

agingUP

youth mentoring program

MISSION

To empower youth with experience in foster care to successfully transition into adulthood.

PROGRAM SERVICES

Aging UP connects Sacramento region youth (ages 13-21), who have experience in foster care, with screened and trained mentors, positive recreation, life skills education, and leadership development.

Children and youth enter foster care because of injustices they have experienced. Unfortunately, this commonly leads to youth who lack even one committed adult relationship as well as the necessary skills needed for a self-sufficient adulthood.

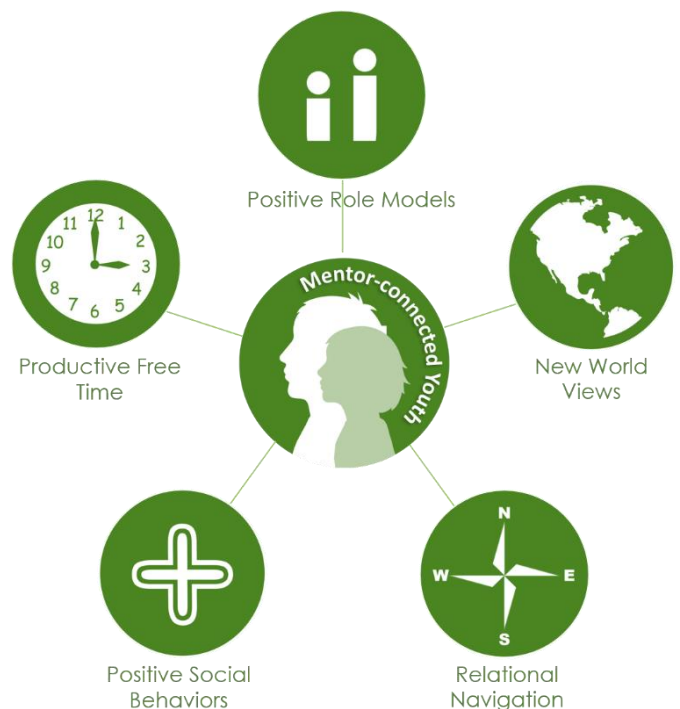
Statistically, youth from foster care represent one of the state's most vulnerable populations. Without support, they can face futures ranging from low education attainment to long-term physical, emotional, and mental health challenges.

Yet, research confirms that youth who connect with a mentor have significant and statistically better outcomes!

Aging UP believes in every young person's potential. Our research-based services offer a trauma-informed, strength-based approach that empowers youth to beat statistics and thrive into adulthood.

PROGRAM FEATURES

- Unique services for youth with current and former foster care experience
- Pre-match training for youth
- Thorough mentor screening
- Trauma-informed, strength-based mentor training
- Virtual and community-based mentoring throughout Sacramento
- Match Coordinators to help navigate mentoring relationships
- Positive recreational events
- Fun, hands-on life skills workshops



MENTOR VOLUNTEER INFORMATION

MENTOR REQUIREMENTS

- Commit to one-to-one mentoring of a youth, aged 13-17
- Commit to connecting with youth regularly — approximately 8 hours, over 2 visits per month
- Engage with youth through community-based and/or virtual activities
- Participate in Aging UP's group events
- Must be 25 years or older
- Have a reliable vehicle, current insurance, and a clean driving record
- Pass criminal and other background checks
- Commit to being matched and connecting with a youth consistently for at least one year
- Abide by all policies and procedures

QUALITIES OF A MENTOR

- Open-minded
- Good listener
- Flexible
- Dependable
- Genuinely enjoy teenagers
- Adventurous, youthful-spirit
- Trustworthy
- Patient

WE PROVIDE

- Pre-match and ongoing training
- A Match Coordinator to help navigate the mentoring relationship
- Ideas, tips, and discounts on age-appropriate recreational activities
- Group activities (in-person and virtual if needed)
- Specialized matching with a screened and trained youth, who elected to be in the program

BENEFITS TO VOLUNTEERS

- Help create a more positive and stable community
- Feel good about giving back
- Personal growth and learning
- Witness and participate in the growth of a young person
- Maintain youthful spirit
- Enjoy favorite and new activities
- Possibly gain a long-term connection

STEPS TO BECOME A MENTOR

- Register and attend a one-hour orientation, held over Zoom
- Submit a written application
- Take part in an interview
- Complete pre-match training (approx. 20 hours)
- Pass criminal background clearances
- Be matched and start empowering a youth!