



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



NURTURE GUIDE SUPPORT

Reach & Rise®

Group Youth Mentoring Program

Reach & Rise® is a FREE program financially supported by the YMCA's Annual Support Campaign.

Reach & Rise® is a national YMCA program designed to build a better future for youth by helping them reach their full potential through the support of caring adults.

Reach & Rise® group mentoring supports school age youth ages 6 to 17 who are challenged by numerous obstacles they may face on a daily basis. Our group mentoring program matches up to six youth of similar age with two trained adult volunteers. These volunteer mentors create safe, healthy and meaningful relationships with youth utilizing therapeutically-based activities developed by **Reach & Rise®** to help the youth achieve their personal goals for growth.



PROVEN OUTCOMES

Butler County youth participants and families were surveyed regarding their experience in our **Reach & Rise®** program:

- 100% of youth surveyed say they enjoy **Reach & Rise®**
- 100% of youth surveyed report that the group helped them reach their goals
- In 2020, 100% of youth surveyed were comfortable talking and participating in groups

Group mentors provide a positive and consistent relationship with a group of young people. They help to improve each mentee's self-esteem, decision-making skills, school performance and relationships.

Mentors must:

- Be at least 21 years old
- Obtain background clearances
- Complete the 15 hour training
- Spend 2 hours a week co-facilitating a mentoring group
- Check in weekly with Coordinator

IMPACT OF GROUP MENTORING

"Reach & Rise® helps me to not get so mad."

"I'm learning about emotions and feelings. I'm learning what to do with them and how to explain them."

"At first, I didn't know anyone, but now I am making friends."

"Reach & Rise® helped me learn about managing my anger and I'm making friends."

... These quotes from participating youth who have joined the **Reach & Rise®** program are a small representation of the three highest reported reasons for program participation - Reducing Anger, Communicating Feelings and Developing Friendship Skills. Other goals have included Managing Anxiety and Depression, Improving Self-Esteem, Building Healthy Relationships and trying things outside of their comfort zone.

Youth & caregivers both report a 95% satisfaction rate with their **Reach & Rise®** experience.

INSPIRE A FUTURE: BECOME A MENTOR

As a mentor, you will gain personal satisfaction from making a difference in the life of young people. By sharing your time and guidance, you can help your mentees express feelings, have a positive outlook on the future, become more confident and improve at school. You'll learn how to be a positive role-model and gain a better perspective of the pressures and challenges that youth face. Together, you can share diverse experiences, develop a stronger sense of belonging, create lasting memories and have fun!

Meet the Reach & Rise® Team!

Jessica Burr, MSOL **Clinical Director Reach & Rise®** **Youth Mentoring**

Jessica holds a Master's Degree in Organizational Leadership from Geneva College and 18 years of experience in the Social Services nonprofit sector.

Jessica lives with her husband, two children, and their dogs. Jessica's hobbies include raising chickens, reading, and yoga.



For more information about our Group Youth Mentoring Program, contact:

Jessica Burr

Clinical Director Reach & Rise® Youth Mentoring

Butler YMCA
339 North Washington Street
Butler, PA 16001
724.287.4733 x136
Jburr@bcfymca.org

