 - To apply the knowledge of the importance of nutrition to maintain a healthy weight and healthy eating habits
 - To participate in regular exercise and activity to reach an ideal strength level
- Long-Term:
 - To understand and practice sufficient rest
 - To reach the ideal weight for their height
 - To have the physical ability to work, volunteer, and take on extra-curricular activities

Measurable Outcomes:

The young person will have expanded their knowledge of, and maintained a healthy lifestyle through active sleep habits and healthy eating habits. They will also have reduced unhealthy habits, such as smoking and dependence on drugs and will have strengthened their resolve to live a healthy lifestyle.

Mental - Enhancing one's potential to cope with mental health in order to help develop concentration, and communication with the help of community resources*

Objectives:

o Short-Term:

- To assess and identify the resources needed to assist the young person in the areas of concentration, comprehension, and communication.
- Engaging the right resources within the community to provide assistance with mental health barriers.

o Mid-Term:

- To assign activities to the young person meant to enhance their cognitive, concentration, and information gathering skills
- To commit to practicing and maintaining the learned coping strategies

o Long-Term:

- To provide the opportunities for the young person to demonstrate the skills that they have learned while challenging them to reach their full potential
- To stabilize and/or increase their progress from the previous terms.

Measurable Outcomes:

The young person will demonstrate increased competency in coping skills. They will demonstrate improved concentration in an attempt to overcome challenges in life.

* This domain covers mental health and educational components.

- **Emotional** – learning to harness your feelings in a positive way to overcome life challenges.

Objectives:

- Short-Term:
 - To assess the young person’s understanding of their own emotional state
 - to assist the youth in being able to identify the various emotions that impact their daily life
- Mid-Term:
 - To teach the young person skills to help them to improve their emotional state
 - To help them heal from an emotionally disturbed past
- Long-Term:
 - To support and encourage the young person to actively practice the skills and strategies learned to manage their emotional state in a positive direction in crisis situations and in the long-term

Measurable Outcomes:

The program participant will have enhanced their ability to recognize their own emotions and what can trigger those emotions. The youth will have learned to prevent negative outcomes based on their emotional state and maintained a positive outlook on life.

- **Spiritual** – utilizing meditation and prayer to develop personal identity and character.

Objectives:

- Short-Term:
 - To assist the young person to articulate their understanding of what “spirituality” means to them
 - To have the young person identify what their spiritual beliefs are
- Mid-Term:
 - To encourage and support the young person to adopt and practice the principles of honor, courage, loyalty, respect, honesty, benevolence, and rectitude
- Long-Term:
 - To have a highly principled young person with the strength to continue practicing the principles of honor, courage, loyalty, respect, honesty, benevolence, and rectitude

Measurable Outcomes:

Through the mentoring relationship the young person will have an improved understanding of the importance and value of character in an environment where character is often challenged. They will have an increased appreciation of, and will be able to demonstrate their active practice of the principles they learned

- **Financial** - the ability to develop your own tools to have a career to live out your passion and become financially independent and responsible.

Objectives:

- Short-Term:
 - To learn the difference between survival and prosperity
 - To learn the importance of making money
 - To learn the importance of saving money
 - To learn the importance of investing money

- Mid-Term:
 - To learn the importance of investing money wisely
 - To open a bank account
 - To save at least \$500

- Long-Term:
 - To acquire and sustain steady employment
 - To actively save money
 - To develop strategies and practices for investing and being financially independent

Measurable Outcomes:

On completion of the program, the young person will demonstrate an enhanced knowledge of, and the ability to apply necessary effort to manage their finances. The participant will also, be able to create a personalized financial plan to make, save, and invest their own money.

- **Professional** - the ability to establish and advance yourself in the workplace.

Objectives:

- Short-Term:
 - To learn proper job search skills
 - To learn how to secure an interview
 - To learn interview skills
 - To search for volunteer placement
 - To secure volunteer placement
 - To create a resume

- Mid-Term:
 - To enrich resume and network through volunteering
 - To begin searching for paid employment
 - To prepare resources for paid employment

- Long-Term:
 - To secure paid employment
 - To master the working life
 - To prepare for a career

Measurable Outcomes:

Upon completion of the program, the young person will have gathered highly favorable employable skills through volunteering and working. As well as, being prepared to pursue a career that the young person feels passionate towards and can gain a strong feeling of fulfillment from.

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