

OCEAN COMMUNITY YMCA

The Ocean Community YMCA is pleased to offer the Reach & Rise® Mentoring Program.

The Reach & Rise® Mentoring Program is a national YMCA program that is committed to youth development by nurturing the potential of kids and teens to help them achieve and reach their full potential.

PROGRAM INSPIRATION

Why Reach & Rise® ?

Reach & Rise® is a free, one-to-one youth mentoring program that was established to provide young people in our community with positive adult relationships. Each adult is matched with a young person who they meet with once a week. Each match lasts a minimum of one year.

Mentors serve as role models, friends, and confidants. They're a source of support for at-risk children. Mentors are not meant to take the role of a parent, babysitter, or financier.

Mentors try to introduce their mentees to new activities to help them grow and learn about themselves and their community.

MORE INFORMATION

For information about the Reach & Rise® Mentoring Program, please contact:

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARN TOGETHER GROW TOGETHER

Reach & Rise® Mentoring Program



REACH & RISE®

What is Reach & Rise®?

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

The program is designed for youth ages 6 to 17 who lack consistent role models and are in communities challenged by poverty, crime, truancy, and other social issues.

The Y recruits and trains adult volunteer mentors to provide direct one-to-one mentoring services and create safe, healthy, and meaningful relationships with youth. Mentors and mentees participate in service projects, field trips, and other engaging activities.

BENEFITS FOR LOCAL YOUTH

Program History and Success

The Reach & Rise® Mentoring Program was founded in 1992 at the YMCA of San Francisco, and later piloted by five more YMCA locations in Baltimore, Cincinnati, Nashville, Phoenix, and Oakland. At these sites, Reach & Rise® has been shown to help youth better express their feelings, do better in school, and participate more in after-school activities.

As part of a national expansion beginning in 2013, the Ocean Community YMCA is one of 38 Y's now offering the Reach & Rise® Mentoring Program.

“A person’s a person, no matter how small.” ~ Dr. Seuss, Author

The Reach & Rise® Mentoring Program serves young people in Rhode Island & Southeastern Connecticut experiencing problems such as low self-esteem, poor academic progress, peer difficulties, family conflict, and/or poor decision making. Youth in our program come from a wide range of ethnic, socioeconomic and diverse family backgrounds.

Reach & Rise® services children and youth who are:

- Between the ages of 6-17 years old
- Experiencing social isolation, family problems, or other stressors
- From Military Families
- Open to the idea of mentoring
- From families that are overstressed and overwhelmed
- Involved with or at-risk of entering the juvenile justice system

Matches between a mentor and a mentee are most successful when they share:

- Similar personality and demeanor
- Interests and hobbies
- Proximity (live in the same area)
- Availability to meet
- Commitment and Investment from all parties involved

Reach & Rise® is an intentional program with a focus on counseling including support from a mental health counselor as the program director, development of growth plans and goals for the time spent together, and frequent contact with all parties involved.

Referrals can come from schools, counselors, clinicians, or be self-referred. Referrals can be sent anytime. The family (including youth) should be aware and interested in Reach & Rise® before a referral is sent.

Mentoring relationships show gains in social acceptance, academic attitudes, and grades.

Goals of Reach & Rise®

- Youth are able to use words to express their feelings
- Reinforce youth’s strengths
- Improve family relationships
- Improve academic performance and behavior at school
- Connected to employment and community

